



COMMUNITY EDUCATION
FALL 2024



WRESTLING OPEN GYM

STUDENTS IN GRADES 1-12 - THESE ARE FREE SESSIONS

TO ATTEND OPEN GYM SESSIONS, YOU MUST HAVE WRESTLING EXPERIENCE

The Open Gym sessions are for students in grades 1-12 with previous experience in wrestling. To participate in Open Gym Sessions, wrestlers must have completed one of the following:

- A Community Education Wrestling youth program
- Participation in a modified, JV or varsity wrestling team

REGISTER ONLINE

Registration online is mandatory so we are able to staff appropriately.

INSTRUCTORS

Coaches and volunteer coaches of ACHS Varsity Wrestling team.

LOCATION

Amherst High School Sportsplex
Use Westmoreland entrance

REGISTER

All registration is completed online
www.amherstschools.org
Community tab, select Community Education

Questions?

Lori Sosenko, Community Education Liaison
716-362-3031
LSosenko@amherstschools.org

**Open Gym Wrestling sessions are free.
Registration is required.**

TYPICAL SESSION

- Students will work in teams grouped by grade and experience.
- Warm-up activities (run, stretch, tumbling)
- Review and practice of old skills
- New skill learning and practice wrestling competitions

MONDAYS - 6-7:30 P.M.

Sept. 23, 30; Oct. 7, 21, 28; Nov. 4
No session on Columbus Day Oct. 14, 2024

WEDNESDAYS - 3:30-5 P.M.

Sept. 18, 25; Oct. 2, 9, 16, 23, 30; Nov. 6

Registration link  www.amherstschools.org