# Register for Classes with Blue Wave Wrestling Club for Kids Ages 7 to 14

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Darien High School Wrestling coach Joe Testa will be offering wrestling classes at Darien High School this winter.

*— an announcement from Blue Wave Wrestling Club*

Goals are to develop wrestler's skills in scholastic wrestling. Emphasis on technique, match preparation, mental preparation, goal setting, conditioning, and weight training.

Requirements: Every Wrestler must have a USA Wrestling Card and wrestling shoes. Copy of your current card must be presented at 1st session. USA Wrestling Memberships run from September to August. Please go to www.usawmembership.com to update your card or sign up for a new membership.

Class will be held on Mondays and Tuesdays from Nov. 25 to Feb. 10 at Darien High School for ages 7 to 14.

Intermediate/advanced wrestlers will meet from 5:30 to 6:30 p.m. while beginner/intermediates (two years or less experience) will meet from 6:30 to 7:30 p.m.

The fee for this program is $200/Darien resident; $240/non-resident.

For a direct link to register for these classes, please visit Blue Wave Wrestling Club.

If you have any questions, please contact Darien Parks & Recreation at 203-656-7325 or email parkrec@darienct.gov.