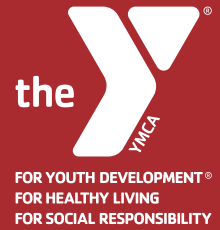




ALTRU FAMILY YMCA YOUTH

BOXING ACADEMY



For Youth age 8+

UNLEASH YOUR INNER CHAMPION!

Session 1

July 12

5:00–6:00 pm

July 13

10:00–11:00 am

Session 2

July 26

5:00–6:00 pm

July 27

10:00–11:00 am

- Improve Overall Fitness
- Improve Coordination & Balance
- Learn Proper Technique & Footwork
- Learn Self Discipline & Self Defense
- Learn Teamwork & Sportsmanship
- Build Confidence

Coach: Josh Bina

Altru Family YMCA
215 N 7th St
Grand Forks, ND

One Session: \$30/Members, \$45 Non-members
Two Sessions: \$50/Members, \$80 Non-members

Contact: Adam Sorum / asorum@gfymca.org



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