

FULL CIRCLE: VIRTUAL TRAINING

BC Wrestling Association and Westsider Wrestling Club are excited to announce a new online training program that will premier Monday November 16th! Full Circle Virtual Training! This exciting opportunity will be free for a limited time to all BCWA members. Wrestling experience and equipment not needed.



SCHEDULE

ELEMENTARY (ages 5-12)

Tuesday and Thursday's from 5:00pm
- 6:00 pm

HIGH-SCHOOL (ages 13-17)

Tuesday & Thursday's from 6:00pm -
7:00 pm

ADULT RECREATION (ages 18+)

Monday & Wednesday from 5:00pm -
6:00 pm

Anyone who is interested in participating must hold a BCWA membership. Additionally, as all virtual training will take place on zoom, the participant must be able to turn on their camera so that instructors can ensure a safe training experience.

HOW TO REGISTER

Register for your BCWA membership (<http://www.bcwrestling.com/membership>)

Email your name, category looking to enroll in (elementary, high-school, and/or adult recreation), affiliated club (if relevant) and BCWA membership number to execdirector@bcwrestling.com AND cruz_velasquez@sfu.ca

Shortly after emailing, you will receive a link to join in on the active fun!

[#stayinandworkout](#) [#bcwrestling](#)