



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 14th

Thursday, October 17th

Monday, October 21st

Thursday, October 24th

Monday, October 28th

Thursday, October 31st

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, selfe discipline , and sportsmanship

BECOME A CHAMPION

This event is not sponsored by Wadsworth City Schools.

Areas of Instruction

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

Register Online:

www.akronymca.org/wadsworth