

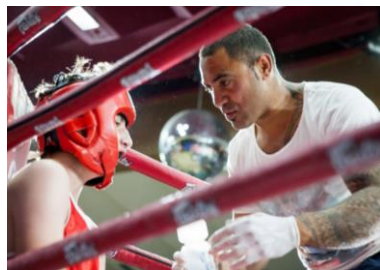


PCYC Mission

We get young people active in life

We work with young people to develop their skills, character and leadership

We reduce and prevent crime by and against young people.



Last Updated
10th January 2021



www.pycnsw.org



ACTIVITIES SCHEDULE



PRESCHOOL

Bub Hub	Social group for bubs and their carers.	
AGE GROUP	DAY AND TIME	Cost
0yrs – 5yrs	Tuesday 9am – 10am	Free

Bop it Tots	A class for infants and their carers to connect and explore through music	
AGE GROUP	DAY AND TIME	Cost
0yrs – 5yrs	Monday 9:30am – 10am	\$10 - 1 class a week \$16 - 2 classes a week \$21- 3 classes a week

Move it	A class to teach the fundamentals of movement skills to infants with the help of their carers	
AGE GROUP	DAY AND TIME	Cost
0yrs – 5yrs	Monday 10am – 11am	\$10 - 1 class a week \$16 - 2 classes a week \$21- 3 classes a week

Mini Mash	A messy, sensory fun class for infants and their carers to developing positive attitudes towards different textures and smells	
AGE GROUP	DAY AND TIME	Cost
0yrs – 5yrs	Monday 11am – 11:45am	\$10 - 1 class a week \$16 - 2 classes a week \$21- 3 classes a week

Jumping Joeys	A class founded in gymnastics, aimed at the development the movement patterns of infants with their carers	
AGE GROUP	DAY AND TIME	Cost
18 months – 5yrs	Monday OR Tuesday 2:30pm – 3:30pm	\$130 per term + \$60 annual GYM NSW registration

SPORTS

Mixed Sports	Structured classes of a mixture sports aimed to help kids be active and social. Sports include soccer, basketball, indoor hockey and much more *active kids voucher approved*	
AGE GROUP	DAY AND TIME	Cost
5yrs – 12yrs	Friday 4pm – 5pm	\$14 per lesson OR \$100 per term



Kempsey PCYC is an approved Active Kids Provider. Use your Vouchers here to receive up to \$200 worth of Creative Programs**

1 Voucher (\$100 worth) must be redeemed in one transaction

Please see boxing and gymnastics schedule for full list of class times

FITNESS

Summer Shred	A program conducted and designed to target fat reduction with a combination of cardio and HIIT exercises.		
AGE GROUP	GROUPS	DAY AND TIME	COST
16yrs +	Group A	Monday - 9:30am – 10:30am	\$10 per class + \$7 Weekly Gym Membership
		Wednesday – 9:30pm – 10:30pm	
16yrs+	Group B	Tuesday – 5:30pm – 6:30pm	
		Thursday – 5:30pm – 6:30pm	

Personal Training Sessions	One on one sessions with a fully qualified instructor, designed to achieve your personal goals.	
AGE GROUP	DAY AND TIME	COST
16yrs +	Please Inquire for availability	\$45 Per Session + \$7 Weekly Gym Membership

Seniors Fitness Class	A low intensity workout targeted towards increased strength, movement and flexibility.	
AGE GROUP	DAY AND TIME	Cost
50yrs+	Monday 11am – 12pm	\$14 per lesson OR \$100 per term

Move It Your Way	An inclusive physical activities program for people with disabilities.	
AGE GROUP	DAY AND TIME	Cost
Any Age (Open)	Wednesday 11am – 12pm	\$14 per lesson OR \$100 per term

Term Fees must be paid in full at time of booking to secure place in the class

If your interested in making a difference in your community please contact the club about volunteering on (02) 6562 8399



Junior Annual Membership: \$10

Senior Annual Membership: \$25

For more information about any of our programs,
please contact us:
(02) 6562 8399

Email. kempsey@pcycnsw.org.au

SENIORS

YOGA

Yoga	Yoga techniques to improve coordination, strength, school performance, self-esteem and focus.	
AGE GROUP	DAY AND TIME	COST
Open	Monday – 9:30am – 10:30am	\$14 per lesson OR \$100 per term
14yrs+	Wednesday – 5pm – 6pm	

Kids Kalm	A mix of mediation, Pilates and gentle movements to help calm the mind and balance the body.	
AGE GROUP	DAY AND TIME	Cost
5yrs – 12yrs	Tuesday 4pm – 5pm	\$14 per lesson OR \$100 per term

