



Lynbrook Titans 44th 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 – 12
- Practice Sessions:** Saturday Mornings 9:30 AM – 11:30 AM
Thursday Evenings 7:00 PM – 8:30 PM
- First Practice:** Saturday, December 3, 2022
- Last Session:** Saturday, March 11, 2023
- Practice Location:** Atlantic Avenue School Gym (Kindergarten Center)
- Registration:** By Mail or on
Thursday, November 10th and 17th
7:00 pm - 8:00 pm
Lynbrook Kindergarten Center
- Fee:** \$175

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 hiliarybecker7@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.