



## BSCS Boxing Club 2025-2026

Parents, would you like your child to build confidence, enhance fitness, and be more active - all while learning the great skills and discipline of boxing? Yes! Yes! And Yes!

Mrs. Young and Mrs. Cantley are excited about bringing a Boxing Club to BSCS. Both are certified boxing instructors with extensive backgrounds instructing and training youth and adults. Both have offered private training sessions and classes through the City of Charleston Rec Department, St. Andrews Family Fitness, and Pivotal Fitness.

Boxing is a total body workout that builds mental agility, coordination, reaction time - not to mention being a stress-buster, enhancing cardiovascular endurance, and building muscular strength - just to name a few! These classes will have zero person-to-person contact; only working on heavy bags, glovework, defensive moves, and footwork.

**Who can join?** BSCS Students in 1st through 5th grades

**When will the classes be held?** Every Thursday beginning in September through May 21 from 3:00-4:00 p.m. in the PE room

**What's the cost?** Fees are by the quarter (following the BSCS grading periods). The fee varies by the number of weeks in a grading period.

*-First Quarter: September 4-October 16 (every Thursday, 7 sessions) \$105*

*-Second Quarter: October 23-December 18 (every Thursday, 8 sessions) \$120*

*-Third quarter: January 8-March 12 (every Thursday, 10 sessions) \$150*

*-Fourth Quarter: March 19-May 21 (every Thursday BUT April 2 & 9, 8 sessions) \$120*

**How many students can join the classes?** Limited to 20 participants.

We recommend that participants have their own hand wraps. These can be purchased at Dicks, Amazon, Wal-Mart, etc. We will provide youth light weight gloves, but your child may bring his/her own boxing gloves.

**Don't Wait...Glove up!**

To register: <https://forms.gle/6fW3mcq5ufGkzFcf6>