

Thank you for your interest in our Boxing Group, which is held at the Dulwich Community Centre, Daisy Salotti Hall (back hall), 14 Union Street, Dulwich.

Classes are held on Thursdays. Each class will run for approximately 45 to 60 minutes, which includes a warm up and cool down.

Please find enclosed:

- Pre-activity & Medical questionnaire
- Home Support Programme Social Support Client – Evaluation form (if a new participant to the Commonwealth Home Support Program).

Can you please fill out the attached forms and return to the Home Assist program in the enclosed pre-paid envelope as soon as possible or email to chsp@burnside.sa.gov.au. We will then forward to our instructors, Jess and Leanne.

Please arrive to the first class 15 minutes early to read the “Waiver, Release and Assumption of Risk Form”. This form will need to be signed before you commence the class.

The cost for the Boxing Class is \$15 per class, with the first class being free. Tickets can be purchased from the Civic Centre, Customer Service Desk, 401 Greenhill Road, Tasmore.

Please bring a drink bottle and towel with you and wear comfortable clothing and appropriate footwear.

Please do not hesitate to phone the office on 8366 4166 if you have any enquiries or contact (during business hours) instructors Leanne on 0403 182 629 or Jess on 0439 805 919.

Yours sincerely,

Matt Moody
Group Social Support Facilitator
City of Burnside

Funded by the Australian Government Department of Health
Although funding for this home support program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government