Dear Padua Community Members

I wish to announce formally, on behalf of the Provincial Minister of the Order of Friars Minor and the College Board, that our Rector, Mr Robert Out has decided to retire from Padua College at the conclusion of the 2016 school year.

I thank and acknowledge Bob for his faithful, generous, skilled and humble service of our community in the Rector’s role for the past sixteen years and for his remarkable contribution in previous roles at Padua. There will be opportunities later in the year to acknowledge the wonderful contribution by Bob.

The Board has been working with the Definitory of the Friars for many months in developing the process for the recruitment and selection of a new Rector, who is to commence duties in 2017. We are being supported throughout the process by an external consultant, Mr Damien F Brennan.

We are currently in a community consultation phase. You will note a link below to a Parent and Community Survey. I invite you to respond to this survey by Monday 15 February.


Consultations are also taking place over the next week with the Senior Leadership Team, Parents & Friends, College Staff and the 2016 Student Leaders.

The Rector’s role will be advertised nationally in early March with interviews to occur during April. The Provincial Minister, Fr Paul Smith OFM, and I will be on both the Short-listing Panel and the Interview Panel. We will be supported by some external expertise and some College Board members. We envisage a public announcement towards the end of Term Two or early Term Three.

We would appreciate your prayers as we enter into this important process in the life of our Padua community. We pray for the guidance of St Francis.

Mark McSweeney
Chair Padua College Board
What’s with the foul language?

During the holidays we heard an outbreak of profanity from our politicians. A cabinet minister called a journalist a “mad ******** witch.” A senator twittered a fellow Twitter calling him a “****.” A former Victorian Premier let John Howard know “I couldn’t give a ****.”

What hope do we have that our young people will grow up speaking a language free of obscenity? It would not surprise us to know that parents, siblings and peers were the main educators of a taboo vocabulary. Timothy Jay, author of “A Childs Garden of Curses” found that swearing starts by the age of two. At six, children are able to rank naughty words according to their level of badness. When they are eleven or twelve, their understanding and usage is on par with that of adults.

What I found strange was that in Peter Dutton’s cranky text the words “mad” and “witch” were judged as offensive, whereas the “f” word was regarded simply as an emotional punctuation. Now I must admit that in a moment of excessive frustration I have used the “f” word. But I would never regard it as a proper use of language. Indeed, Jay believes that two-thirds of swearing events are spontaneous and harmless expressions of anger and frustration. He argues that taboo words can communicate strong emotions more effectively than non-taboo words. He also says that swearing can give us a greater sense of power—which probably explains why our politicians are so fond of using such language.

The gift of speech has the potential for great harm, and also great good. Words of dignity can be uplifting for us all. Crude and rude words seldom do any of us any good.

Fr John

Trust

An important and pervasive ingredient in relating with others is "trust."

Friends trust each other. We are confident that the words we share with friends will be respected by them— we trust that any confidences remain so between friends. Then there is trust between buyers and sellers. We have to trust when we purchase goods, that the label is valid— that the car we buy, or even the groceries are as good as the vendor says. This is called customer satisfaction. The operations at the Stock Exchange and even the TAB are founded on trust!

It takes some risk to trust others—but we would be very lonely and isolated if we were not willing to take that risk Without trust there would be no friendships.
It’s been another busy start to the school year and this is always highlighted with the arrival of our youngest Paduans, Year 5. There’s been a hive of activity on Greccio Campus in the past few weeks. Friendships are growing, games are being played and uniforms are looking million dollars. This is such a special time in the boys’ lives as they transition into their new school environment. The weeks ahead will be busy for Year 5, with Year 5 Camp, College House Swimming Carnival and their annual lunchtime Welcome BBQ. I have no doubt the boys will be looking forward to a few happy snaps at their BBQ with Ernie the Eagle, who is always a crowd favourite.

**Greccio Award winners!**

Well done to the Year 7 boys who are currently enjoying Year 7 Camp. A reminder to all families in Year 7 that Mitchell and Odoric House will not be attending camp until week 5.
Great to see!

- The Nest in action against SLC on Saturday in La Cordelle
- Our first Spirit Assembly for 2016
- The boys cheering each other on in the beep test at the Year 7 athletic testing
- Looking forward to Year 5 war cry practice this week!

Year 7 Information Evening

The Year 7 Information evening will be held next Wednesday, February 17 in La Cordelle at Padua. This evening is an important night for all Year 7 parents. Year 7 families are asked to please watch their emails for further details regarding the event.

