

Jr. Laker WRESTLING

Grades K-8 | Boys & Girls | Mountain Lakes & Boonton Township

BUILD STRENGTH.
CONFIDENCE. CHARACTER.

Jr. Laker Wrestling offers kids a fun, safe, and supportive environment to learn the sport, grow skills, and develop life lessons in teamwork, discipline, and respect — on and off the mat.

PROGRAM HIGHLIGHTS:

- Welcomes wrestlers of all experience levels — beginners encouraged!
- Optional matches & tournaments in the Twin County Junior Wrestling League.
- Dedicated coaching focused on skill development and sportsmanship.
- “Try it out” practice available before committing!

PRACTICE SCHEDULE (November – December):

- **LITTLE LAKERS (Kindergarten):** Tues & Thurs | 5:30 - 6:15pm
- **GROUP 1* (1st - 4th Grade):** Mon-Tues-Thurs | 6:15 – 7:15 PM
- **GROUP 2 (5th - 8th Grade):** Mon-Tues-Thurs | 7:15 – 8:30 PM

Group 1 & 2: Saturday AM practice times TBD

**SCAN to find out more details and
register for the 2026-2027 Season!**

WWW.JRLAKERWRESTLING.COM

