

Fitness

Private Wrestling Instruction

One on One instruction with **Ted Lansky All-American Wrestler**

Most of what I know I learned one-on-one, not in group settings. Some wrestlers either don't flourish in group instruction, or prefer more balance/leverage based techniques that don't lend themselves to group instruction.

The secret to my wrestling success was polishing and re-polishing my techniques, until an opponent had a very difficult time defending against them. It is amazing how little details can make such a huge difference.

Wrestling Record:

- 3 time Section 1 Champion (1958 to 1960) - NY State Championships started in 1963
- Undefeated 6 year dual meet record (85% of matches did not go the distance).
- Only All American wrestler from the University of Pennsylvania between 1942 and 1997. (130 weight class)

If your son is motivated to significantly improve his wrestling, personal training sessions at Saw Mill Club can definitely help. No matter how high his goals are, I can help him get there.

Please contact Ted at tlansky@sawmillclub.com or stop by the fitness center for further information.

One-On-One

1 Session	\$87.00
5 Sessions	\$420.00
10 Sessions	\$805.00
10 ½-hour Sessions	\$490.00

Partner Training

1 Session	\$120.00
5 Sessions	\$575.00
10 Sessions	\$1105.00
10 ½-hour Sessions	\$670.00

Small Group Training

(3 to 5 participants)	
1 Session	\$36.00
10 Sessions	\$330.00
½-hour Session	\$18.00
10 ½-hour Sessions	\$165.00

Private Wrestling Instruction Registration

Name _____ Member # _____

Age: _____ Parent's Name _____

Address _____

City/State/Zip _____ Phone _____

Cell: Parent _____ Teen _____

Email: Parent _____ Teen _____