



### Lucky Punch Boxing & Fitness Session III

**Time: 3:30 - 4:30PM Mondays**

**April 22, 29, May 6, 13, 20, June 3, 10, 17.**

**Cost: \$250.00 per student**

**Location: Lexington Community Center**

**Payment Due Date: April 1, 2019**

*(Hand deliver payment please, to Paula Rizzo)*

For students in Lexington High School rooms: 821, 822, 825, Bedford High, Belmont High, Burlington High and Minuteman Tech. Students will be transported in LABBB vans to the Lexington Community Center.

Boxing isn't all about fighting. Boxing training provides a very unique platform for children with autism and special needs to battle their symptoms while also getting some exercise. If nothing else, a boxing environment or gym provides a sensory-seeking dream for the children and they would thoroughly enjoy punching a bag, running around and letting off some steam.

Lucky Punch Boxing & Fitness offers a truly unique, non-contact boxing program that has been specifically designed to include: 30 minute classes, stretching & warm up exercises, instruction on proper stance, body positioning and punching technique, punches in bunches on the heavy bags, shields and punch mitts, boxing conditioning work (jumping rope, pushups and lots of ab work, and partner and teamwork drills).

Space for 12 students only.

✂ -----

**Student's Name:** \_\_\_\_\_

**I would like my son/daughter to join the Lucky Punch Boxing Class.**

**Parent Email Address:** \_\_\_\_\_

**Phone # of person picking up:** \_\_\_\_\_

\*Please email Paula Rizzo at prizzo@labbb.net to let her know that the form and check for \$250.00 is coming with their student.\*