

RB SPRING YOUTH WRESTLING



WHO: Open to all beginner, intermediate and Advanced level kids in grades K thru 8

PRACTICES: Monday and Wednesdays (Advanced Thursdays)

➤ **Ages 5 to 8** practice from 6:00 to 7:30pm

➤ **Ages 9 to 14** practice from 6:00 to 7:45pm

WHERE: Wrestling Room @ BHMS Gym, 12990 Paseo Lucido, SD Ca. 92128

- Learn the fundamentals of All wrestling Styles in a fun, safe and competitive environment
- Develop wrestling skills, agility & strength thru technique sessions and live wrestling
 - Season Will Run March 24th- June 8th
 - Membership Cost \$250

WINTER SEASON STARTS March 24th

REGISTRATION IS OPEN

<https://rbwrestling.sportngin.com/register/form/546011542>

SPACE IS LIMITED TO MAXIMIZE COACHING (Spots will fill Fast)

Send Questions to: jterribilini@powayusd.com

Offered by the Rancho Bernardo Wrestling Club, a 501(c)(3) Non-Profit Org