

YMARTIAL ARTS

Continuing a long tradition of YMCA boxing programs the FCFY is happy to introduce our new boxing programs for kids and adults.

Youth Class

Learn the basics of boxing in a well structured environment. This includes mitt work, footwork drills, heavy bag drills, punching drills and shadow boxing.

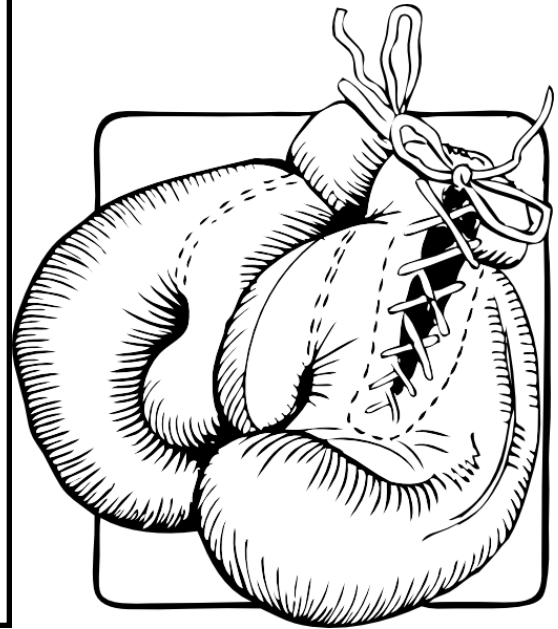
Ages: 11-15 yrs old

Mondays and Wednesdays
4:00-5:00pm

COED Program

Monthly Fee:

Members:\$20 Non-Members:\$40



Adult Class

Learn basic boxing skills and conditioning practices. Contains optional sparring.

Ages: 16+

Mondays and Wednesdays
7:00-8:00pm

COED Program

Monthly Fee:

Members:\$20 Non-Members:\$40

Required Equipment
Boxing Gloves, Hand-
Wraps and Mouth Guard

Held at Rocky Mount
Minimum enrollment 5



FRANKLIN COUNTY FAMILY YMCA

235 Technology Drive P.O. Box 720
Rocky Mount, VA 24151
540.489.YMCA (9622)
www.franklincountyyymca.org

SMITH MOUNTAIN LAKE YMCA

293 FirstWatch Drive
Moneta VA 24121
540.721.YMCA (9622)
www.franklincountyyymca.org



Our YMCA is a
United Way Partner Agency