

# **Marvel Spring Intro Wrestling**

**April 9<sup>th</sup>-25<sup>th</sup>**

Have fun and get heart rate up while engaged in

- Physical play
  - Work on balance
  - Basic tumbling
- Basic wrestling skills
- Introductory grappling games

*6 introduction practices for ages 4-6 with little to no experience.*

*Takedown tournament opportunities 4/12 & 4/26  
USA Wrestling Membership Required to participate*

*Wear t-shirt, shorts, and socks  
(Unless you have wrestling shoes)*

***Tuesday/Thursday 6:00-7:00pm  
Righetti Wrestling Room (941 E Foster Rd.)***

**CONTACT INFO: MARVELWRESTLING@GMAIL.COM**

**LIKE OUR FACEBOOK PAGE: MARVEL WRESTLING ACADEMY**



\*Cap of 15

Cost \$35

Preregister online:  
[www.marvelwrestling.org](http://www.marvelwrestling.org)

T-shirt for participants