

PAL MMA Class

Head instructor: Avery Vilche, Co-lead instructor: Adalia Chacon

Tuesdays from 5:05-6:05pm

At least one instructor will be CPR certified at each class

Kids from 11-18 years old

Focus is conditioning exercises, kickboxing, and grappling

A minimum of 2 instructors

Students are allowed to get water and take a break at any point they need one (it is excessively hot in the building sometimes)

Very light grappling and sparring, any show of excess force will be stopped, and warnings will be given. Repeat offenders will not be allowed to participate in contact sparring/grappling.

At any point that a strike or submission makes a noticeable impact on any student, that student will be removed from contact and assessed for damage. If there is any, parents will be notified, and student may be excluded from contact until the injury is resolved.

If anyone becomes unconscious in class for any reason, 911 will be called and parents and PAL board will be notified

All sparring will be done with proper gloves, headgear, and mouthpieces

All grappling will be done with mouthpieces

Bullying or disrespecting others is a cause for dismissal from class

Students are to disinfect equipment they used after class; instructors are to spray down the mats