



LANCASHIRE
**YOUTH
CHALLENGE**

RESTORE

**POWERED
BY**

**EMPIRE
FIGHTING
CHANCE**

A powerful fusion of non-contact boxing
and emotional wellbeing principles

RESTORE powered by EFC is a targeted 12 week fitness and well being programme for young men aged between 12 - 15 who want to challenge themselves, learn new skills and develop personal resilience

Tuesday's starting 20th January 2026

4pm - 5pm

Salt Ayre Leisure Centre

Lancaster, LA1 5JS

**TO REFER A YOUNG PERSON CONTACT
RACHEL.PARSONS@LANCASHIREYOUTHCHALLENGE.CO.UK**

