

**FREE**

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Opportunity for any 7th and 8th Grade METHUEN Residents

METHUEN YOUTH WRESTLING and MHS Wrestling present a

FREE 6 week program for 7th and 8th grade students to try wrestling.

	<p><u>Mon. &amp; Wed.</u></p> <p>Jan. 13th - Feb. 19th</p> <p>6:00 PM - 8:00 PM</p> <p>Timony Grammar School</p> <p>Lower Gym</p>	
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*This is a great opportunity for all students to give wrestling a try!*

Wrestling is a great sport that has benefited many Methuen student-athletes in the past. This is a great opportunity to give it a try at no charge. Wrestling helps teach students how to be successful in life, school and other sports! It builds self-confidence, discipline and a strong work ethic. You only compete against people the same size as you. We will have a limited amount of wrestling shoes available. MHS Coaches, wrestlers and MYW coaches will be volunteering their time to help all students!

*Students will learn some basic wrestling moves, do some live wrestling and play some competitive and fun wrestling games.*

Any questions - email MHS Coach Bill James @ [wmjames@methuen.k12.ma.us](mailto:wmjames@methuen.k12.ma.us)

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