



## **Introduction to Youth Boxing Camp (Ages 6-15)**

### **Week 6**

**8 am - 4:30 pm \$230/week OR 9 am – 12 pm \$130/week (Training gloves included)**

**Location: American Kenpo Karate Academy**

Featuring "Built-in" before and after care for your convenience 6:30 am – 6:30 pm for full day campers only. Note that campers will participate in supervised, self-directed, unstructured activities during before and after care hours.

In addition to the physical aspect of boxing, the children will be introduced to the rules and regulations of sport boxing. We also will be working on conditioning drills, speed coordination and balance. Campers will learn shadow sparring, jumping rope, and the proper technique to punch speed bags and heavy bags to avoid any injury's in the future.

The instructors will be performing LIGHT sparring with the children; they will not be sparring against each other. A semi- or professional boxer will visit the academy to conduct a mini clinic.

If your child is interested in boxing this is a great introductory class to be exposed to the basics of boxing, don't miss it!!

Full Day campers please bring lunch and swim suit. In the afternoon the full day campers will go back to the Freedom Center to eat lunch and enjoy other structured activities including going to the pool each day.

Half Day parents please drop off and pick up campers at given times at AKKA. Please bring snack and a water bottle.

*Directions can be found on the main camp page under Specialty Camp Directions.*