

# SUMMER WRESTLING CAMPS

## @ the Cobourg YMCA!

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you by:

We build strong kids,  
strong families,  
strong communities.



Plus de vie à la vie  
des jeunes, des familles  
et de la communauté.

&



YMCA Northumberland

### **Camp #1 - Sunday, July 25 • 8:30am-4:30pm**

*Lunch and swimming break included.*

**Cost: YMCA and KOWC members \$45.00 Others \$55.00**

*Ages: 8+ (6+ with current wrestling experience) Please register early, space is limited.*

The Kawartha Olympic Wrestling Club's very own Chris Crooks will lead wrestlers of all ages and experience levels through a day full of new skills, drills and scrimmages. Get a chance to hit the mats with former and current provincial and national medalists! Learn from some of the areas most accomplished coaches and wrestlers.

### **Camp #2 - Sunday, August 29 • 8:30am-4:30pm**

*Lunch provided.*

**Cost: YMCA and KOWC members \$65.00 Others \$75.00**

*Ages: 8+ Please register early, space is limited.*

The Cobourg Y and the KOWC welcome Canadian superstar freestyle wrestler Tonya Verbeek. Tonya is a two time Olympic medalist and is one of Canada's most decorated female athletes. Tonya will lead our group of experienced wrestlers through a fun-filled day of new techniques and drills to get you up to date for the upcoming season!

**Register at the Cobourg YMCA or  
call for details: 905-372-0161**

