



BOYS & GIRLS CLUB OF CLIFTON

WRESTLING



REGISTRATION: ONGOING
@ 181 COLFAX AVE. (CLUB FRONT DESK)
OR ONLINE AT BGCCLIFTON.ORG
DAYS: MONDAY & WEDNESDAY
FEE: \$40.00 CLUB MEMBERSHIP
\$25.00 ACTIVITY FEE

AGES: 6-17
DATES: April 23rd - June 17th
TIMES: MON. 6-7:30PM
WED. 6:30-8PM
@ the Club Gym

Level 1 - Future Bulldogs: For the young wrestlers with little or no experience (ages 6-8) we offer a fun introduction to wrestling. Focus is on developing basic skills, coordination, and agility needed to advance to the next level. Our one hour sessions are a mixture of games, conditioning, and basic wrestling instruction.

Level 2 – Bulldogs: Experienced wrestlers.

INSTRUCTED BY HEAD COACH PHIL CONSIGLIO.
Any questions? Call 973-557-0717