Teenager Tranquillity	A practice of Mindfulness, and movements aimed to bring calmness, clarity and balance to the body and brain.	
AGE GROUP	DAY AND TIME	Cost
13yrs – 18yrs	Tuesday 5pm – 6pm	\$14 per lesson OR \$100 per term

Seniors Technology Basics	Introduction to understanding technology for seniors.	
AGE GROUP	DAY AND TIME	Cost
50yrs+	Bookings Essential Wednesday 2pm – 3pm	\$10 per Lesson

Yoga	Yoga techniques to improve coordination, strength, school performance, self-esteem and focus.	
AGE GROUP	DAY AND TIME	COST
Open	Monday – 9:30am – 10:30am	\$14 per lesson OR \$100 per term
Open	Wednesday – 5pm – 6pm	

Seniors Fitness Class	A low intensity workout targeted towards increased strength, movement and flexibility.	
AGE GROUP	DAY AND TIME	Cost
50yrs+	Monday 11am – 12pm	\$14 per lesson OR \$100 per term

Pickle Ball	A social game combining elements of tennis, badminton and table tennis for any age and ability	
AGE GROUP	DAY AND TIME	Cost
Open	Wednesday 1pm – 2pm	\$14 per lesson OR \$100 per term

Table Tennis	Social table tennis for any age and ability	
AGE GROUP	DAY AND TIME	Cost
Open	Wednesday 1pm – 2pm	\$14 per lesson OR \$100 per term

BACK TO CULTURE

Language	A culturally based language program based around our local traditional language.	
AGE GROUP	DAY AND TIME	Cost
Youth	Coming Soon Wednesday – 3:30pm – 4pm	Free

Art	Creative expression and understanding of the local traditional art.	
AGE GROUP	DAY AND TIME	Cost
Youth	Coming Soon Wednesday – 4pm – 5pm	Free

Music and Dance	A culturally creative based program using traditional instruments and dance.	
AGE GROUP	DAY AND TIME	Cost
Youth	Coming Soon Wednesday – 4:30pm – 5:30pm	Free

TECHNOLOGY

Robotics	An introduction to robotics and programming. * Creative Kids Voucher Approved *	
AGE GROUP	DAY AND TIME	Cost
School Age	Wednesday – 5pm – 6pm	\$14 per lesson OR \$100 per term

Resume Writing Class	Develop the skills to write comprehensive resumes.	
AGE GROUP	DAY AND TIME	Cost
Any Age (Open)	Bookings Essential Wednesday 3:30pm – 4:30pm	\$10 per Lesson

DISABILITY

Disability Art Class	Making creative art with a variety of media for all abilities.	
AGE GROUP	DAY AND TIME	Cost
Any Age (Open)	Tuesday 1:30pm – 2:30pm	\$14 per lesson OR \$100 per term

Disability Cooking Class	Learning to cook easy healthy food.	
AGE GROUP	DAY AND TIME	Cost
Any Age (Open)	Tuesday 12pm – 1pm	\$14 per lesson OR \$100 per term

Move It Your Way	An inclusive physical activities program for people with disabilities.	
AGE GROUP	DAY AND TIME	Cost
Any Age (Open)	Wednesday 11am – 12pm	\$14 per lesson OR \$100 per term



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Whole amount must be redeemed in one transaction



CREATIVE

Photography and videography Club	An introduction to basic photography, video making and printing. * Creative Kids Voucher Approved *	
AGE GROUP	DAY AND TIME	Cost
8yrs – 17yrs	Thursday – 4pm – 5pm	\$14 per lesson OR \$100 per term

Creative Arts	A mix of fun arts and crafts including painting, clay modelling, drawing and more. * Creative Kids Voucher Approved *	
AGE GROUP	DAY AND TIME	Cost
6yrs – 12yrs	Tuesday 4pm – 5pm	\$14 per lesson OR \$100 per term

Kids Cooking Class	Learning to cook easy healthy food.	
AGE GROUP	DAY AND TIME	Cost
6yrs – 14yrs	Tuesday – 5pm – 6pm	\$14 per lesson OR \$100 per term

Lego Builder Club	A social group for kids to explore their imagination through Lego building and games * Creative Kids Voucher Approved *	
AGE GROUP	DAY AND TIME	Cost
6yrs – 12yrs	Wednesday – 4pm – 5pm	\$14 per lesson OR \$100 per term

Kids Textiles	A class for children to learn how to sew and work with different materials * Creative Kids Voucher Approved *	
AGE GROUP	DAY AND TIME	Cost
8yrs – 14yrs	Thursday – 5pm – 6pm	\$14 per lesson OR \$100 per term