

PAN AM BOXING PRESENTS....

Beginner Sparring Program

March 18th – April 16th, 2025



Are you ready to challenge yourself and take the next step in your boxing journey? Our Beginner Sparring Program is designed to build your confidence, sharpen your skills, and set you on the right path toward achieving your goals.

Led by alumni Canadian National Team Member and Head Coach, Dylan Martin, this program offers a unique opportunity to learn from an athlete who has competed at the highest levels and trained alongside Canada's best. Dylan, along with experienced coaches and members of our fight team, will provide personalized instruction, technical insights, and real-world sparring knowledge to help you improve. With hands-on coaching and the chance to learn from those who have been in your shoes, this program will give you the tools to develop your sparring skills in the right environment.

Program Details:

Who:

- PABC Members aged 16+ with a valid membership.
- Members with no sparring experience or rec sparring experience.

What:

- 4-week intensive sparring camp focusing on developing defensive and offensive skills.
- Optional test match to help gauge personal progress and identify areas for improvement.

When:

- Tuesday & Thursday 7:15-8:15pm in PAP gym.
- Sunday 10:30-11:30am in PAP gym.

Cost:

- \$225 (Doesn't include Boxing Manitoba Registration)
- Payment plan options are also available.

Boxing Manitoba Registration:

- Can now be completed online or at the front desk.
- In-person registration must be cash or e-transfer to Boxing Manitoba.

Important:

- All participants must complete a boxing medical and purchase their own mouth guard. Boxing medicals can be completed at a walk-in clinic or at your doctor's office.

Don't miss out on this incredible opportunity to learn the art of boxing from an experienced athlete turned coach and elevate your boxing journey to new heights. To enroll in or learn more about the program, please visit our website or complete the registration form below.

Beginner Sparring Program Registration



Name: _____ Phone #: _____

Email: _____ Date (today): _____

Age & DOB: _____

Weight: _____

I have previous sparring experience YES / NO

I have my own sparring equipment YES / NO

I am already registered with Boxing Manitoba YES / NO

Desired Program Goals: _____

Registration Terms & Conditions:

- **Limited to active PABC members only.**
- **All participants must purchase their own mouth guard and complete a boxing medical to participate in this program. Boxing Manitoba Rec Member registration fee is not included in program cost.**
- **Registration is only complete once full or partial payment is provided.**
- **Registration is non-refundable or transferrable. Registration fee will only be refunded if the participant is not able to pass the boxing medical.**