



## **Ashford Amateur Boxing Club**

Ashford and District Amateur Boxing Club formed in 1965, has had many national champions as members.

The club is open 6 nights a week and currently has more than 60 members of all ages and abilities.

The club's team of fully trained and dedicated volunteers works particularly closely with young people from troubled backgrounds, using different training and fitness activities to encourage them to be more socially active and to improve their confidence.

For more information about joining the club, contact the club secretary Dennis Jarvis on 01233 634805.