

The Bellevue Boys & Girls
Club's

Wrestling For Kids



Introductory Wrestling Camp

Oct 9 – Nov 1

9 & Over – 6:00 pm to 7:00 pm

Cougar Wrestling Team

Nov 13 to Jan 24

9 & Under – 6:15 pm to 7:00 pm

10 & Over – 7:00 pm to 8:00 pm

The wrestling camp is designed to give kids an introduction to the sport of wrestling.

The team competes in a league that is designed for wrestlers with 3 or less years of wrestling experience. But there are open tournaments available for wrestlers with more experience.

The focus of both programs is to teach wrestling skills in an enjoyable and fun environment. Kids will wrestle others their own age and weight in a friendly and casual environment. Wrestlers will need to have wrestling or other indoor-only shoes. Uniforms are provided.

Both programs are held on Tuesdays and Thursdays at Interlake High School in the upper gym. The Camp cost is \$50 and the team cost is \$90. Both programs require a Bellevue Boys & Girls Club membership fee of \$27. Please sign-up on-line at bgcbellevue.org.

For more information, please contact Paul Kaiser at 425-283-9591

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