

Learn Boxing Techniques

Build Self-Confidence

Develop Self-Discipline

Healthy Physical Activity

Free Boxing Camp

info@n3wangle.com



11:00am - 1:00pm
1:00pm - 3:00pm



Jul: 29, 31
Aug: 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28, 31



Ages 11 - 18



Whitley ABC, 27 Callington Rd, Reading RG2 7QH

Our free camp offers age-based boxing sessions that develop technique, fitness, and resilience. Each day includes mentoring to support both physical and mental well-being, with light refreshments provided. We aim to create a safe, positive space where young people from different areas of the community can come together, connect, and grow - and we're pleased to welcome more girls with female coaching support now part of our team.

Session:

Boxing Skills & Drills: Technique, footwork, pad work, and controlled sparring

Fitness & Conditioning: Bag work, circuits, core training, strength and stamina-building

What to bring:

Appropriate clothing and footwear, headguard, gumshield and gloves (if owned), drinks bottle and water

All coaches are:

Child Safeguarding and Emergency, First Aid certified, Enhanced Disclosure & Barring Service (DBS) checked, Public Liability and Professional Indemnity Insured

Scan the QR Code
Below to Book Now!



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