

# FITS

WRESTLING ACADEMY

WINTER SCHEDULE NOV. 29 - FEB. 27

**SUNDAY** @ THE ROSE FARM

All Ages: 5PM - 6:30PM

**TUESDAY** @ THE ROSE FARM

All Ages: 4PM - 5:30PM

**WEDNESDAY** @ THE ROSE FARM

All Ages: 4PM - 5:30PM

## Punch Cards

First practice is **FREE**; USA Wrestling Card Required

5 PUNCH CARD	10 PUNCH CARD	20 PUNCH CARD
<b>\$100</b>	<b>\$175</b>	<b>\$300</b>

\* Never expire

- Punch cards can be used at any FITS Practice or Clinic
- Camps and private lessons are separate from this system

**Due to Covid-19** class sizes will be smaller, temperature checks will be taken prior to practice, hand sanitizer will be provided, and we'll be cleaning mats in between practices. If you or your child are showing symptoms we ask that you let us know and that you or your child not attend practice until tested and are negative.

Don't miss an opportunity to wrestle with 4x All-American Steve Fittery and staff.

## Practice Addresses:

**'The Rose Farm'**  
2815 Garrett Rd  
White Hall, MD 21161

**'The Loft'**  
10973 Rockville Rd  
Glen Rock, PA 17327



Registration: [www.fitswrestlingacademy.com](http://www.fitswrestlingacademy.com) | Questions? [FITSWrestlingAcademy@gmail.com](mailto:FITSWrestlingAcademy@gmail.com)