



BoxSmart

On the Ropes

BoxSmart is a targeted youth intervention project aimed at young people aged between 10-16 years.

The BoxSmart project has been designed to give young people the opportunity to learn the techniques and disciplines of boxing, martial arts and other physical activities. In return, they can earn valuable awards and qualifications, making it a rewarding experience both physically, mentally and personally.




 **Burnham on Crouch and surrounding areas**

 **12-week course**

The course will explore current issues faced by young people including social media pressure, risk taking behaviours and consequences, substance misuse, exploitation and how to stay safe in their community.

Participants will be fully supported, meet like-minded others, and develop their teamwork, motivation and collaboration skills.

 **6th January -
17th March 2025**

 **3:30pm - 5pm**

 **Dengie Hundred Sports
Centre, Millfields,
Burnham-on-Crouch
CM0 8HS**



To make a referral onto the Burnham on Crouch course, email: darrel@churchboxing.com

 activeessexfoundation.org

