

# BWC

## THE BAYMEN WRESTLING CLUB

THIS PROGRAM INTRODUCES AND INSTRUCTS THE ART OF WRESTLING. THIS PROGRAM IS FOR BOYS & GIRLS IN GRADES 1-4.

THIS PROGRAM PROMOTES: SELF ESTEEM, RESPECT, DISCIPLINE, SPORTSMANSHIP, TEAMWORK, FAMILY & SCHOOL VALUES & PHYSICAL FITNESS. “WHAT THEY LEARN ON THE MAT THEY WILL BE ABLE TO TAKE WITH THEM OFF THE MAT!”

**\*\*SIGN UPS WILL BE HELD AT  
THE HAMPTON BAYS HIGH SCHOOL MAIN LOBBY\*\***

**SIGN UP DATE:**

**WEDNESDAY 1/11/2023 5:00 – 7:00 PM**

**FOR MORE INFORMATION PLEASE CONTACT:**

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