



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
08.07.2021

BOXING

ACTIVITIES SCHEDULE



www.pycnsw.org



Junior Boxing Skill Development (Beginner)	A non-contact program for children aged under 16 who are interested in learning the fundamentals of boxing	
AGE Group	DAY AND TIME	COST
All Ages (Under 18)	Tuesday 4pm – 5pm	\$14 per lesson OR \$100 per term

Junior Boxing Skill Development (Intermediate)	A non-contact program for participants who are interested in learning the fundamentals of boxing	
AGE Group	DAY AND TIME	COST
All Ages (Under 18)	Monday 5pm – 6pm	\$14 per lesson OR \$100 per term

Adult Boxing skill development	A class designed to improve fitness and boxing skills for members 18yrs and older	
AGE GROUP	DAY AND TIME	COST
18yrs +	Tuesday 6pm – 7pm	\$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 5pm – 6pm OR Thursday 5pm – 6pm	\$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	Monday 4pm – 5pm	\$14 per lesson OR \$100 per term

Mini Me	These classes will be Baby and Parent/Carer based light Boxfit session adapted for parents and carers.	
AGE Group	DAY AND TIME	COST
6 Months – 3 years accompanied with Parent or Carer	Tuesday 2pm – 3pm OR Thursday 2pm – 3pm	\$16 per lesson OR \$140 per term

Box with Me	This class will utilise relationships between parent/carers and their child, to complete fun boxing fitness-based sessions. (1 Adult : 1 Child)	
AGE Group	DAY AND TIME	COST
4+ yrs Accompanied with Parent or Carer	Thursday 4pm – 5pm OR 6pm – 7pm	\$16 per lesson OR \$140 per term



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