**Cardinal Kids and Junior Cardinal Wrestling – Grades 5k-8**

Beginner to advanced wrestling program focusing on fun, fitness & introduction to wrestling basics.

**Location: Riverside South Balcony – Wrestling Room**

* Registration in person December 14th, 6pm @ Riverside w/ Parents meeting
* Practice Attire: Clean shorts or sweatpants, clean T-shirt.
* Shoes should be clean shoes that aren’t worn outside or Wrestling shoes.
* All kids will receive a T-shirt with entry
* 4k can participate if not disruptive.
* Dates/times may change. Please check [www.fonddulacwrestling.com](http://www.fonddulacwrestling.com)
* Email [fondywrestling@gmail.com](mailto:fondywrestling@gmail.com) for any questions.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ages** | **Dates** | **Days** | **Time** | **Cost** | **Notes** |
| 5k-2 Beginner | Jan 10 - Feb 14 | Monday | 5:30pm-6:15pm | $25 per child | May have more sessions |
| 5k-2 Advance | Jan 10 - Feb 14 | Monday | 6:30pm-7:15pm | $25 per child | May have more sessions |
| 3rd-5th | Jan 4 - Mar 17 | Tues, Thurs | 6:15pm - 7:45pm | $70 per child | Includes USA Card |
| 6th - 8th | Theisen, Sabish and Woodworth starting in January. Can attend 3rd-5th program for added practice time. | | | | |