

Commencing Monday 6th August, SweetScience are running a non-contact Boxing BootCamp every Monday and Wednesday throughout August, in Palmer Park, Reading. Sessions will take place at 11.30am until 12.45pm.



The course will be delivered by local professional boxer, Thomas Jarvis, who has worked in several schools in Reading, including Maiden Erlegh, The John Madejski Academy, Highdown School and Oakbank School.

The established SweetScience Boxing Programme has been very successful within these schools in Reading area over the past year, and we have been working in schools across London since 2005. It has shown to not only improve fitness levels in students but also improve focus, concentration and improved behaviour in young people.

"The students really buy into the SweetScience sessions and I have evidence of improved behaviour and attitude in the pupils that take part"

Miss Ceri Burns, Assistant Head Maiden Erlegh

Classes consist of skipping, stretching and learning the technique of boxing. Students will learn to hit the pads and hold the pads while being taught how to evade punches. This is a very valuable skill and helps to build confidence in boys and girls.

"Before boxing with SweetScience, I was a shy turtle who wouldn't even talk to anyone, but it has brought on my confidence in leaps and bounds to the point of where I've even taken a three and a half hour flight to Gran Canaria by myself and for this I will be forever grateful"

Harmonii, 16 year old student

The Boxing BootCamp Programme will run for four weeks over the school summer holiday and costs just £5 per person, per session. We will have a few surprises in store with appearances from amateur and professional stars for masterclasses.

Spaces are limited, so it will be on a 'first come first served' basis. Payment of £40 for 8 sessions and can be paid by cheque, cash or via PayPal on our website.

If you would like further information, please visit our website or our YouTube channel. Alternatively feel free to call us direct on the number below. As standard, all SweetScience coaches are DBS enhanced checked.



We look forward to seeing you in August!

Kind Regards, Leroy Nicholas
Director, SweetScience

**www.sweetscienceboxing.co.uk
07958 381357**