



LEGIT PRO WRESTLING SCHOOL

@SOWING SEEDS MINISTRIES, 18 BISHOPTON LANE, STOCKTON.
TS182AA (NEAR ARGOS).

Dear Parents,

I am delighted to inform you that following the success of our previous LPW events and programmes we are now expanding to introduce our new and exclusive 'LEGIT PRO WRESTLING SCHOOL'. Our spring course will start on Monday 2ND May, 2016 and run for 8 weeks. All children love wrestling! So, why not bring them along to learn the art in a FUN, SAFE AND FRIENDLY ENVIRONMENT!

We are committed to providing only the highest quality coaching! Bring your child to learn from our CHAMPION WRESTLERS! All of our courses are run by highly skilled, competitive wrestlers who have lots of experience in coaching children of all ages and abilities. Your child will be in the best possible hands.

Each of our courses are designed to suit the needs of all abilities ranging from absolute beginner to advanced and competitive. During the term we aim to build a great relationship with each individual child, helping them to increase their skill level and self-confidence week by week.

Throughout the term we will work on a variety of skills and techniques including, TAKE DOWNS, THROWS, ESCAPES, FINISHING HOLDS & PINS. As well as COORDINATION, BALANCE, AGILITY, STRENGTH AND FITNESS.

ALL CHILDREN WILL RECEIVE AT LEAST ONE TROPHY AND CERTIFICATE, TO BE GIVEN AT THE PRESENTATION WHICH WILL BE HELD ON THE FINAL WEEK OF THE COURSE!

The cost of the course is £5 per week, which is payable every four weeks in advance (£20 on week 1 then £20 on week 5). You can register and reserve your child a place at any point leading up to the start date of the course. (We have limited availability which means we have to offer places on a first come, first served basis.)

Group 1 – 5.00pm-6.00pm – Ages 4-5 yrs / Group 2 – 5.00pm- 6.00pm – Ages 5-6yrs

Group 3 – 6.00pm-7.00pm – Ages 7-8yrs / Group 4 – 6.00pm-7.00pm – Ages 9-11 yrs

(These groups are guideline only, parents may select groups according to ability, size, siblings etc.)

TO BOOK A PLACE ON THE COURSE PLEASE TEXT 'LPW SCHOOL MAY16' + CHILDS NAME, CHILDS AGE GROUP (1,2,3 OR 4)

07845299054

HEIDI CROSSAN (Course Co-Ordinator)

WWW.LEGITPROWRESTLING.COM/WRESTLINGSCHOOL