

The Nittany Lion Wrestling Club

presents

Fitness & Balance (for boys and girls ages 4-7)

General Information

The Nittany Lion Wrestling Club (NLWC) conducted its first Fitness & Balance sessions last winter, and the program was a tremendous success. The boys and girls had fun, learned some different drills and body movements, and “burned off” a lot of mid-winter energy. The NLWC plans to build upon that success and is again conducting a **Fitness & Balance Program**.

The program will provide children (both boys and girls) from ages 4-7 an opportunity to participate in a dynamic and fun workout session. Although this program will take place in the wrestling room, wrestling skills and techniques will not be taught, and there will be no actual wrestling contact. Instead, the emphasis will be on a wide variety of basic body control movements and drills, some individual and some with a partner. This program will help children develop balance, strength, and confidence in different body movements. For those who wish to do so, it will be excellent preparation to begin actual elementary wrestling practice in the future. While this program is expected to provide some challenges, the emphasis will be on having fun!

****Note: Parents should plan on staying in the wrestling room during the sessions. In order to participate, children must be able to listen and follow directions.***

When

Wednesday evenings from 6:00pm-6:45pm

4 Sessions starting on January 4 and ending on January 25

Where

The Penn State Wrestling Room in Rec Hall on the PSU Campus.

*Parking will be available across Atherton St. in the parking lot off of White Course Drive.

Registration

Registration will take place from 5:30pm - 6:00pm on January 4. Registration forms will be available at the door but completing and bringing a registration form with you will save time. Blank registration forms can be printed from our website: www.nittanylionwrestling.com.

Cost

The cost will be \$20. Checks should be made out to the Nittany Lion Wrestling Club. Please plan on paying at the door on the first evening you attend.

Staff

The programs will be conducted by the Nittany Lion Wrestling Club coaches and staff. All of these coaches have extensive experience working with young wrestlers in camp and practice settings and will provide excellent guidance for children attending these programs.

Questions/More Information

Please contact Dave Hart at davehart3@verizon.net. Information on the Nittany Lion Wrestling Club and its programs is also available at www.nittanylionwrestling.com.