





ATTENTION GIRLS! – FREE EVENT! INTRODUCTION TO FREESTYLE WRESTLING







FOR
BEGINNERS
ALL
AGES

Attention Girls! FREE EVENT!

- Introduction to Freestyle Wrestling -
Learn the sport of Wrestling as seen in the Olympics.
For Beginners of All Ages (Females only)

-  FREE EVENT
-  Fun Environment
-  International Qualified Coaches
-  No Experience Needed

-  Learn Takedowns
-  Stop Takedowns
-  Bring your Friends
-  Female Only

Black Dragon Kai Jimboomba – 1800 111 936

Friday the 20th of September 5-6pm (School Girls) 6-7:30pm (Teens & Adults)

Lang Park PCYC – 0409 756 967

Sunday the 29th of September 10am-2:30pm (FREE lunch included)

Nerang PCYC – 1800 111 936

Thursday the 10th of October 4pm-5pm (Schools Girls) 5pm-6pm (Teens & Adults)

Let us know if you would like to attend this FREE event and register now.