

CITY OF CAMDEN
MAYOR DANA L. REDD
AND THE
DEPARTMENT OF HUMAN SERVICES
BUREAU OF RECREATION

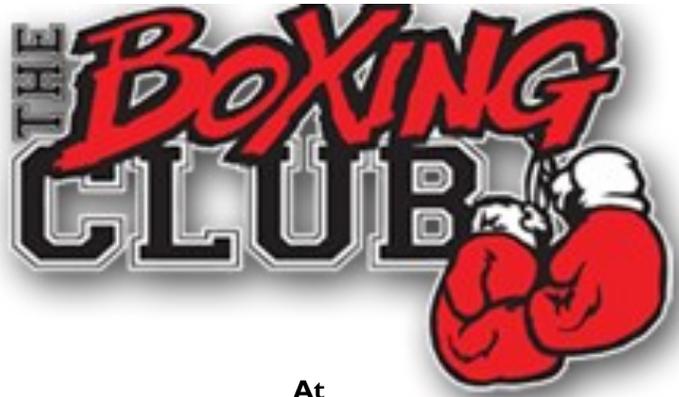
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JANEAN. L. GOODEN
PROGRAM COORDINATOR

AMANDA THOMPSON
RECREATION SUPERVISOR

2014 -2015 FALL & WINTER
BOXING - 4 - FITNESS

**** Free for Camden Residents**
Ages: 8 -18 years old **
Must have parent permission
to participate
Proof of Age
Proof of Residency



At
North Camden Boxing Gym
1000 N. 6th Street, Camden, NJ 08102
Mon. - Fri. from 4 pm to 8 pm
(4 pm to 6 pm youth, 6 pm to 8 pm adults)

This is an all-year around program that is designed to will help your child reap the mental and physical benefits of boxing training. They will learn techniques in a safe and structured environment, focusing on fitness, self-discipline, and respect for others.

Our instructors teach the fundamentals of boxing technique through various conditioning drills, and are vigilant about each student's safety and healthy progress through the program. Classes are designed to help each child develop discipline, focus, coordination and overall conditioning at their own pace, while having a great time learning the sport of boxing.

For more additional information call (856) 757-7096.