



Monster Smithtown Kids Wrestling Program

Our year round folk style kids wrestling program is a “USA Wrestling Club” designed to teach kids the sport of wrestling in a fun, friendly environment.

The program will be designed to challenge and improve the wrestling abilities of both beginner and advanced wrestlers. Wrestlers will also be encouraged to train for and compete in local competitions throughout Suffolk County.

Ages: 5-17

Practice Times: Tuesday’s 6:00 pm & Thursday’s 5:30 pm

Equipment needed: Shorts, T-shirt, & wrestling shoes

Location: Monster Brazilian Jiu-Jitsu & MMA

24 Bellemeade Ave

Smithtown, NY 11787

Membership Cost: First practice free! Thereafter \$80.00 per month billed monthly to a credit card or checking account.

For more information call, email, or come down!

631-683-5100

info@monsterbjjmma.com