



Oak Forest Park District WARRIORS Wrestling

There is no better sport that teaches kinetics and body movement quite like wrestling. A wrestler has flexibility, balance, coordination, strength, power, agility, stamina, and quickness. If you're currently in other sports and you've never taken up wrestling, try it, we guarantee it will help your game tremendously.

BENEFITS OF WRESTLING:

- Builds self discipline and confidence
- Builds strength, speed, flexibility, and balance
- An excellent way to stay active in the winter
- An effective form of self defense



OPEN MATS

Come out on September 8, 29, and October 13
Between 10am and 11:30am
Or October 15-16 between 6pm-7:30pm
And give wrestling a try for FREE.

Open mats will take place at 15440 Central Ave.
(behind Village Hall)

Registration is
September 11th and 13th 6pm-8pm
& October 17th and 18th 6pm-8pm

Boys and Girl ages 5 - 13
(New wrestlers need to bring in a copy of birth certificate.)

Register at the Oak Forest Park District
15601 S. Central Ave.
(708)687-7270

www.oakforestwarriors.net