

# COME WRESTLE WITH US!!!

**Friday Night Rumbles under the Lights Wrestling** 5PM to 8:30PM  
March 20<sup>th</sup>, April 24<sup>th</sup>, May 15<sup>th</sup>, June 12<sup>th</sup>.

Price is \$8.00 per person with no weigh in.

**Located at the Harrison Family YMCA  
1000 Independence Rd. Rocky Mount, NC 27804**

---

**Harrison Family YMCA Wrestle-thon** will be held  
Starting at 5PM on March 27<sup>th</sup> and ending March 28<sup>th</sup> at  
5PM. **Come be a part of a first....this has never been done in  
America!!!!!!** \$5.00 per person minimum donation. Proceeds will go to  
the Harrison Family YMCA Wrestling Program. Sponsors are welcome.

**March 14<sup>th</sup> Wrestling Clinic** will be held at the Harrison Family YMCA.  
There will be two sessions: 9:30AM-12PM, and 1:30PM -3:30PM. There  
is no charge for High School State Qualifiers, Middle School State Place  
Winners, and all who are registered with the Harrison Family YMCA  
Wrestling Program. All other guests will be charged \$20 for participation.

---

**Harrison Family YMCA Wrestling Program** starts March 2<sup>nd</sup>.  
Practices will be M, W, F 6PM-8PM, cost will be \$20 per month. Ages  
5yr and up, new and experienced wrestlers are welcome. The program will  
teach techniques in Folk Style, Greco Roman, and Free Style. There will  
be a travel team within the program that will travel and compete in  
tournaments state and nation wide.

---

Please contact Tracy Wood at 252-972-9622 ext.229 or George Bancroft  
at 954-651-2039 for more information.

**COME BE A PART OF THE EXCITEMENT!!!**