

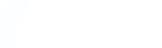
PCYC Mission

We get young people active in life

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

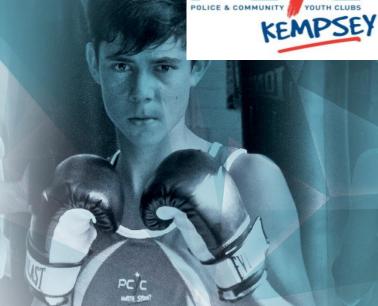
We reduce and prevent crime by and against young people.

Last Updated 19.04.2021



Find us on: facebook





BOXING

ACTIVITIES SCHEDULE



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

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

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

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

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

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



CLUB MEMBERSHIPS

JUNIOR MEMBERSHIPS (U18) \$10 SENIOR MEMBERHIPS (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.pcycnsw.org.au/kempsey/membership/

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

Email. kempsey@pcycnsw.org.au