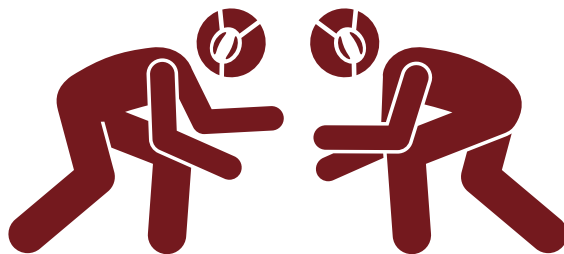


EAST WINDSOR FAMILIES:

**Looking for a new sport? Need an off-season sport?
Wrestling is the sport you need to try!**

*In partnership
with South
Windsor Youth
Wrestling*



Wrestlers at all ages and experience levels improve strength, speed, power, athleticism as well as both mental and physical toughness and skill. Wrestlers must also learn to work with their partners in order to be successful.

For those of you looking for an off-season sport, wrestling can greatly help kids run faster for soccer, hit harder in baseball and be tougher in football.

OPEN TO BOYS AND GIRLS, GRADES 1-8

Dates: November 28th through Mid-March

Days/Times: Mondays, Tuesdays & Thursdays 6:00pm-8:00pm

Location: South Windsor High School Auxiliary Gym

Cost: \$180 (residents); \$190 (non-residents). Fee includes USA Wrestling Cards, Uniforms and first 3 tournament entries.

Equipment: Shorts, t-shirt, wrestling shoes. No loose-fitting clothes.

TO REGISTER: [HTTPS://SOUTHWINDSOR.RECDESK.COM](https://southwindsor.recdesk.com)