



Where excellence meets opportunity!

Led by the visionary Basheer Abdullah, a four-time Olympic Boxing Coach with over 35 years of experience, LFSD ASA now offers exclusive 60-minute Olympic-style boxing sessions.

Children's Classes:

Each 60 minutes session cultivates fundamental movement principles, warm-up routines, and foundational boxing techniques. Engaging activities like running and jumping foster physical development, complemented by enjoyable games and plays for an interactive atmosphere.



Benefits:

- discipline
- sportsmanship
- confidence
- personal growth
- concentration
- social skills
- determination
- motivation
- speed
- coordination
- balance
- defensive skills
- flexibility
- endurance
- strength
- motor skills

Levels:

- beginning
- intermediate
- advanced

Sessions Scheduled:

02/13/25-06/20/25

THUR: 3:45pm-4:45pm



Contact Us



+1 619-689-7889
12roundsba@gmail.com





T W E L V E
R O U N D S
 B O X I N G A C A D E M Y

SIGN UP FORM

| | | |
|---------------------|--|--|
| Student's Full Name | <input type="text"/> | <p>Send money with Zelle® Scan in your banking app to pay. 12 Rounds Boxing Academy 619-689-7889</p>   |
| Date of Birth | <input type="text"/> / <input type="text"/> / <input type="text"/> | |
| Age | <input type="text"/> | |
| Grade | <input type="text"/> | |
| Parent's Full Name | <input type="text"/> | |
| Phone Number | <input type="text"/> | |
| Address | <input type="text"/> | |
| City | <input type="text"/> | |
| State | <input type="text"/> | |
| Zip/Postal Code | <input type="text"/> | |

EMERGENCY CONTACT

| | | | |
|-------------------------------------|----------------------|--------------|----------------------|
| Full Name | <input type="text"/> | Full Name | <input type="text"/> |
| Phone Number | <input type="text"/> | Phone Number | <input type="text"/> |
| Allergies/Special Health Conditions | <input type="text"/> | | |

LIABILITY WAIVER

By signing this waiver, I, the undersigned parent or legal guardian, acknowledge and fully understand that participation in the non-contact kids' boxing class at LFSD with 12 Rounds Boxing Academy may involve a low risk of injury associated with physical activity, including but not limited to, physical exertion and the potential for accidental injury. I hereby release, discharge, and hold harmless LFSD and 12 Rounds Boxing Academy, its instructors, staff, and affiliates from any and all claims, liabilities, and expenses arising from or in connection with my child's participation in the non-contact boxing class.

I affirm that my child is in good physical condition, has no medical conditions that would prevent safe participation, and has my permission to engage in the non-contact boxing activities. I understand that while the class is designed to be non-contact, there is still a minimal risk of injury from the exercises and training involved. I also agree to adhere to all safety guidelines and instructions provided by the instructors to ensure a safe and enjoyable experience for all participants.

_____ DATE

_____ SIGNATURE