

# SWITCH UP



**EVERY  
TUESDAY  
IS YOUR  
CHANCE  
TO BE A  
CHAMPION.**



**FREE BOXING FOR  
CHILDREN AND  
YOUNG PEOPLE  
IN BILBOROUGH.**

[nottinghamsschoolofboxing.co.uk](http://nottinghamsschoolofboxing.co.uk)  
[boxing@switch-up.org.uk](mailto:boxing@switch-up.org.uk)



Every Tuesday after school, kids in Bilborough are making loads of new friends, getting fit, and becoming the best they can be.

You can join them with free community classes run by Switch Up and the Nottingham School of Boxing.

#### **Tuesdays**

5-6pm for ages 6-13

6.15-7.15pm for ages 14-18

**St John's Church Hall,  
Graylands Road NG8 4FD**

Email us to reserve your place



**IT'S FRIENDLY,  
IT'S FUN,  
IT'S FITNESS.**

**FREE COMMUNITY  
CLASSES BROUGHT TO  
YOU BY THE NOTTINGHAM  
SCHOOL OF BOXING,  
BUILDING CHAMPIONS  
IN AND OUT OF THE RING.**

Nottingham School of Boxing brings the magic of boxing to Bilborough. It's where kids and young people can go to have fun, feel safe and let off steam. At the same time, their confidence increases along with their self-esteem, resilience, discipline and respect.

Boxing is a sport, but it's also a mindset. You learn to pick yourself up, grow from mistakes, accept defeat with grace and win with humility.

**BUILDING A STRONGER  
BRITAIN TOGETHER**

The content of this flyer represents the views of our organisation and does not necessarily reflect the views of the BSST programme or the Home Office.



**MARCELLUS BAZ GROUP**