Uniform Reminder

Could all families please note that the College long sleeve shirt is not to be worn with the summer uniform. It should only be worn with the College long pants and College tie.

Swimming Carnival

Next week all students will participate in the College swimming carnival at the Centenary pool. Information regarding the 2 carnivals (5-8 and 9-12) will be sent home via email to all families prior to the event. **Could all families please note in anticipation that the House swimming carnival is a compulsory school event for all students.** Those students who normally attend vocational training or work placement are asked to please make arrangements to attend this day.
PASTORAL CARE

Year 12 camp—Skirmish
Dear Padua Families

We are well into the term now. This week we began our journey into Lent with our observance of Ash Wednesday. For the next 40 days we are asked to take time to take stock of your lives. Not a bad thing to do on a regular basis really!

Traditionally in Lent we make a pact with ourselves to give something up. In this Jubilee Year of Mercy Pope Francis challenges us to think about doing something extra – little acts of mercy – that demonstrate God’s mercy and compassion in the world. We are God’s hands, eyes, feet and ears born in God’s likeness. Our actions will speak louder than words (thanks St Anthony!) if we look for ways to be God-like each and every day.

Last week Year 12 travelled to Amaroo for their last camp of school. What a week! With extreme temperatures, blackouts, great activities, times for sharing and having fun the boys enjoyed their time away. Our new camp chef, Glen, kept us well fed with some amazing food – even under trying conditions. Thanks to the boys, staff, Mr Rush and Peer Power (our special presenters). The year ahead looks bright with the Senior Class of 2016!

All is in readiness for next week’s Inaugural Eucharist and special visit by the Minister General, Fr Michael Perry ofm. I spoke to the Archbishop at a function earlier this week and he is looking forward to his second visit to Padua.

Our 2016 College Candle arrived this week and looks fantastic reflecting the 60th Anniversary logo with the symbol for the Year of Mercy on the reverse side. The Candle will be blessed and lit for the first time by the Archbishop early in our Eucharist.

Following morning tea, we will formally welcome Fr Michael to Padua and Kedron at a Special Assembly. Preceding the Eucharist an indigenous dance group will perform a Welcome To Country and concluding with a Fire Dance.

This week we began our annual Little Kings Movement (LKM) Appeal. For this Appeal we ask the boys on Assisi Campus to take home a Collector’s Kit and walk around their neighbourhood. $5 here or $20 there all helps LKM do their wonderful work providing respite for families who have a member with disability. Padua has been very proud and humble supporters of LKM for many years. In this 60th Anniversary Year can we continue that tradition. Greccio Campus boys will support this appeal with a sausage sizzle in the coming weeks. The Term 1 Casual Dress Day on Friday 4 March will support the LKM Appeal.

Continued
The Paduan Community is an extremely generous community when it comes to supporting our outreach programme. Many organisations and groups constantly bombard the college for support – be that financial or otherwise. We would like to help everyone, but unfortunately this is not possible or practical. To this end we have decided to focus on a small number of charities that we feel we can support well and that fits well with our Franciscan spirituality. Our Casual Dress Day each term is set aside also to support these organisations.

Already this year I have had requests for fundraisers to be held in aid of various worthy causes. It pains me to say ‘no’ to these requests. At Padua we prefer to support causes that are local, support grassroots recipients or complement our Franciscan spirituality.

Our outreach fundraising efforts and Term Casual Dress Days each year support the following:

Term 1 – Little Kings Movement
Term 2 – Franciscan Appeal (St Francis of Assisi College, Timor-Leste)
Term 3 – St Vincent de Paul Winter Blanket Appeal and 2 Can Day
Term 4 – Rosies Street Vans, Orange Sky Laundry, St Vincent de Paul Christmas Hamper Appeal and other Homelessness services.

From time to time we have ‘spot’ appeals for goods to help organisations with specific needs. I would ask for your support and understanding for this focused approach so that it does not stress or drain the good will of our generous community.

This group was formed last year to make beanies and other garments for people living on the street. It meets every Tuesday night in the Pastoral Care Meeting Room from 6.45 pm to 8.30 pm. Can’t crochet? No problem! Plenty of people in the group to show you how. Keep a look out for emails, social media and future Bulletins for more details. There is a Facebook page as well! Please like it if you want to keep updated. It’s a great way to meet new people.

