



FRIENDS



FUNDAMENTALS



FUN



TRY WRESTLING!

FREE WRESTLING OPEN MAT



WED • OCT 28
6:30 PM



FRELINGHUYSEN
MIDDLE SCHOOL

BOYS & GIRLS • GRADES K-5
NO EXPERIENCE NEEDED!



GIRLS TRY WRESTLING!

FREE INTRO TO GIRLS WRESTLING



OCT 21 + OCT 26
6:30 PM



FRELINGHUYSEN
MIDDLE SCHOOL

GIRLS • GRADES 2-8
NO EXPERIENCE NEEDED!



MAKE
FRIENDS



LEARN
FUNDAMENTALS



HAVE
FUN

MORE INFO & REGISTRATION:

www.MoTownGrapplers.com

