



Lynbrook Titans

48th Annual Wrestling Program

**Wrestling is fun.*

**Wrestling builds self-confidence.*

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

Attention All Students!

Ages:	6 – 14
Practice Sessions:	Saturday Mornings 11 AM – 1 PM Thursday Evenings 7:15 PM – 8:30 PM
First Practice & Registration:	Saturday, December 7, 2024, 11 AM - 1 PM
Last Session:	Saturday, March 8, 2025
Practice Location:	Atlantic Avenue School Gym (Kindergarten Center)
In Person Registration	11/14/24, 7pm-8pm, Lynbrook Kindergarten Center 11/21/24, 7pm-8pm, Lynbrook Kindergarten Center
Fee:	\$225

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, Matt Shwom 631-755-0101 or Matt Hollenstein 516-426-5545 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 if Any): _____

Email: _____

This program is not affiliated with any school district.

Approved for posting
11/7/24 Supt. Office