



Instructional Wrestling

This is an introductory level wrestling program. All participants are divided into age and weight levels. The areas of instruction will include takedowns & counters, escapes & reversals, rides, pins and conditioning. No prior wrestling experience needed to participate.

Ages	7-14 years old
Location	Rush-Henrietta Sr. High School, Wrestling Gym
Class #	41W24
Time	Mondays & Wednesdays - 6:30pm-8:00pm
Fee	Resident \$50/ Non-resident \$55

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Monday	Thursday
November 3	November 6
November 10	November 13
November 17	November 20
X	X
December 1	December 4
December 8	December 11
December 15	December 18
X	X
X	X
January 5	January 8
January 12	January 15
January 19	January 22
January 26	January 29
February 2	February 5
February 9	February 12
X	X
February 23	February 26
March 2	March 5
March 9	March 12
March 16	March 19
March 23	March 26

Registration begins 8/18 for Henrietta residents & 8/25 for all others.

Town of Henrietta Parks & Recreation Department
 475 Calkins Road • Henrietta NY, 14467 • 359-2540 • www.henrietta.org