



MPAC 360° Wrestling Academy



Register at www.MPAC360.com

4 week sessions

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Next Session Starts September 1st 2024

revised

Class	Age Group	Days/Time	(4 week program)		Description
Tiny Athletes Program Skill Development	3 - 6 yr olds	M,T,W,Th	\$75 for 4 weeks		Our Tiny Athletes Program is designed specifically for boys and girls aged 3 to 6. This developmental program focuses on introducing the basics of sports through fun and engaging activities. Key Features: Fundamental Skills: Children will learn the basic fundamentals of various sports, including tumbling and agility drills
		11:15 - 11:45 am			
		12-12:30 pm			
		3:15 - 3:45 pm	Drop-In	\$10 per Class	

Class	Age Group	Days/Time	(4 week program)		Description
Intro to Wrestling for Elementary School - Beginners	K-1st	M,T,W,Th	Non-Members	\$75	"Our beginner program for elementary students introduces the fundamentals of wrestling in a fun and supportive environment."
	2nd & 3rd	4:30 - 5pm			
	4th, 5th & 6th grades	5:30-6:15	Membership	\$50 per month	

Class	Age Group	Days/Time	(4 week program)		Description
Intro to Wrestling for Middle School & High School- Beginners	Middle & High School	M,T,W,Th	Non-Members	\$75	"This program offers middle and high school beginners a comprehensive introduction to wrestling, covering essential techniques and conditioning."
		6:15-7pm	Membership	\$50 per month	

Program	Age Group	Days/Time	October - February - (4 sessions per week)		Description
Youth Wrestling League	3 - 5 yr olds	Mon-Thur	Non-Members	\$100 for the season	Join our youth wrestling league and compete in weekend tournaments, gaining valuable experience and building competitive spirit." (Highland & Local Weekend Tournaments)
	1st - 2nd	4:30 - 5 pm			
	3rd - 4th	5:15 - 6:00	Members	\$0 Included in Membership	
	5th - 6th				

Class	Age Group	Days/Time	(4 week program)		Description
Pre-Season Training for Middle and High School Wrestlers:	Middle & High School	Tu/Thu -4:00 - 5:15p	Non-Members	\$75 for 4 week	"Get ready for the upcoming season with our pre-season workout training, designed to prepare middle and high school wrestlers with intensive conditioning and skill development."
			Drop-In	\$20 per Class	
		Sun-1:30p	Membership	\$50 per month	

Class	Age Group	Days/Time	(4 week program)		Description
Core Skill Training	6th - 12th grade	Fri	Non-Members	\$75 for 4 week	"Enhance your athletic performance with our specialized sports training programs, focusing on wrestling and boxing to take your skills to the next level."
		5:15 - 6:00 pm	Membership	\$50 per month	

Program	Age Group	Days/Time	(4 week program)		Description
Girls-Only "EmpowerGirls Wrestling Academy:"	Elementary, Middle & High School	Mon, Weds, Thu	Non-Members	\$75 for 4 weeks	"Our one-of-a-kind, year-round Girls-Only Wrestling Academy offers specialized training to help female wrestlers, from beginners to experienced, reach the next level in their wrestling journey."
		6-7 pm			

Program	Age Group	Days/Time	Duration (Year-Round) 3- 5 sessions per week	Description
360° Elite Academy	Elementary, Middle & High School		This program is by invitation only	Our program is meticulously crafted to nurture champions from the ground up, offering the skills, support, and opportunities necessary for success. Become part of a community that prioritizes excellence, hard work, and dedication. Together, we will achieve greatness.

Open Mat	Sun All Day		Free - Must have wavier on file
	Pre-K - 3rd grade	12:30-2pm	
	Girls	2-4pm	
	4th, 5th 6th		
	MS/HS	3-5:30pm	
Adult (Men & Women) 18+			

360° Boxing offers heavy bags, wrestling mats, and other equipment available for both Members and Non-Members to use when classes are not in session. Non-Members can use the equipment all day for \$20, while Members can use it for free.