

ADULT LTP BASKETBALL SPORTS COMPS JNR BOXING LTP NETBALL

ANNUAL PCYC MEMBERSHIP
 ADULTS (18+) = \$30
 KIDS (Under 18) = \$15

TERM 1 2023
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GROUP FITNESS ADULT BOXING SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8.00am						YOGA	
9:00am	YOGA BALANCE 9:15-10:15am	PICKLEBALL 9:00am-12:00pm (\$8.50pp)		PICKLEBALL 9:00am-12:00pm (\$8.50pp)		PICKLEBALL 9:00am-12:00pm (\$8.50pp)	
9:30am		PILATES 10:00-11:00am	ZUMBA		ZUMBA	SPARRING 8:00-10:00am	
11:30am	GENTLE EXERCISE 11:00am-12:00pm	SLOW FLOW YOGA		SLOW FLOW YOGA		ZUMBA 9:15-10:15am	
4:00pm	JUNIOR BASKETBALL U8s 4:00-4:45pm \$165 TERM		JUNIOR BASKETBALL U6 & U8 / 4:00-4:45pm \$165 TERM	JUNIOR NETBALL 5-8yrs / 4:00-4:45pm \$165 TERM	JUNIOR BOXING 8-12yrs / 4:00-4:45pm \$160 TERM		
	JUNIOR BOXING 8-12yrs / 4:00-4:45pm \$160 TERM	SUB JUNIOR BOXING 5-9yrs / 4:00-4:45pm \$160 TERM	JUNIOR BOXING 8- 12yrs / 4:00-4:45pm \$160 TERM		JUNIOR BASKETBALL COMP U10, U12, U14, U16 \$135 Games from 4:45-8:00pm		
4:45pm	JUNIOR BASKETBALL U10s 4:45-5:30pm \$165 TERM	TEENS GIRLS BOXING 12-17yrs / 4:45-5:30pm \$160 TERM	JUNIOR BASKETBALL U10 & U12 / 4:45-5:30pm \$165 TERM	HIGH PERF FIGHTERS 4.30-7.00PM			
	JUNIOR BOXING 12-17yrs / 4:45-5:30pm \$160 TERM		JUNIOR BOXING 12-17yrs / 4:45-5:30pm \$160 TERM	JUNIOR NETBALL 9-12yrs / 5:00-5:45pm \$165 TERM	JUNIOR BOXING 12-17yrs / 4:45-5:30pm \$160 TERM		
5:30pm	HIGH PERF FIGHTERS	ABS, BUTTS & THIGHS	JUNIOR BASKETBALL U14 & U16 / 5:30-6:15pm \$165 TERM		YOGA 5:00-6:00pm		
			HIGH PERF FIGHTERS		BOXING 101		
6:00pm	YOGA	WOMENS BOXING 6:00-7:00pm	YOGA	CORE	TABLE TENNIS MONDAY & WEDNESDAY 7:00-9:00pm TUESDAY, THURSDAY & FRIDAY 6:30-9:00pm SATURDAY 8:00am-5:30pm		
7:00pm	MEN'S FUTSAL COMP (Registration Required)	MIXED NETBALL COMP (Registration Required)	U-LEAGUE BASKETBALL (Registration Required)	LADIES NETBALL & FUTSAL COMP (Registration Required)			
	BOXING 101	ZUMBA	INTERMEDIATE BOXING	BOXING 101	TBW 6:30-7:00pm	ZUMBA	INTERMEDIATE BOXING

CLASS DESCRIPTIONS

LEARN TO PLAY (BASKETBALL & NETBALL)

Great programs teaching kids the fundamental skills of each of the sports in a fun and social environment. Each of the programs are modified to suit all ages and all skill levels. 45min sessions. (School Term Only)

SUB JUNIOR & JUNIOR BOXING

PCYC Boxing works through technique and skills that improve strength, endurance and confidence. (School Term Only)

ADULT COMPETITIONS (FUTSAL & NETBALL)

Team registrations required. If you are an individual wanting to join a team, please visit our partnering company Just Play who will assist you in joining a team. All team registrations are to contact our courts coordinator

GROUP FITNESS

A range of fitness classes available for you. Accessible with all gym and boxing memberships. Casual visits also available.

ADULT BOXING

A range of classes for all skill levels, led by our experienced and qualified coaches. Accessible with boxing memberships, casual visits available.

