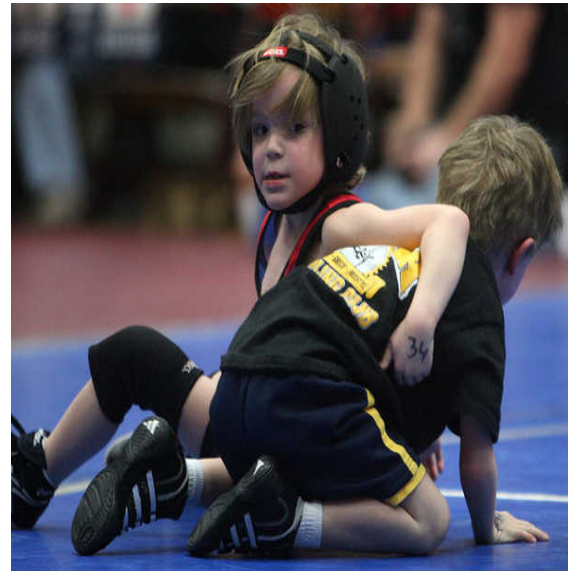


# Wrestling

This program is designed to introduce and reinforce fundamental wrestling skill as well as demonstrate unique wrestling moves, techniques, and conditioning exercises. Wrestlers of all skill levels, from beginner to experienced, will benefit from this new program.

- Ages:** 5-15 years old
- Days:** Tuesdays and Thursdays beginning April 13.  
**Spring I: April 12- May 23**  
**Spring II: May 24- July 4**
- Time:** 2:45 – 3:30, 5yrs – 8 yrs  
3:35 – 4:30, 9yrs – 15yrs
- Location:** YMCA Activity Center
- Cost:**
- |                 |       |
|-----------------|-------|
| Facility Member | \$72  |
| Program Member  | \$108 |



Patty Espinoza, Youth Sports  
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Dylan Bradley, Wrestling Coach  
[dylan.bradley@ciymca.org](mailto:dylan.bradley@ciymca.org)

Financial Assistance is Available

The Channel Islands YMCA is a charitable organization providing programs based upon Christian principles to men, women and children of all ages, races, religious beliefs and economic status to develop and enrich the spirit, mind and body.



**Stuart C. Gildred Family YMCA**

*a branch of the Channel Islands YMCA*

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[www.ciymca.org](http://www.ciymca.org)