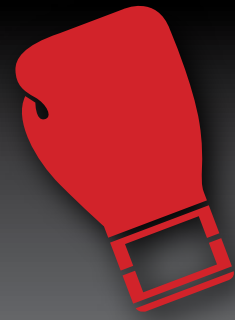


BOXING CLASSES



with Ramon Ey

Ray is an exceptionally skilled boxing trainer who has previously served in the Australian Defence Force.

Ray combines boxing skills with mentoring and serves as a positive role model for young people.

Participants in this program will be able to learn the importance of commitment, discipline, physical health and wellbeing.

This program also provides positive alternatives to stopping violent behaviour and in promoting self-regulation.

When: Every Wednesday

Time: 4.00pm to 5.00pm (Starts 13/07/16)

Where: 2-14 Sporting Drive, Thuringowa
Central - outside the Youth Hub

Who: Aimed at 11 - 14yr olds
(however, all ages and gender under 18 are welcome)

BOXING
CLASSES
FREE OF
CHARGE

For further information please
contact the Me Too program on
4799 1799 to express your
interest in joining the class

