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: 11/2/19 & 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.