

## APAL'S ANAHEIM BOXING CLUB

The Anaheim Police Activities League along with the City of Anaheim has started the Anaheim Boxing Club. The program is offered at the new Anaheim Police Activities League building located at the old CHOC Thrift Store on Lincoln Avenue and East Street. The program is intended for children or young adults interested in learning how to box or compete in amateur boxing. The program currently hosts classes on Tuesday and Thursday nights between the hours of 5 PM and 7 PM. The classes are taught by Coach Art Thomas, a talented and well respected amateur boxing coach. Art has coached several PAL and Golden Glove Champions and is very desirous of bringing a competitive boxing team back to the City of Anaheim. The classes on Tuesday and Thursday are intended to teach boxing fundamentals and physical conditioning. The gym is also open Monday, Wednesday and Friday and is generally used to train kids preparing for upcoming fights or tournaments. The boxing area is located in the back of the building. The gym consists of a newly refurbished boxing ring, several heavy bags, speed bags, mirrors and weights. The children are very receptive to Officers and welcome anyone on the Department to join them for a training session. Please help support our program by referring children and their parents interested in the program. The sign up fees are minimal and no one will be denied membership. All that is required is a waiver signed by a parent. Several Officers have also enjoyed the boxing gym and have used the gym to spar or workout. If anyone is interested in attending any of the classes or wants to set up a work out session, contact Dustin Ciscel, Sgt. Quezada or stop by one of the classes and speak with the Coach, Art Thomas.