

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 is available online:
 - <https://fonddulacwrestling.sportngin.com/register/form/791485102>
- Registration in person December 16th @ Riverside w/ Parents meeting
- Practice Attire: Clean shorts or sweat pants, clean T-shirt.
- Shoes should be clean shoes that aren't worn outside or Wrestling shoes.
- No Jewelry Allowed
- All kids will receive a T-shirt with entry
- Refer to www.fonddulacwrestling.com for more information and calendar of events
 - Look Under the Youth tab and your respective group.
- 4k can participate if not disruptive.
- Open mat available starting November 18th at 6pm.

Ages	Dates	Days	Time	Cost	Notes
5k-2 Beginner	Jan 9 - Feb 27	Thursday	5pm-6pm	\$25 per child	Limit to 50 entries
5k-2 Advance	Jan 9 - Feb 27	Thursday	6:15pm-7:15pm	\$25 per child	Limit to 50 entries
3rd-5th	Jan 6 - Mar 17	Mon, Tues	6:15pm - 7:45pm	\$65 per child	Includes USA Card
6th - 8th	Can join open mat practices until middle school programs begin				