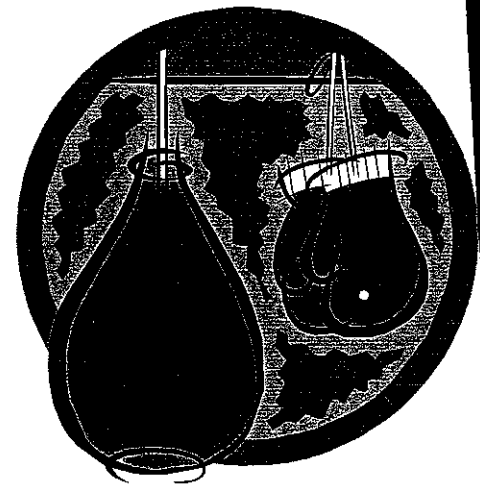


# Piermont PAL BOXING

Program is open to boys and girls from 10—18 years old on Tuesday and Thursday from 7—9 pm and runs until the end of the school year @ \$100 / child. The program focus' on helping youths gain confidence, self-discipline and respect in and out of the ring through a conditioning program lead by knowledgeable instructors.



For more info contact us at [joan@piermontpal.com](mailto:joan@piermontpal.com) or stop by the Community Center at 204 Hudson Terrace Piermont and speak with us.