



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LA FAMILIA BOXING

(Ages 8-16)

Hosted at the Longmont Y, La Familia Boxing teaches kids and teens commitment, dedication, discipline, honor and respect through the sport of boxing. Both boys and girls are welcome to join this program at the Longmont Y to discover a hard-hitting sport that can change lives. Hand wraps are needed to participate.

**Monday-Friday
5:30-7:30pm
Longmont Y**

Participation is free, but registration is required. Please contact Head Trainer and Coach, Randy Lopez, at 303-591-6311 for more information and to register.



YMCA OF BOULDER VALLEY
Serving Boulder, Broomfield & Weld Counties
ymcabv.org

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Arapahoe Center 2800 Dagny Way • Lafayette, CO 80026 • 303-664-5455
Ed & Ruth Lehman Center 950 Lashley Street • Longmont, CO 80504 • 303-776-0370
Mapleton Center 2850 Mapleton Avenue • Boulder, CO 80301 • 303-442-2778