



## Frequently Asked Questions

1. **Is PGB for women only?** No, anyone can join Pink Gloves Boxing at the University of Akron.
2. **Do I need to be a member of the SRWC to Join?** Pink Gloves Boxing is open to all community members regardless if you are a member or nonmember of the Student Recreation & Wellness Center. We encourage non-members to consider [membership options](#) at the SRWC.
3. **How many weeks is the program?** It is a 10-week program, 2 classes a week for 1 hour each class (20 total classes).
4. **Can I sign up if I don't have any experience boxing?** Yes! We will teach you all the basics and MORE!
5. **Will I hit another person or get hit by another person?** No! The only contact is with a heavy bag and focus mitts held by the trainer.
6. **If I have my own equipment do I have to buy the kit to get started?** Yes. It is included in the program price starting at Tier 1. We do not sell the program separate from the gear. Besides, your new gear will be officially licensed PGB items!
7. **If I have prior boxing experience, do I have to start in Tier 1?** Yes. Pink Glove Boxing has its own curriculum that our instructors are permitted to teach.
8. **What is the age limit?** Participants must be 17 years or older.
9. **Why can't I have my kit when I pay?** Kits are distributed on the first day of class to ensure all participants learn how to use the gear safely and effectively.
10. **Can I join at any time?** For the best experience for all Pink Gloves Boxing participants and instructors, we require all participants to be fully registered by registration deadlines. PGB is instructed where each week builds on the previous weeks' instructions so new skills are being taught and reinforced weekly.

11. **Are there attendance policies?** We want participants to have the full opportunity to move onto a higher level class if desired. In order to do so, each participant must successfully pass their current “Tier” and demonstrate certain skills in the final challenge we call “Tier Up Day!” at the end of the term of semester. In order to obtain these skills and successfully “Tier Up”, participants should be prepared to commit to a 10 week program, 2 classes a week. We do allow up to two missed classes which can be made up by talking with your instructor. If you think you would consistently miss more than that, it may be in your best interest to discuss with an instructor or staff member your options before registering.
12. **Are refunds available?** While not common, we understand special circumstances may arise and a participant may decide to unenroll from a class. Refunds may be available up to the start of the 4th week of class. On the date of your registered class’s 4th week begins, no refunds will be issued. Should a request be made (emailing your instructor) before the 4th week, a pro-rated refund is available for the remaining amount of classes you have left. No refunds will be granted for any gear that is bought and dispersed.
13. **Professional Assistance or Accessibility?** If you need to speak with a professional member of the Student Recreation & Wellness Services team, please reach out to a professional staff member at [uakron.edu/rec](http://uakron.edu/rec)

