

# Al-Manaar MCHC @ ACKLAM ROAD

Come and see us in the main hall.

Please make sure you have a registration form and you are signed in for each session.

Please note that sessions are first come first serve and double check the allocated slots below.

## WEEKEND NON-CONTACT BOXING TRAINING

Come and get fit and make new friends. Learn how to train an Olympic sport and receive accreditation over the summer.

From 3<sup>rd</sup> – 18<sup>th</sup> August.

### Saturdays

### Sundays

<p><u>2pm – 3pm</u> <u>Mixed sessions</u> <u>8 – 14-year</u> <u>olds.</u></p>	<p><u>2pm – 3pm</u> <u>Mixed sessions</u> <u>8 – 14-year</u> <u>olds.</u></p>
<p>3pm – 4pm BOYS ONLY 15Years +</p>	<p>3pm – 4pm GIRLS ONLY 15Years +</p>
<p>4pm – 5pm Chess &amp; snacks Islamic Q&amp;A</p>	<p>4pm – 5pm Chess &amp; snacks Islamic Q&amp;A</p>

If you are late for a sport session you may not be allowed to join, all young people must take part in the warm up at the start.