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| BOXING | 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 |

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| KIDS BOXING for FUN | A class 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 |

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| BASKETBALL LEARN TO PLAY | Learn to play in a fun environment teaching the fundamentals of basketball. | |
| AGE GROUP | DAY AND TIME | COST |
| 5 – 12 years old | Tue 4.30pm – 5.30pm | \$8.50 per lesson \$5.50 upfront |

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| 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 | |

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

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| OZ-TAG | Fun and engaging, develop new skills, and work as a team | |
| AGE GROUP | DAY AND TIME | COST |
| 9 – 14 years old | Thurs 5:30pm – 6:30pm | \$8.50 per lesson \$5.50 upfront |

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| BASKETBALL DROP IN | Half Basketball Court (call ahead to check availability) | |
| AGE GROUP | DAY AND TIME | COST |
| All ages (under 12 must be supervised) | Mon – Fri 12pm - 8pm | court use: \$5 per person |

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| TABLE TENNIS | Dedicated space with 4 tables. All equipment supplied. (call ahead to check availability) | |
| AGE GROUP | DAY AND TIME | COST |
| All ages (under 12 must be supervised) | Mon – Fri 12pm - 8pm | \$2.70 per visit \$22 for 10 visit pass |

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| 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 |

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| 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' |

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| 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