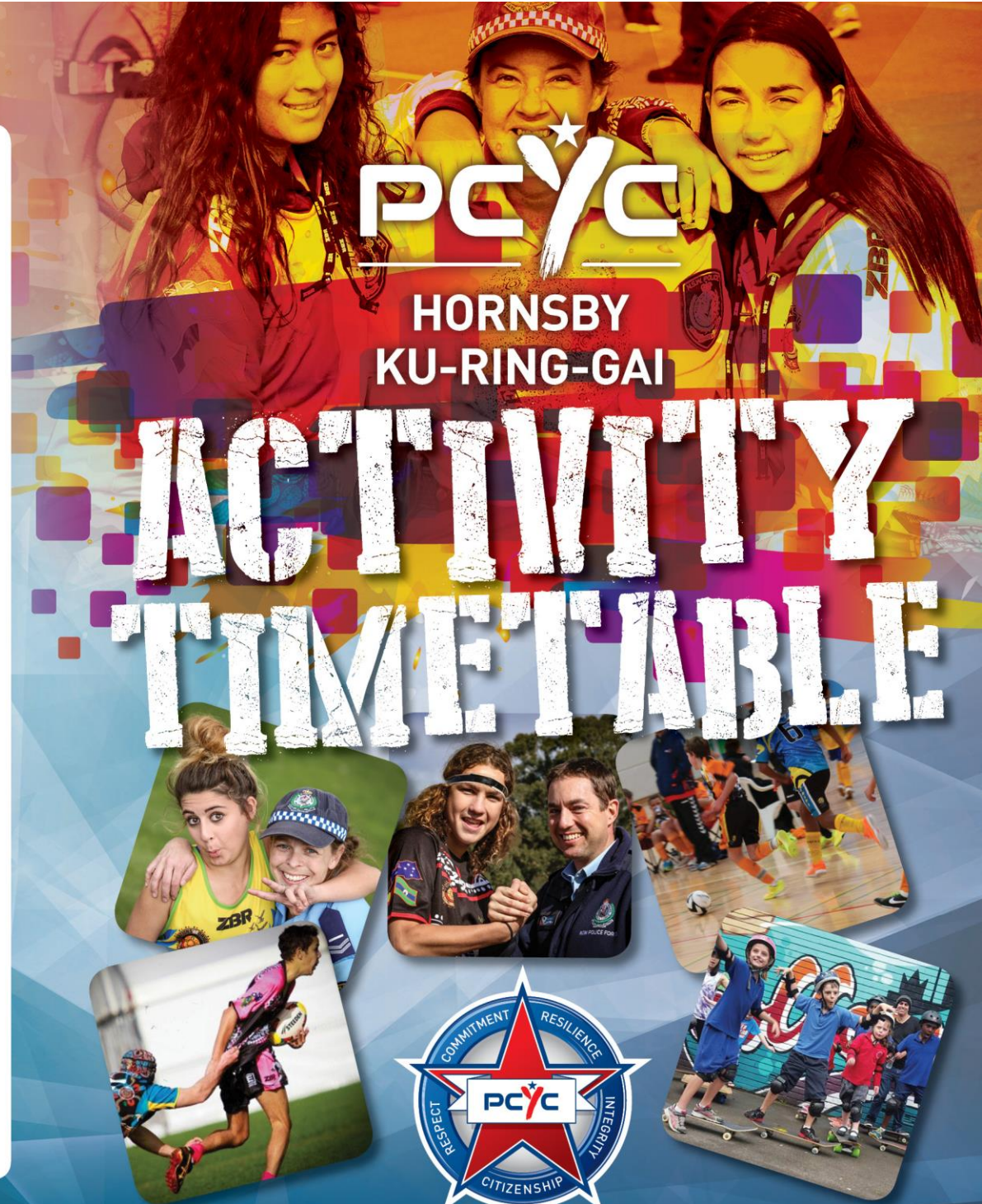
TABLE TENNIS

Players are given opportunities and pathways to help with the growth of table tennis and the personal growth and development of each individual.

PICKLEBALL

Ever played tennis, squash, table tennis or badminton? You'll love Pickleball! Easy to learn hard to master, suitable for all ages and skill levels.

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The graphic features a collage of photos showing young people participating in various sports and activities. At the top, three young women are smiling, with the PCYC logo overlaid. Below them, the text 'HORNSBY KU-RING-GAI' is displayed. The main title 'ACTIVITY TIMETABLE' is written in large, white, distressed font. The bottom section includes a circular logo with the PCYC logo in the center and the words 'COMMITMENT', 'RESILIENCE', 'INTEGRITY', 'CITIZENSHIP', and 'RESPECT' around the perimeter. There are also photos of a young woman and a man, a young man playing pickleball, and a group of young people on skateboards.