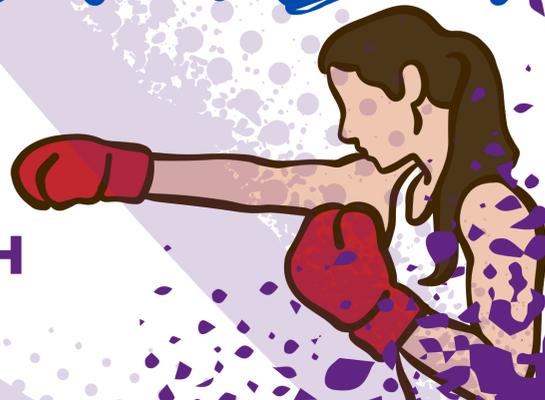


BRAND NEW SPORTS PROJECT



EMPOWER



STARTS MONDAY 9TH
FEBRUARY 2026



4:00-6:00PM



CLIFTON LEISURE CENTRE,
SOUTHCHURCH DRIVE
NG11 8AB

12 WEEK
BOXING
COACHING,
TEAM BUILDING,
PRIZES & MORE!

AGES
11-16

PRIORITY
GIVEN TO
YOUNG
PEOPLE WHO
REQUIRE
SERVICES

GET INVOLVED IN PAD
WORK, NON CONTACT,
FITNESS DRILLS AND
WELLBEING ACTIVITIES
DELIVERED BY
PROFESSIONALLY
QUALIFIED BOXING
COACHES AND YOUTH
WORKERS IN A SAFE SPACE

FREE ENTRY,
SCAN QR
CODE TO
EXPRESS
INTEREST

CONTACT US FOR MORE DETAILS



0115 8833540



PLAYANDYOUTH@NOTTINGHAMCITY.GOV.UK



SPACES
ARE
LIMITED

FUNDED BY



SPORT
ENGLAND

ADOLESCENCE
YOUTH TEAM



Nottingham
City Council