



Wadsworth Wrestling/The YMCA Full Body Workout Wrestling/Tumbling/Strength Training



Purpose:

The purpose of this class is to develop skills to help become a better overall athlete. Wrestling skills, tumbling skills, and strength training will be taught while promoting teamwork, self discipline, and sportsmanship

Dates/Times

Training Sessions Held at YMCA
(Wadsworth Wrestling Room)

Class Time: 6:00pm-7:00pm
Monday, October 21st
Wednesday, October 23rd

Monday, October 28th
Wednesday, October 30th

Monday, November 4th
Wednesday November 6th

Eligibility

Boys Grades 1st-6th.

Anyone who wants to develop different skills to help them become a overall better athlete, and give young athletes the opportunity to develop teamworks, self discipline , and sportsmanship

BECOME A CHAMPION

Areas of Instruction

Tumbling
Footwork Drills
Rules of Wrestling
Wrestling Fundamentals
Takedowns
Pinning Combinations
Escapes
Nutrition
Strength Training

Register Online:

www.akronymca.org/wadsworth