



NVRTC

NORTH  
VALLEY

REGIONAL  
TRAINING  
CENTER

YOUR CLASS  
YOUR SKILLS

# ADULT CLASS

**RETURNS SEPTEMBER 3RD, 2024**

**ONLINE REGISTRATION**



TUESDAYS & SUNDAYS | PARADISE VALLEY HIGH SCHOOL (3950 E BELL RD, PHX 85032)

**OPEN FOR  
REGISTRATION**  
[NV-RTC.COM](http://NV-RTC.COM)

**VISIT US**  
ONLINE FOR MORE  
**INFORMATION**

 @nv\_rtc  
 @NorthValleyRTC  
 [www.nv-rtc.com](http://www.nv-rtc.com)  
 [nvmisfits@gmail.com](mailto:nvmisfits@gmail.com)

## ADULT WRESTLING

**Dust off your wrestling shoes!  
Get back in shape? | Learn new techniques?**

**Return to Your Wrestling ROOTS !?!  
Participate in a USAW 'Veterans/Masters' event**

**YOUR Adult Wrestling  
Journey Starts HERE !!**

**Folkstyle | Freestyle | Greco-Roman | Wrestling for MMA / Jiu Jitsu**

**\*\*\* Requires USA Wrestling - Open License Membership \*\*\***

*Help Us Normalize Recreational Wrestling For Adults !!*