



## **TAP INTO YOUR INNER DAWG AND JOIN THE RUFF HOUSE WRESTLING CLUB!!**

**WITH OVER 20 YEARS OF COMBINED COACHING EXPERIENCE YOU WILL MOVE  
YOUR BODY IN ATHLETIC WAYS AND LEARN THE FUNDAMENTALS OF WRESTLING**

**TUESDAY/THURSDAY**

<b>K-4</b>	<b>5-8</b>
<b>4:30 - 5:30</b>	<b>5:45 - 6:45</b>

★ **THE OUTSTANDING MANASQUAN FIELD HOUSE** ★

**\$100**  
ONE DAY PER WEEK

**\$120**  
TWO DAYS PER WEEK

**\$325**  
THREE MONTHS

**COACH MIKE DAHROUGE**  
**MDAHROUGE84@GMAIL.COM**

**WWW.RUFFHOUSEWRESTLING.COM**

**COACH NICK SKOKOS**  
**NSKOKOS14@GMAIL.COM**