



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# READY SET WRESTLE

## Wrestling Team NORTHWEST VALLEY



Wrestling is a new program offered at the northwest valley YMCA. Youth will learn to wrestle, build confidence, and athletic conditioning. Wrestling is a physical competition, and requires training in technique as well as the physical conditioning. We will teach both Folk and Freestyle and prep for competitions during both seasons.

Group 1 Beginners & younger youth	Mondays 6:15-7:00pm Fridays 5:30-6:15pm	Member only \$30 monthly
Group 2 Intermediate	Mondays 6:15-7:30pm Tuesdays 7:15-8:45pm Fridays 6:00-7:00pm	Member only \$45 monthly
Group 3 Advanced & older youth	Monday 7:30-9pm Tuesdays 7:15-8:45pm Wednesdays 7:15-8:45pm Fridays 7:00-8:00pm	Member only \$60 monthly