



# Lynbrook Titans 42nd Annual Wrestling Program

*\*Wrestling is fun.*

*\*Wrestling builds self-confidence.*

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

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## **Attention All Students!**

**Ages:** 6 – 12

**Practice Sessions:** Saturday 9:30 AM – 11:30 AM  
Thursday Evenings 7:00 PM – 8:30 PM

**First Practice:** Saturday, 12/7/19

**Last Session:** Jamboree, Saturday, March 7, 2020 9:30 AM

**Practice Location:** Atlantic Avenue School Gym (Kindergarten Center)

**Registration:** 11/2/10 & 11/9/19  
11:00 AM - 1:00 PM  
Lynbrook Rec Center (Pool House)

**Fee:** \$150

**About the program:** The program is designed to help your son or daughter 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@gmail.com.

To register by mail please fill out and return the form below to LYAA, % Becker Realty Services, 50 Hempstead Ave. Suite D, 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.**