



BOYS & GIRLS CLUB OF CLIFTON

# WRESTLING



**REGISTRATION:** ONGOING  
@ 181 COLFAX AVE. (CLUB FRONT DESK)  
OR ONLINE AT [BGCCLIFTON.ORG](http://BGCCLIFTON.ORG)  
**DAYS:** MONDAY & WEDNESDAY  
**FEE:** \$40.00 CLUB MEMBERSHIP  
\$25.00 ACTIVITY FEE

**AGES:** 6-17  
**DATES:** April 23<sup>rd</sup> - June 17<sup>th</sup>  
**TIMES:** MON. 6-7:30PM  
WED. 6:30-8PM  
@ the Club Gym

**Level 1 - Future Bulldogs:** For the young wrestlers with little or no experience (ages 6-8) we offer a fun introduction to wrestling. Focus is on developing basic skills, coordination, and agility needed to advance to the next level. Our one hour sessions are a mixture of games, conditioning, and basic wrestling instruction.

**Level 2 – Bulldogs:** Experienced wrestlers.

INSTRUCTED BY HEAD COACH PHIL CONSIGLIO.  
Any questions? Call 973-557-0717