

BOXING	Boxing classes for ages 13+. A great way to get fit and improve strength and coordination. All levels of experience from beginner to advanced welcome.	
AGE GROUP	DAY AND TIME	COST
JUNIOR (ages 13 - 17)	Mon, Tues, Wed, Thurs & Fri 5.30pm – 7.00pm	\$6.70 per session \$58.00 for 10 visit pass \$58.50 for 1 month
ADULT (18+)	Mon, Tues, Wed, Thurs & Fri 5.30pm - 7.00pm	\$9.00 per session \$79.50 for 10 visit pass \$68.50 for 1 month

KIDS BOXING for FUN	A class for kids focusing on fun and fitness, as well as teaching the basics of boxing.	
AGE GROUP	DAY AND TIME	COST
6 – 12 years old	Mon 4.30pm - 5.30pm Fri 4.30pm - 5.30pm	\$8.50 per lesson \$5.50 upfront

WOMEN'S BOXING FOR FITNESS	Our boxing class for ladies of all ages that focusses on fun and fitness. A great way to keep fit, as well as learning some basic boxing skills	
AGE GROUP	DAY AND TIME	COST
Ages 13 +	Fri 5.30pm - 6.30pm	\$9.50 per lesson
	Fri 6:30pm - 7.30pm	\$7.70 upfront

VIET QUYEN DAO	Viet Quyen Dao is a modern style of unarmed martial arts, developed in Vietnam and suitable for all ages	
AGE GROUP	DAY AND TIME	COST
JUNIOR (9 – 17 years)	Tues & Thurs 4.45pm - 6.15pm	\$7.90/\$9.50 per lesson \$6.90/\$7.90 upfront
SENIOR (18+)	Tues & Thurs 6:15pm - 7.30pm	

DROP IN	Space dedicated to relaxation with pool table, foosball and Foxtel. Also includes use of basketball court (when available).	
AGE GROUP	DAY AND TIME	COST
12 years +	Mon – Fri 9:30am - 8pm	Drop-in FREE (members) court use: \$5 per person

MULTI-SPORTS	Multisport is a program allowing kids to develop new moto skills, learning new sports and understanding the ways of great sportsmanship	
AGE GROUP	DAY AND TIME	COST
5 – 12 years old	Wed 4.30pm – 5.30pm	\$8.50 per lesson \$5.50 upfront

BASKETBALL LEARN TO PLAY	A basics learn to play teaching the fundamentals to the kids allowing them to learn and enjoy basketball for fun	
AGE GROUP	DAY AND TIME	COST
5 – 12 years old	Tue 4.30pm – 5.30pm Thu 5:30pm – 6:30pm	\$8.50 per lesson \$5.50 upfront

TABLE TENNIS	Dedicated space with 4 brand new tables. All equipment supplied.	
AGE GROUP	DAY AND TIME	COST
All ages (under 12 must be supervised)	Mon – Fri 9:30am - 8pm	\$2.70 per visit \$22 for 10 visit pass

INVINCIBLE WORLDWIDE	Martial arts and tricking classes drawing influence from traditional and modern martial arts, fitness and sport science. Call 9757 1068 or visit www.invincibleworldwide.com for more info and to register	
AGE GROUP	DAY AND TIME	COST
Ages 7+	Mon 6.15pm - 8.15pm Wed 6.15pm - 8.30pm	\$20 per lesson

CYBER X MARTIAL ARTS	Mixed Tae Kwon Do. Call 8710 8616 for more info and to register	
AGE GROUP	DAY AND TIME	COST
Ages 3+	Tues 6pm - 8.00pm Thurs 7.00pm - 8.00pm	\$76.50 per month with Family Discounts'

SOCCAJOEYS	Soccajoey's is a soccer program for boys and girls. For more info and to register go to www.soccajoey's.com.au or call 0421 732 762	
AGE GROUP	DAY AND TIME	COST
3 - 12 years old	Friday 4pm-5pm, 5pm-6pm Saturday 9am-10am, 10am-11am, 11am-12pm, 12pm-1pm	\$179 per term (8 weeks) Includes jersey & water bottle

All activities require an annual PCYC membership: **Senior (18+) – \$25, Junior (under 18) – \$10**

Phone: 9796 1287 **Email:** bankstown@pcycnsw.org.au