



## 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  
19.04.2021

# BOXING ACTIVITIES SCHEDULE



[www.pycnsw.org](http://www.pycnsw.org)



<b>Junior Boxing Skill Development</b>	A non-contact program for children aged under 16 who are interested in learning the fundamentals of boxing	
<b>AGE Group</b>	<b>DAY AND TIME</b>	<b>COST</b>
8yrs – 12yrs	Monday 4pm – 5pm OR Wednesday 4pm-5pm	\$14 per lesson OR \$100 per term

<b>Junior Boxing Skill Development</b>	A non-contact program for participants who are interested in learning the fundamentals of boxing	
<b>AGE Group</b>	<b>DAY AND TIME</b>	<b>COST</b>
13yrs – 16yrs	Monday 5.15pm –6.15pm OR Wednesday 5.15pm-6.15pm	\$14 per lesson OR \$100 per term

<b>Adult Boxing skill development</b>	A class designed to improve fitness and boxing skills for members 16yrs and older	
<b>AGE GROUP</b>	<b>DAY AND TIME</b>	<b>COST</b>
16yrs +	Tuesday 5:30pm – 6:30pm OR Thursday 5.30pm-6.30pm	\$14 per lesson OR \$100 per term

<b>Women's Boxing Bootcamp</b>	A class designed to improve fitness and boxing skills for members 14yrs and older	
<b>AGE GROUP</b>	<b>DAY AND TIME</b>	<b>COST</b>
14yrs +	Tuesday 6:45pm – 7:30pm OR Thursday 6.45pm-7.30pm	\$14 per lesson OR \$100 per term

<b>Boxfit For Kids</b>	Cardio and boxing based fitness classes for kids.	
<b>AGE GROUP</b>	<b>DAY AND TIME</b>	<b>COST</b>
6yrs - 13yrs	Friday – 4pm – 5pm	\$14 per lesson OR \$100 per term

<b>Competitive/ Advanced Boxing</b>	A class designed for serious boxers wanting to take it to the next level, an progress to sparring and competition level.	
<b>AGE Group</b>	<b>DAY AND TIME</b>	
12yrs - opens	Mondays and Wednesdays 6pm-7pm	Closed session make bookings Via Trainer



## CLUB MEMBERSHIPS

JUNIOR MEMBERSHIPS (U18)

\$10

SENIOR MEMBERSHIPS (18+)

\$25

CONCESSION MEMBERSHIP

\$20

Memberships last for 12 months from date of sign up

Join today at the Club or online at

<https://www.pycnsw.org.au/kempsey/membership/>

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

Email. [kempsey@pcynsw.org.au](mailto:kempsey@pcynsw.org.au)