Thank you to those Padua families who responded to our prayer request and support. This is on going so please let me or the college know if we can offer you this support anytime during the year.

Journey well over the next few weeks as we prepare for Easter. Remember the ‘small acts of mercy’ that will support you in this journey. Maybe the Little Kings Movement Appeal might be great start and a perfect Lenten activity.

Peace and all good.

Michael O’Brien
Vice Rector Formation

Mrs Thora Levinson
Grandmother to Lachlan (Yr 11), William & Jacob (Yr 8) and Georgia (Mt A)
The Academic Assembly recognising student academic success in Semester 2, 2015 was held on Thursday February 11. I would like to thank the OP 1-5 Recipients from 2015 who attended to celebrate their achievement with the College community. The names of the OP 1-5 Recipients from 2015 are available on the College Website at http://www.padua.qld.edu.au/teaching-and-learning/assessment-and-academic-achievements/academic-achievements/.

I have mailed letters to the primary schools of these students to let them know of the achievements of their past pupils so that they too can share in their success. A breakdown of our 2015 Year 12 Results is available on the College Website under Academic Achievements at the link above.

Congratulations to all students who were recognised at the Academic Assembly on Thursday for their academic success in Semester 2, 2015. Any boy who was not present on the day will be recognised at the next assembly. In total, 97 students in Years 6 to 12 received an Academic Award. The criteria for an Academic Award in Semester 2, 2015 are as follows:

- Years 5, 6 & 8 required at least 6 A grades out of a total of 9 subjects
- Years 7, 9 & 10 required at least 5 A grades out of a total of 8 subjects
- Years 11 required at least 4 A grades out of a total of 6 subjects

The Academic Award Winners for Semester 2, 2015 are:

**Year 6**

Alvin Alappatt, Joe Cotgreave, Paul Payton

**Year 7**

Charles Bergman, Anton Boulaoude, Finn Cox, Samuel de Waard, Damon Evans, Harry Jones, Declan McGrath, Harrison Mitic, Luca Norman, Joshua Pan, Leo Rice, Ethan Russell, Michael Smith, Matt Taylor

**Year 8**


**Year 9**

William Barker, Oscar Bergman, Marcus de Blonk Smith, Joshua McBay, Kai Skuce, Daniel Terrible

**Year 10**

Sambit Bhattacharya, Christopher Clarke, Joseph Cox, Alex Downes, Lachlan Gill, Juan Joseph, Ryan King, Noah Magnus, Matteo Marini, Anthony Masel, Rohan Moore, Luka O’Brien, Daniel Paddison, Giuliano Pasqualini, Flynn Pearman, Max Spokes, Noah Taylor
Year 11
Ronan Brady, Jake Brazel, Thomas Cathcart, Daniel Caulfield, Emil Chandran, Atley Clamant, Dominic Cotter, Darcy Creighton, Alex Grohovaz, Ryan Holding, Patrick Hopsick, Daniel Howard, Nicholas Illi, Robert Kerruish, Everton Khan, William Leahy, Alexander Lombardo, Kyle McLennan, Daniel Mirfin, Joshua Morris, Matheus Paim Cardoso, Jordon Patti, Jakob Pelusi, Thomas Peut, Harry Sweby, Curtis Syrett, Brian Tin, Sebastian Waloszek, Ashley Whyte

Year 12
Charles de Blonk Smith, Ethan Down, Alexander Lloyd, Sean Oudenryn, Albert Shauryamackal

Assessment Guides

Assessment Guides for Term 1 are all currently on the College website. These are published at the beginning of each term and are a great way to assist your son with his organisation. Given the dynamic nature of schooling, assessment dates can change and the Blackboard Diary is always the most up to date source for assessment dates. Assessment Guides can be viewed at the following link:


Recording Homework

As mentioned in the last bulletin, the Outlook Calendar or iPad Calendar is the diary tool for students for 2016. I ask that parents, particularly of students in lower grades, regularly take the time to check what homework your son has recorded. Should there be a situation where your son is not entering homework consistently, please contact his class, core or subject teacher directly as appropriate.

