

# YOUTH WRESTLING



Boys & Girls  
All sizes and ability  
Sundays thru June  
K-4th 1:00-2:15  
5th-8th 2:00-3:15  
HS 3:00-4:15

Carolina Beach  
Recreation Center  
1121 N Lake Park Blvd

Free thru June 2024

This program is designed for beginner to advanced westlers  
Develop Respect/Balance/Core Strength/Sportsmanship & Hard Work

Wrestling shoes and headgear recommended.

For more information: Dan O'Connor [danochohome@verizon.net](mailto:danochohome@verizon.net)

Or just stop by the Rec Center on Sunday and check us out!