

Young women's Empowerment and self-defence 6-week Summer Programme

Empowerment through self-defence.
With the Thai Boxing Community Centre

Join Our Exciting Girl power summer Sessions now!

What's Included:

- 30-minute Mentoring Session
- 1-hour Thai Boxing Session

When:

- Day: Once a week every Wednesday for 6 weeks
 - Time: 5:30 PM - 7:00 PM
- Start Date: From July 31st – September 4th 2024

Who Can Join:

- Age Group: 14 -18

Additional Benefits:

- Certification: Awarded after completing a minimum of 4 sessions
- Healthy Food/Snacks: Provided during each session

Why Join:

- Build Confidence
- Learn Self-Defence
- Receive Mentorship
- Stay Active and Healthy

Unleash your confidence and register today!

If you are interested please register via the link: <https://forms.gle/mz1TA5zS9yTm5pvVA> or the scan QR below:



In collaboration with the Lewisham Outreach Service

