

All the details (continued)...

How much does it cost?

ADULT BOXING OPTIONS

Get a single adult full-access YMCA/Boxing membership for **\$60 per month**

OR Add Battleground Boxing to your existing membership for **\$25 more per month** for one adult member or one youth member. (Additional membership costs will be incurred.)

JUNIOR JABBERS and Sanctioned Class

Children and Youth 6– 17 years old may participate in USA Boxing sanctioned classes for **\$35 per month** (\$25 for Y– Members.) Registration by parent/guardian is required. Please note that 6-7 year-old boxers must have proof of additional liability insurance on file.

DAY PASS & PUNCH CARD OPTIONS

Adults and Youth 14+ may attend regular boxing classes by purchasing a day pass or punch card.

Y members pay \$7 for Boxing day pass
OR \$55 for 10-visit Boxing punch card
Community members pay \$12 for Boxing day pass
OR \$100 for 10-visit Boxing punch card
Community boxing punch cards & day pass purchasers 16 and older may use the entire facility for the day—including Fitness and Aquatics exercise classes as scheduled.

Punch cards/day passes not available for 6-13 year-olds for sanctioned classes, or for use outside the BGB Boxing Gym

Parent/Guardian of children 6-13 must be on site during any YMCA facility use.

Do I need any special equipment?

Wraps & gloves are recommended and can be purchased at the Y front desk. A limited number of wraps/gloves are available for loan to boxing class participants,

Waivers & Facility Use

- Anyone using our facility who is not a member of The YMCA of Klamath Falls must have a current facility use waiver on file at the Y front desk. A parent/guardian must sign the waiver for those who are under the age of 18.
- A parent/guardian must remain on site for any Y member or program participant under the age of 14.
- Children under 12 years of age are not allowed in the Battleground Boxing Gym unless they are actively participating in a scheduled boxing class.

BATTLGROUNDBOXING INSTRUCTORS:

Steven Morse

Juan Ulloa

Benjamin Brown

Durell Spell

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THE YMCA OF KLAMATH FALLS

BATTLGROUNDBOXING



September 17-October 29, 2016



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

All the details...

BOXING CLASSES September 17– October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30–6:30pm Boxing Skills w/ Benjamin	5:30–6:30pm Boxing Conditioning w/ Steven	5:30–6:30pm Boxing Skills w/ Benjamin	5:30–6:30pm Boxing Conditioning w/ Steven		
6:30–7:30pm Junior Jabbers w/ Durell 6–16years No Contact	6:30pm–8pm Sanctioned Class w/ Coach Juan	6:30–7:30pm Junior Jabbers w/ Durell 6–16years No Contact <hr/> 6:30pm–8pm Sanctioned Class w/ Coach Juan	6:30pm–8pm ADVANCED– Sanctioned Class w/ Coach Juan		

Anyone wishing to spar in this facility must show proof that they are currently registered with the USA Boxing Association. Sparring can only occur when a USA Boxing Certified Level 1 Coach is present.



BOXING SKILLS

5:30–6:30PM MON & WED

All levels are welcome to attend. Sparring is allowed if registered with USA Boxing. This class focuses on boxing skills. Must be 18 to attend.

BOXING CONDITIONING

5:30–6:30PM TUES & THURS

All levels are welcome to attend. This is a **NO** contact class. This class focuses on technique and lots of cardio conditioning. Ages 12 years old –Adult.

USA BOXING

SANCTIONED CLASSES

SPARRING IS ALLOWED IN THIS CLASS

Participants in this class must be registered with USA Boxing. For boxers 6 yrs old – Adult
Note: Boxers 6–7 years old are required to have additional liability insurance with proof on file at the Y Front Desk.

Boxers 8 years old – adult must be registered with USA Boxing to participate in this class.

Prices & Membership Options ➡