



Where excellence  
meets  
opportunity!

Back for Year 2

60 Minute boxing classes focused  
on the fundamentals, led by the  
visionary Basheer Abdullah,  
a 4x Olympic Boxing Coach

### *Children's Classes:*

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

### *Levels:*

- beginning
- intermediate
- advanced

OPEN to 2<sup>nd</sup> Grade & up

**Starting: 09/11/25**  
**Ending: 01/16/26**

**THUR: 3:45pm-4:45pm**



Zelle  
\$400

### *Contact Us*

+1 619-689-7889  
r2roundsba@gmail.com

COMING TO:  
7528 Clairemont Mesa Blvd  
San Diego, CA 92111  
IN JANUARY 2026





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

Date of Birth

Age

Grade

Parent's Full Name

Phone Number

Address

City

State

Zip/Postal Code

Send money with Zelle®

Scan in your banking app to pay.

12 Rounds Boxing Academy

619-689-7889



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## EMERGENCY CONTACT

Full Name:

Full Name

Phone Number:

Phone Number

e-mail Address:

Allergies/Special Health:

## Conditions 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