



Beginner Wrestling Camp (Ages 6-15)

This camp will introduce the children to the basics of wrestling: conditioning, drills, combinations and hands on practice with the other participants. Instructors will explain the basics of wrestling competitions and will work on every aspect from take downs to ground control. We designed a curriculum where will be working on drills and progressive drills: speed, agility, strength, coordination. This is a BEGGINER camp that stresses the basics and the fundamentals. The camp is designed to introduce your children to the world of competition wrestling. Once a week a guest instructor will present, demonstrate and work with the campers on their technique. This is a great camp for the children to learn wrestling, get in great shape and have lots of fun!!

Week 3

8 am - 4:30 pm \$175/week OR 9 am - 12 pm \$90/week

Location: American Kenpo Karate Academy

Featuring "Built-in" before and after care for your convenience 6:30 am – 6:30 pm. Note that campers will participate in supervised, self-directed, unstructured activities during before and after care hours.

Full Campers will leave from and return to the Freedom Center each day to enjoy other games and activities like wall ball, capture the flag and daily swim time. Please pack a snack, lunch, water bottle and a swim suit.

Half Day campers should be dropped off and are picked up directly from American Kenpo Karate Academy directly. Campers should bring a water bottle and a snack.

Week 8 FULL DAY at AKKA

9 am - 4:30 pm \$205/week OR 9 am - 12 pm \$105/week

Location: American Kenpo Karate Academy

Featuring "Built-in" before and after care for your convenience 6:30 am – 6:30 pm at American Kenpo Karate Academy. Note that campers will participate in supervised, self-directed, unstructured activities during before and after care hours.

Full day campers should be dropped off and picked up at AKKA. The campers will be going to the pool at the Freedom Center two times during the week. A snack, lunch, water bottle and swimming suit is required.

Half Day campers should be dropped off and are picked up directly from American Kenpo Karate Academy directly. Campers should bring a water bottle and a snack. Directions to American Kenpo Karate can be found on the main camp page under Directions to Specialty Camps.