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CAMBRIDGE POLICE/CAMBRIDGE YMCA YOUTH BOXING & FITNESS PROGRAM

The Cambridge Police Youth Boxing & Fitness Program is a collaboration between the Cambridge Police Family Social Justice Section & the Cambridge YMCA.

Starting in 2011, we have become a nationally recognized staple of the Cambridge community and a flagship program of the Cambridge Police Department.

Run by a Cambridge Police Officer, a Cambridge Police Department Social Worker, and our YMCA partners, we are a gender inclusive, non-contact, fitness-based boxing program for Cambridge youth in grades 6-12.

We focus on: Self-defense, physical & mental health, peer mentorship, relationship building, family support, social emotional learning, inclusion, individual growth in a group setting, accessibility, equity, and FUN.

This is a *FREE* program and participants MUST register online and complete all forms. We meet every **MONDAY & THURSDAY (YEAR ROUND) from **4:00 - 5:30pm** at the Cambridge YMCA (820 Mass Ave.)**

All equipment is provided however participants must dress for a workout.

To Register: <https://operations.daxko.com/Online/Join.aspx?cid=4045>

Or visit: <https://www.cambridgema.gov/Departments/cambridgepolice>

Questions: Officer J.J. Jones (jjones@cambridgepolice.org)

PLEASE ADDRESS ALL COMMUNICATIONS TO:
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