



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOYS, BUILD YOUR STRENGTH!

SWIM, SPORTS & PLAY

Wadsworth YMCA Mini Wrestling Program

Led by Hall of Fame Wadsworth High School Head Coach, John Gramuglia & Assistant Coach, Clay Wenger

Ages: 1st – 6th grade

Cost: \$30 Member/\$60 Program member

Days: Mondays & Wednesdays from October 23–November 8, 2017 [6 classes]

Time: 6:00–7:00pm

Must sign up through the YMCA. Program is open now!

This unique opportunity allows youth to work with the premier wrestling coaches from the High School to help develop wrestlers. Meet at the YMCA. Program includes:

- Developing skills to become better overall athletes
- Promotes teamwork, self-discipline and wrestling techniques
- Focus on tumbles, footwork, rules and fundamentals of wrestling
- Along with pinning combination, escapes, and key nutrition components

For more info contact Ryan Reavy, YMCA Program Director
330-334-9622 or email ryanr@akronymca.org

This program is not sponsored by Wadsworth City Schools.

WADSWORTH YMCA
623 School Dr.
Wadsworth, Ohio 44281
330 334 9622

akronymca.org



The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

