

# ACTIVITY SCHEDULE

Term 1 2021



SPORT COMPETITIONS | GENERAL ACTIVITIES | GYM & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>BOXERCISE</b> 7am – 8am		<b>BOOT CAMP</b> 7am – 8am	<b>**AUSSIE HOOPS**</b> 8.30am – 9.30am
<b>**SOCCAJOEYS**</b> 9.30am – 10.30am		<b>KINDY SPORT</b> 9.30am – 10.30am			<b>**HDBA JUNIOR DOMESTIC COMPETITION**</b> 8am – 4pm
<b>KIDS BOXING</b> 5pm – 6pm	<b>KID FIT</b> 4pm – 5pm		<b>KIDS BOXING</b> 4pm – 5pm	<b>HIP HOP DANCE (6-12)</b> 4.30pm – 5.30pm	
<b>**BASKETBALL SKILLS**</b> 5pm – 6pm	<b>LEARN TO PLAY MULTI SPORTS</b> 5.15pm – 6.15pm		<b>LEARN TO PLAY FUTSAL</b> 5.15pm – 6.15pm	<b>HIP HOP DANCE (13+)</b> 5.30pm – 6.30pm	
	<b>JUNIOR FUTSAL COMPETITION (U5/6, U7/8, U9/10)</b> 4.30pm – 7pm	<b>JUNIOR/YOUTH FUTSAL COMPETITION (U11/12, U13/14)</b> 4.30pm – 7pm	<b>YOUTH FUTSAL COMPETITION (U15-17)</b> 4.30pm – 6.30pm		
<b>WOMEN'S NETBALL COMPETITION</b> 6.30pm – 10pm	<b>MEN'S FUTSAL COMPETITION</b> 7pm – 10pm	<b>MIXED FUTSAL COMPETITION</b> 7pm – 10pm	<b>MIXED NETBALL COMPETITION</b> 6.30pm – 10pm	<b>MIXED BASKETBALL COMPETITION</b> 6pm – 9pm	

**\*\*Classes not run by PCYC\*\***

SoccaJoeys (Nepean) – 1300 781 735

Hawkesbury Basketball – 0448 525 651 / 4587 8105



PH: 02 4505 5070

E: [hawkesbury@pcycnsw.org.au](mailto:hawkesbury@pcycnsw.org.au)

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# ACTIVITY SCHEDULE

TERM 1 2021 – ACTIVITY PRICE LIST



ACTIVITIES	COST
<b>Kindy Sport</b> Multi Sports program for ages 3 – 5	\$40 for 8 week term
<b>Hip Hop Dance</b> For ages 5-12 & 13+	\$96 for 8 week term
<b>Learn to Play Futsal</b> For ages... 5 – 12 years	\$80 for 8 week term
<b>Learn To Play Multi Sports</b> For ages... 5 – 12 years	\$80 for 8 week term
<b>Kid Fit</b> For ages... 8 – 13 years	\$80 for 8 week term
<b>Junior Boxing</b> For ages... 8 – 13 years	\$96 for 8 week term with 2 classes a week

GYM & FITNESS	COST
<b>Gym Casual Entry</b>	\$12.50 casual visit
<b>Court Casual Entry</b>	\$5 casual visit
<b>Personal Trainer (14+)</b>	\$50/hour Bookings Essential
<b>Strength &amp; Conditioning Sport Specific</b>	\$60/hour Book with 5-15 people
<b>Boot Camp (14+)</b>	\$10 casual visit
<b>Boxercise (14+)</b>	\$10 casual visit

### Club Opening Hours

Monday: 6am – 10pm  
 Tuesday: 6am – 10pm  
 Wednesday: 6am – 10.30pm  
 Thursday: 6am – 10pm  
 Friday: 6am – 9.30pm  
 Saturday: 8am – 4pm  
 Sunday: Booking Dependant

SENIOR SPORT COMPETITIONS		JUNIOR SPORT COMPETITIONS	
<b>Monday Women's Netball</b> Cost: \$1197 for 21 weeks (+ \$15 rego/pp)	<b>Ages:</b> 13+ <b>Starts:</b> 15th March <b>Times:</b> 6.30pm – 10pm	<b>Tuesday Junior Futsal</b> <i>Currently playing</i> Costs and start date TBD closer to start	<b>Ages:</b> U5/6, U7/8, U9/10 <b>Starts:</b> September 2021 <b>Times:</b> 4.30pm – 7pm
<b>Tuesday Men's Futsal</b> Cost: \$1311 for 23 weeks (+ Play Football Rego/pp)	<b>Ages:</b> 15+ <b>Starts:</b> 16 <sup>th</sup> March <b>Times:</b> 7pm – 10pm	<b>Wednesday Junior/Youth Futsal</b> <i>Currently playing</i> Costs and start date TBD closer to start	<b>Ages:</b> U11/12, U13/14 <b>Starts:</b> September 2021 <b>Times:</b> 4.30pm – 7pm
<b>Wednesday Mixed Futsal</b> Cost: \$1311 for 23 weeks (+ Play Football Rego/pp)	<b>Ages:</b> 15+ <b>Starts:</b> 17 <sup>th</sup> March <b>Times:</b> 7pm – 10pm	<b>Thursday Youth Futsal</b> Costs and start date TBD closer to start	<b>Ages:</b> U15-17 <b>Starts:</b> September 2021 <b>Times:</b> 4.30pm – 6.30pm
<b>Thursday Mixed Netball</b> Cost: \$1311 for 23 weeks (+ \$15 rego/pp)	<b>Ages:</b> 15+ <b>Starts:</b> 18 <sup>th</sup> March <b>Times:</b> 6.30pm – 10pm	<b>REGISTRATIONS OPEN SOON!</b> Call 4505 5070 to register your interest today...	
<b>Friday Mixed Basketball</b> Cost: \$1320 for 22 weeks (+ \$15 rego/pp)	<b>Ages:</b> 15+ <b>Starts:</b> 19 <sup>th</sup> March <b>Times:</b> 6pm – 9pm		

### Gym Opening Hours:

Monday – Friday:  
6am – 9.30pm  
 Saturday: 8am – 4pm  
 Sunday: CLOSED

### Gym Prices:

\$7 per week

### Gym Information:

Children aged 14-15 must be accompanied by an adult.  
 Those aged 16+ can attend the gym and classes without an adult present.

**All participants MUST be PCYC members to attend.**

Over 18s = \$25/year  
 U18s = \$10/year