



# Lynbrook Titans 40th Annual Wrestling Program

*\*Wrestling is fun.*

*\*Wrestling builds self-confidence.*

*\*Wrestling is the safest and oldest form of self-defense.*

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## Youth Wrestling Program

<b>Ages:</b>	<b>6 – 12</b>
<b>Practice Sessions:</b>	<b>Saturday 9:30 AM – 11:30 AM Thursday Evenings 7:00 PM – 8:30 PM</b>
<b>First Practice:</b>	<b>Saturday, December 1, 2018, 9:30 AM – 11:30 AM</b>
<b>Last Session (Jamboree):</b>	<b>Saturday, March 2, 2019, 9:30 AM - 11:30 AM</b>
<b>Practice Location:</b>	<b>Atlantic Avenue School Gym (Kindergarten Center)</b>
<b>Registration:</b>	<b>Saturday, November 3, 2018, 11 am - 1 pm Saturday, November 10, 2018, 11 am - 1 pm Greis Park Rec Center</b>
<b>Fee:</b>	<b>\$135</b>

**About the program:** The program is designed to help your son learn the basics of wrestling and self-defense. We also focus on physical fitness, and strength conditioning. Additional benefits of the program include improved self-confidence, self-discipline, and many others. **VOLUNTEERS ARE NEEDED.**

Please contact Hilary Becker at 516-887-0677 x-303 or Matt Shwom 631-755-0101 for more information or by email to hilarybecker7@yahoo.com. To register by mail please fill out and return the form below to LYAA, 34 Forest Ave., Lynbrook, NY 11563. Please make your check payable to LYAA. Please return the whole form (do not detach).

Child's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Experience (No. of Years Wrestling): \_\_\_\_\_

Email: \_\_\_\_\_

**This program is not affiliated with any school district.**