

# Ajax Boxing Club



THE AJAX BOXING CLUB WAS **FOUNDED IN 1969.**

A MEMBER OF **BOXING ONTARIO** SINCE 1972.

THROUGHOUT OUR **40 YEAR HISTORY**, WE HAVE BEEN  
PRODUCING SOME OF **CANADA'S BEST ATHLETE'S** COMPETING AT  
**AN INTERNATIONAL LEVEL.** WHETHER YOU WANT TO  
**BOX COMPETITIVELY OR FOR FITNESS,**  
**WE HAVE THE PROGRAM FOR YOU.**

RECREATIONAL PROGRAM

COMPETITIVE PROGRAM

BUILDING BLOCKS FOR KIDS

BOXING BOOTCAMP FOR WOMEN

**Ajax Community Centre**

75 Centennial Road, Ajax Ontario, Canada

**[www.ajaxboxingclub.ca](http://www.ajaxboxingclub.ca)**

Coach Colin (905) 391-1745

# PROGRAMS



## **Recreational Program - \$40 per month**

Mondays and Wednesdays - 7:30pm to 9pm

Saturdays - 11:30am to 1pm

Recreational classes go over the basics of boxing with emphasis on getting you into shape. This program uses many of the same routines as our competitive classes and gives you a taste of what it's like to be a competitive boxer. **This program is a prerequisite to our competitive classes.**



## **Competitive Program - \$40 per month**

Tuesdays and Thursdays - 7:00pm to 9pm

This program is for individuals who would like to box competitively at amateur boxing events. To enter this program, an athlete must be recommended by the recreational coaches to take their boxing skills to the next level. Competitive boxing is the ultimate challenge — both physically and mentally. This intensive training program focuses on the athlete's unique strengths and weaknesses to develop the skills necessary to compete successfully on a national level.



## **Building Blocks for Kids - \$40 month**

Tuesdays - 6:15pm - 7:00pm

Saturdays - 10:30am to 11:15am

Instructor led classes, which focuses on fitness and the basics of boxing. The children must be mature enough to concentrate fully for 45 minutes and be able to listen to and understand instruction from the boxing coach.



## **Boxing Bootcamp for Women - \$40 per 8 classes**

Mondays and Wednesdays - 6:30pm to 7:30pm

Saturdays - 9:30am to 10:30am

An intense boxing bootcamp for women who want to be pushed for a maximum workout.