Frequently Asked Questions

Last year I launched the Teaching and Learning FAQs page on the College website as a way of communicating to parents the expectations placed on students and staff in terms of Teaching and Learning. The FAQs page is a linked document whereby clicking on the relevant question will take you to the answer. This has been updated for 2016 and in most cases, this will provide clarity but as always, you more than welcome to contact the class teacher directly or myself at jpacey@padua.qld.edu.au and I will direct your questions accordingly. The Teaching and Learning FAQs page can be found under Teaching and Learning on the College Website or by clicking on the following link http://www.padua.qld.edu.au/teaching-and-learning/curriculum/faq/.

Jason Pacey
Vice Rector Teaching and Learning
Dear Parents/Guardians

In 2016 I will be facilitating after-school maths tutorials for Years 7 to 9 students. I anticipate on running two tutorials per year level, per term. The upcoming dates and details for Term 1 are as follows:

Yr 7 – Week 4, Tuesday February 16
      Week 7, Tuesday March 8
Yr 8 – Week 4, Monday February 15
      Week 7, Monday March 7
Yr 9 – Week 4, Thursday February 18
      Week 7, Thursday March 10

Time: 3:30 – 5:00 pm
Classroom: C1 (unless advised otherwise)

Students will need to bring along their Maths books, writing equipment, device and calculator. Revision worksheets etc. can be downloaded from Blackboard before the session.

Everyone is welcome to attend and it will be a good opportunity to prepare for upcoming assessment.

Kind regards
Matt Hardy
HOC 5-9 Maths

**Maths News**

**Term 1**

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**Student Absence**

In the event a student is absent or is going to be absent, all families should prioritise contacting either:

The College Absentee Line: 3857 99 00

College Absentee Email: absent@padua.qld.edu.au

All Absentee information should come from a parent, guardian or carer. Students emailing their own absentee information will not be accepted.
60 years ago, the first classes at Padua College began in an old building on Turner Road which was constructed in 1930. Fast forward to today - the very same building, now Heritage Listed, remains part of the Greccio Campus. It is now home to our Greccio hall, OSHC, music rooms and the Greccio multi-purposed room.
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The P&F year is off to another busy one. A welcome morning tea for the Year 5 & 7 parents was held on both campuses on 25 January, with both well attended. In particular, the Greccio campus allowed new parents the time to meet other parents and teachers. Many thanks to the Padua staff and P&F Parent volunteers and Committee members for their assistance during the morning.

Last Friday night the P&F hosted the Welcome Evening which was held in La Foresta. A large number of parents enjoyed a lovely night under the stars and Mother Nature looked after us by holding off the rain. There was plenty of good food, drink, company and conversation. It was lovely to meet so many new parents and welcome them to the Padua Community. Thank you for taking the time out of your busy schedules to attend this event.

The first P&F meeting this year will be held on the 8th Mach 2016. (See list of dates below). These meetings commence at 7.30pm and are held in the staff room in St Francis Hall (unless otherwise advised). A light supper will be provided afterwards.

If you have any questions please do not hesitate to contact me or a member of the P&F committee; details can be found on the College website


Lisa Marini
P & F President

8 March  P & F Meeting
10 May   P & F Meeting
14 June  P & F Meeting
12 July  P & F Meeting
13 September P & F Meeting
11 October P & F Meeting
8 November Annual General Meeting
Padua College

TRIVIA NIGHT 2016

Saturday 27 February

7.00pm – 10.30pm

La Cordelle
Padua Secondary (Asst Campus)

Tables of Ten
BYO Nibbles/Food and Wine Glasses
Great prizes to be won!
Bar Facilities

$100 per table of ten or $15 per person

Money raised will support 2016 Open Rugby Tour

Payments must be made by Monday 22 February via the College website
http://goo.gl/urq681

or go to School Events Calendar – 27 February – Click on event to register.
Register as a team or buy individual tickets.
2017 European Battlefields Tour Information Evening

6:30pm - 7:30pm

Evening Details:
This is an Evening Information Session for families regarding the combined Padua/Mt Alvernia History tour to Germany, France and Belgium in the 2017 September holidays to visit WWI and WWII battlefields of significance to Australia.

Date:  Wednesday, 2nd March, 2016
Time:   6:30pm
Venue: Padua MPR, Assisi Campus

Please list names of all attending, add your email address and Register for this event.
For any enquiries please email bsitarz@padua.qld.edu.au
Can you help?

1966 Reunion

Is there anyone out there who is in contact with any Seniors from 1966?

This year marks the 50th anniversary of this graduating class. It would be good for us to have a semi-formal get together somewhere in Brisbane sometime this year.

