



ALL AGES AND SKILL LEVELS WELCOME!

- ✓ CONFIDENCE
- ✓ SELF-DEFENSE
- ✓ DISCIPLINE
- ✓ FRIENDS
- ✓ FUN

NORTHERN OHIO

ALL GIRLS

FREESTYLE & GRECO CLUB

**STARTING MARCH 24TH
ENDING JULY 22ND**

SCHEDULE

MON

**K-6TH GRADE
4:30-6PM
WRESTLING
FUNDAMENTALS**

**7-12TH GRADE
6-8PM
FREESTYLE**

WED

**K-6TH GRADE
4:30-6PM
WRESTLING
FUNDAMENTALS**

**7-12TH GRADE
6-8PM
GRECO-ROMAN**

THURS

**7-12TH GRADE
5-6PM
STRENGTH &
CONDITIONING CIRCUIT**

**7-12TH GRADE
6-8PM
FREESTYLE**

REGISTER HERE

LOCATION

LAKWOOD HIGH SCHOOL

**ADDRESS:
14100 FRANKLIN BLVD,
LAKWOOD, OH 44107**

**PARK IN BACK PARKING
LOT BETWEEN BASEBALL
FIELD AND SCHOOL. ENTER
IN DOOR 26**



COST \$125.00

MUST OBTAIN USA WRESTLING CARD

**TOTAL COST MAY SLIGHTLY
CHANGE DEPENDING ON COST OF
CLOTHING**

**THE COST OF THE CLUB WILL
COVER PRACTICES, 2 SINGLETs, A
T-SHIRT AND SHORTS**