

# BOXWISE LITE

**BUILD CONFIDENCE.  
STAY ACTIVE.  
HAVE FUN.**



The BoxWise LITE Programme provides a safe, welcoming and supportive environment for young people during the school holidays. Delivered over five consecutive days, the programme combines non-contact boxing-based fitness, personal development and positive engagement in a fun and inclusive setting.

Designed to keep young people active, engaged and connected, BoxWise LITE introduces participants to the core values of respect, discipline, confidence, resilience, emotional control and teamwork. Sessions are delivered by qualified coaches who create a positive atmosphere where every young person feels valued, supported and encouraged to achieve their potential.

The programme offers a constructive alternative during school breaks, helping to build confidence, improve wellbeing and develop positive relationships with peers and mentors. Participants work towards personal goals throughout the week before celebrating their achievements at a graduation event on the final day.

Whether new to boxing or simply looking for a rewarding holiday activity, BoxWise LITE promotes physical activity, personal growth and a sense of belonging within the local community.



**5 Days**



**1 Hour Per Day**



**Non-Contact Boxing**



**Graduation Celebration**



**BoxWise T-Shirt**



**BOXWISE  
FOUNDATION**

SUPPORTED BY