Please contact Dalton Kelly,

email dmkell49@hotmail.com or mobile 0413079832.
THE AMAZING RACE FOR WISHES
Hosted by Brisbane South Branch

Please complete below form and send to selina.rd@hotmail.com on the same day that you make payment.

Tickets are $340 per team of 4 adults

The Amazing Race For Wishes Information

Team Name: __________________________________________

Name:__________________________________  Name:____________________

Name:__________________________________  Name:____________________

Finance Information

In support of Brisbane South Volunteer Branch, deposit for Ticket Sales, Event #23341

Name:_________________________  Phone:_________________________

Address:_________________________  State:_________  P/Code:_________

Amount of Deposit:_______________  Date of Deposit:_________________

Do you want a receipt?  □ Yes  □ No

Please deposit your funds into:
Account Name: Make-A-Wish® Foundation of Australia
Bank: Commonwealth Bank of Australia
BSB: 064-011
Account Number: 10019172
Reference: YOUR TEAM NAME
Apply now to be a 2016 Census Area Supervisor!
The Australia Bureau of Statistics is seeking motivated and community
minded project managers to work on the 2016 Census and make a
difference in your community.

Area Supervisors are:
- Non-office based positions requiring travel
- Casual temporary positions, with flexible working hours.

As an Area Supervisor, you will:
- Recruit, manage and train a small team of temporary Census field staff
- Implement and manage the Census delivery and collection processes and procedures
- Undertake a range of administrative tasks, including the receipt, handling and storage
  of a range of Census materials
- Earn $84.76 per hour (inclusive of 25% loading)

As an Area Supervisor, you must:
- Know your local community
- Hold a current driver’s licence
- Be comfortable using computer, tablet and mobile devices
- Comply with ABS work health and safety policies
- Hold Australian Citizenship or have the legal right to work in Australia.

Job seekers from diverse backgrounds, including non-English speaking backgrounds
and Aboriginal and Torres Strait Islander people, are encouraged to apply.

More information is available from the ABS website.
Apply online at abs.gov.au/careers

KARATE WITH PURPOSE

- Improve Fitness
- Learn Self Defence
- Gain Self Discipline
- Build Confidence
- Increase Focus

ALL AGES WELCOME

0409 474 494 • BERNIE HAUGHEY SENSEI • www.agkk.com.au
Date Claimer!! Biggest Morning Tea!
Friday 27 May 2016   8.30am-11.30am
St Anthony’s school hall
Every year this charity event grows both in numbers and amount raised and gives an opportunity for the community to gather together for a worthy cause.

NEW SEASON REGISTRATIONS ARE NOW OPEN.
U10, U12, U14, U16 BOYS, GIRLS, MIXED (Min 2 GIRLS)
$80 FOR 8 WEEK COMPETITION
All players to register individually through following link:
INDIVIDUAL REGISTRATION FORM - https://reg.sportingpulse.com/regoform.cgi?formID=55521
PAYMENTS CAN BE MADE DIRECTLY TO BANK ACCOUNT (NO TRANSACTION FEE) OR WITH REGISTRATION VIA SPORTING PULSE.
IF PAYING VIA DIRECT DEPOSIT – PLEASE LIST NAME OF CHILD IN REFERENCE DETAILS AND KEEP RECEIPTS.
Your Bank Account Details
Branch Code (BSB)       034083
Account Number         256372
Account Name           West Arana Hills R/L Football Club Touch Account

For TEAM NOMINATIONS - please contact Sharyn Madders on :
0414 623 015 or email: sandmadders@optusnet.com.au

SIGN ON DAYS AT WEST ARANA LEAGUES CLUBHOUSE - FIELD 1 ON WEDNESDAY 20TH JANUARY 4-6PM AND SATURDAY 23RD JANUARY 9-10 AM
WEST ARANA REPRESENTATIVE/ DEVELOPMENT TEAMS:
– OFFICIAL TRIALS TO FOR TEAMS TO COMPETE AT THE JUNIOR STATE CUP WILL BE HELD WEEKEND OF 20TH / 21ST FEBRUARY – TIMES TO BE CONFIRMED

Worldwide Marriage Encounter: A weekend away for married couples in peaceful, picturesque surroundings – away from the distractions of everyday living. Take time out of your busy schedule, to invest in your most precious asset . . . your Marriage! This is a unique opportunity to recharge your relationship batteries, refocus on each other and fall in love all over again!
Watch our new video - YouTube: https://youtu.be/5Hdl2ZDxZXc
NORTHS RUGBY

