



LANCASHIRE
**YOUTH
CHALLENGE**

MOVE!



COMMUNITY
FOUNDATION



RESTORE & LEVEL UP COLLABORATION

FOR YOUNG MEN AGED BETWEEN 12 - 15

**POWERED
BY**

RESTORE

**EMPIRE
FIGHTING
CHANCE**

TUESDAYS

4PM - 5PM

SALT AYRE LEISURE CENTRE
LANCASTER, LA1 5JS

LEVEL UP

WEDNESDAYS

5PM - 6.30PM

MORECAMBE BAY ACADEMY,
DALLAM AVENUE, LA4 5GB

**Access via Dallam Avenue
staff car park entrance**

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

A powerful fusion of non-contact boxing and emotional well-being principles

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

Join Morecambe FC Community Foundation and get **moving** every Wednesday with our brand new multi sports offer including ...

Football, Basketball, Cricket and Dodgeball



**SPORT
ENGLAND**

