

PRO-EX WRESTLING

What: Wrestling Club For 5 – 10 Year Old Wrestlers

Where: Pro-Ex Wrestling 2995 Sunrise Highway Islip Terrace

When: Tuesday & Thursday 7:45pm – 9:15pm Sunday 10:45am-12:15pm

Cost is \$50 Monthly **NO CONTRACT EVER!!!** Pay As You Go

All Skill Levels Welcomed, Technique & Conditioning Taught By A Professional NYS
Licensed Coach With Over 35 Years Of Wrestling Experience

Coach Izzy Medina

Nassau County Champ, NYSPHSAA Placewinner, 2x NYS National Team Member

10 Year Head College Coach SUNY Maritime

9 Year Assistant Coach Wantagh & Freeport

Current Head Coach West Babylon

2009 Nassau County Asst. Coach Of The Year

2011 LIWOA Coaches Sportsmanship Award

For More Info Contact Izzy Medina

516-697-5564

proexwrestling@yahoo.com

PRO-EX WRESTLING

What: Wrestling Club For 7th – 12th Grade Wrestlers

Where: Pro-Ex Wrestling 2995 Sunrise Highway Islip Terrace

When: Tuesday & Thursday 7:45pm – 9:15pm Sunday 10:45am-12:15pm

Cost is \$100 Monthly **NO CONTRACT EVER!!!** Pay As You Go

All Skill Levels Welcomed, Technique & Conditioning Taught By A Professional NYS
Licensed Coach With Over 35 Years Of Wrestling Experience

Coach Izzy Medina

Nassau County Champ, NYSPHSAA Placewinner, 2x NYS National Team Member

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