BE PART OF THE 2016 SKILLS ACADEMY

Hugh Courtney Oval | 150 Shaw Road, Wooloowin

**U10 - U12**
3rd Feb - 24th Feb
Every Wednesday
From 5:30PM til 7PM

**U13 - U15**
2nd Mar - 23rd Mar
Every Wednesday
From 5:30PM til 7PM

**COST $50**
includes academy singlet and sausage sizzle

**CONTACT:** Shantel Netzler to register
**E:** snetzler@gmail.com

NORTHS RUGBY UNION
150 Shaw Road, Wooloowin QLD 4030
www.northsjuniорrugby.com.au
facebook.com/NorthsJuniorRugby

STRENGTH COURAGE RESPECT
LEARN NEW SKILLS AND IMPROVE YOUR GAME! 3 DAY SPORTS CAMPS 6 TO 16 YEAR-OLD GIRLS AND BOYS

Learn and develop sporting skills with a quality three-day coaching experience for players of all standards. Our structured skill development programs are delivered by a panel of experienced and talented coaches at first class facilities. Providing that extra WOW factor for the kids, our coaches are supported by guest appearances from top level state and national sports men and women. Also, we always ensure that children are placed in age, friendship and skill appropriate groups.

For more details regarding our camps and coaching panels, please visit our website australiansports camps.com.au or call 1300 914 368 or email admin@australian sports camps.com.au

BRISBANE, QUEENSLAND

AFL FOOTBALL
30, 31 MARCH & 1 APRIL
South Pine Sports Complex, Brendale
6, 7 & 8 APRIL
Clairvaux Mackillop College, Upper Mt Gravatt

BASKETBALL
30, 31 MARCH & 1 APRIL
South Pine Sports Complex, Brendale
6, 7 & 8 APRIL
Clairvaux Mackillop College, Upper Mt Gravatt

NETBALL
30, 31 MARCH & 1 APRIL
South Pine Sports Complex, Brendale
4, 5 & 6 APRIL
Habitat Sports Complex, Upper Mt Gravatt

RUGBY LEAGUE
6, 7 & 8 APRIL
Clairvaux Mackillop College, Upper Mt Gravatt

RUGBY UNION
30, 31 MARCH & 1 APRIL
South Pine Sports Complex, Brendale
6, 7 & 8 APRIL
Clairvaux Mackillop College, Upper Mt Gravatt

SOCCER
30, 31 MARCH & 1 APRIL
South Pine Sports Complex, Brendale
6, 7 & 8 APRIL
Clairvaux Mackillop College, Upper Mt Gravatt
The Northern Suburbs Bowls Club, Edinburgh Castle Road, Wavell Heights, has a HeartKids QldFundraiser BBQ and Bowls on Friday 29 January from 4 pm. Bowls is available until 9 pm and a BBQ will start at 6 pm. The cost is $15 adults and children under 10 at $5. The local Northside Chronicle has a page 2 editorial and photo, however, a typo has the cost for an adult as $50 instead of $15. **Further fundraisers will be held on Friday 26 February and Friday 18 March.**

Bookings with Sue at events@nsbc.com.au or 0475 908 244.
Our Story

Bravehearts Boxing is an established boxing club based in Brisbane’s Northside suburb of Stafford. Head trainers Charlie King and Declan Kelly are passionate believers in the importance of self defense. Braveheart classes focus on boxing technique, while also conditioning an individual to become a stronger, healthier, more confident version of themselves. Classes are suitable for all population demographics.

FAQ’S

Q: What are the costs to join?  
A: No joining fee required. Classes are $15 per session attended.

Q: Do I have to have any boxing/fitness history?  
A: No. The classes are designed to teach boxing skills and help build fitness.

“Training at Bravehearts never feels like a chore. The crew are so passionate about what they are teaching. The self-belief is infectious.”

- Ben Quelcher

Class Times:

Monday 7:15pm-8:15pm
Tuesday 7:15pm-8:15pm
Wednesday 7:15pm-8:15pm
Thursday 7:00pm-8:00pm
Saturday 9:30am-10:30am

1:1 sessions and private group sessions are available on appointment. Contact Bravehearts for more details.

Technique and Conditioning Class

Bravehearts_boxing
0432788403