

Boxing

Sunderland has a number of fantastic opportunities to keep you active

Active Sunderland provide advice about how you can get involved in sport and physical activity, joining a sports club, coaching, volunteering or accessing sport funding.

This leaflet provides you with information on how to get involved. For further details please visit www.activesunderland.org.uk

Boxing Network

activeSunderland provides advice about how you can get involved in sport and physical activity , joining a sports club, coaching, volunteering or accessing sport funding. activeSunderland also work with a number of clubs and organisations to create and promote opportunities for residents to be active. This leaflet provides you with opportunities to get involved in boxing for further details please visit www.activesunderland.org.uk

District Youth ABC

District Youth ABC has been established to help young people across Washington build confidence, tolerance, discipline, respect, self-esteem and above all learn to box. If you are looking to compete in boxing at an amateur level, or just want to have fun learning a new sport in a friendly local gym come along to District Youth ABC . For further information please michaelwilson73@hotmail.co.uk or call 07580 573 158 .

Houghton District Fitness & Youth ABC

This boxing club based in Houghton is open to juniors 10 years old and over, we welcome all male and female from any background. Our club is a friendly and welcoming boxing gym for male and females of all abilities and fitness levels. Whether you wish to work on your cardio, lose weight, gain muscle, or test and push yourself get in touch. For further information please email houghtonboxing@hotmail.co.uk or call 07780 008 118

Hylton Castle and Town End Farm ABC

The club caters for all levels of fitness, abilities and skills , from beginners interested in general fitness and weight loss, to those wishing to sharpen up their skill. The club will help participants get fit, stay fit, increase your energy, confidence and flexibility – and all while having a great time. For further information please call 0191 549 5137

Lambton Street ABC

Lambton Street has an established boxing history which was set up in 1901. The club have been consistently producing fine boxers from all ages and weights. Facilities at Lambton Street are second to none, enabling them to produce and develop the best of the regions boxers. For further information please email info@lambtonstreetyouthcentre.com or call 0191 567 5227

Olympian Boxing Club

Olympian provides a large purpose built boxing and multi function boxing gym based on Leechmere Way. With the help of coaches, the club aims to develop the athletic skills and fitness levels of boxers professional or otherwise. Catering from age nine upwards and all skill levels from the novice to the professional. For further information please email phil@sunderlandcoachworks.com or call 0191 548 0544 website www.olympiangym.com

Southwick Golden Gloves

Southwick Golden Gloves was established in March 2009, the club caters for all levels of training for males , females and young people from the beginner to the more experienced. For further information please email emailfitness@btconnect.com or call 0191 548 0011

Sunderland ABC

Sunderland ABC is an amateur boxing club in the heart of Sunderland. The club has had huge success throughout its 30+ year existence. The club, based within the building of Barnes Junior School, can be contacted via sundabc@gmail.com or by calling 0191 528 6358 or

Wearmouth ABC

Based at Dean Street , Southwick our main focus is to provide elite facilities for, and promote participation in amateur boxing throughout the whole community. This focus includes provision for both recreational and competitive boxing.

For further information please email stevebarron16@hotmail.co.uk or call 07795 128 260