

KIDS WRESTLING?

JOIN US FOR A FREE - INTRO TO WRESTLING PARTY!

Wrestling helps kids develop physical literacy. We combine gymnastics, stretching and basic technique with physical games to create a safe and fun environment for kids to learn about wrestling.

Wrestling helps athletes with strength, speed, endurance, coordination, agility, balance, body position.....everything!

Westsider Wrestling Club is a non-profit group with programs for kids aged 5-17

Join us at our FREE intro party at Kitsilano Secondary
Wednesday, October 10th 5-6:30pm

[RSVP's appreciated](#)

www.westsiderwrestling.com

trywrestling@westsiderwrestling.com

