



# BOXING AND SELF DEFENSE

A comprehensive boxing program that teaches both young men and women the fundamentals of the sport of boxing. Students will learn the self defense and competitive techniques of one of the oldest and most effective martial arts in the world. Our students will learn self discipline and build confidence all while in a fun and ego free environment. Learners of all skill levels are welcome.

**Instructor:** Josh Mensch

**Age:** 9-14 yrs. old

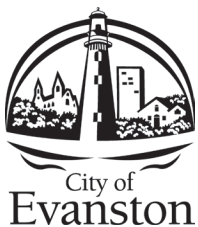
**Day/Dates/Time:** Tuesdays, March 21-May 23, 4:30-5:30pm

**Location:** Gibbs-Morrison Cultural Center

**Fee:** \$100 resident / \$120 nonresident

**Class #012301**

You can register online at [cityofevanston.org/register](http://cityofevanston.org/register)



Gibbs-Morrison Cultural Center, 1823 Church St., Evanston