



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.

PCYC MAITLAND
3 James Street, NSW 2320 Ph.49347122
Email. maitland@pcycnsw.org.au
Website.
<https://www.pcycnsw.org.au/maitland/>

ACTIVITIES SCHEDULE



www.facebook.com/pcyc.maitland

AIKIDO (MARTIAL ARTS ROOM)	Aikido is a Japanese form of self-defense and martial art that uses locks, holds, throws and the opponents own movements.	
AGE GROUP	DAY AND TIME	COST
Ages 13+	Mon 7:00PM – 8:00PM Wed 6:30PM – 8:00PM	\$13 for 1 visit or \$120 per Term

ARCHERY (STADIUM)	Our archery program takes place in our indoor range from distances of 10 to 20+ meters. All equipment is provided.	
AGE GROUP	DAY AND TIME	COST
Ages 8+	Tuesdays 4:15PM – 5:00PM 5:00PM – 5:45PM	\$120 per Term

FENCING	Qualified Level 1 Coach. Meet new friends and learn new skills on Thursday nights, we supply all the equipment for you to have some fun.	
AGE GROUP	DAY AND TIME	COST
Ages 9+	Thursday 5.30PM – 7.30PM	\$100 per Term (Jr) \$130 (Sen)

JUDO (MARTIAL ARTS ROOM)	Judo is a modern Japanese martial art. Where participants learn different types of strikes and self defense techniques.	
AGE GROUP	DAY AND TIME	COST
Ages 7+	Tuesdays & Thursdays 6:30PM – 8PM	\$6.50

JUNIOR BOXING (GROUP FITNESS AREA)	Junior boxing is a great way for kids to keep fit and also have fun and meet new people. Junior boxing teaches them correct techniques.	
AGE GROUP	DAY AND TIME	COST
10 – 17 Years	Monday & Wednesdays 4.00 – 5.00PM Intermediate Class Tuesday 4.00 – 5.00PM	\$120 per Term

SAFER DRIVER COURSE (UPSTAIRS BOARDROOM)	The Safer Drivers Course at PCYC is delivered through our extensive network of clubs across NSW. The course is 5 hours long and is divided into 2 parts, a 3 hour theory session and a 2 hour practical session.	
AGE GROUP	DAY AND TIME	COST
Ages 16+	Tues 4:00PM – 7:00PM	\$140

ROLLER SKATING (STADIUM)	Roller Skating is a casual activity. Refer to Maitland City Rollers. See FB https://www.facebook.com/groups/2526446664303433/	
AGE GROUP	DAY AND TIME	COST
All Ages	Come along and have fun rollerskating No experience necessary! Monday nights are beginner friendly & skate hire can be obtained through Maitland City Rollers FB group, Tue & Wed nights are practise/freeskate, and Friday are Disco Nights!	Drop in \$4 fee Must be PCYC Member

STADIUM	You are able to use the stadium when the courts aren't booked for other activities.	
AGE GROUP	DAY AND TIME	COST
All Ages	Any time the courts are free	\$4 Drop In fee

TRAFFIC OFFENDER INTERVENTION PROGRAM HTTPS://WWW.PCYDRI VEREDUCATIONPROGRAMS-TOIP.ORG.AU/ (ON LINE ONLY)	TOIP works with offending drivers to change attitudes & driving behaviors, improve awareness of consequences of actions, & help keep themselves & others alive & safe on our roads. The Program increases awareness of dangers & consequences of dangerous & illegal driving practices & promotes insight into the individual circumstances associated with illegal driving practices.	
AGE GROUP	DAY AND TIME	COST
Ages 16+	ON LINE ONLY	\$160.00

JUI JITSU (MARTIAL ARTS ROOM) Contact 0449976389 hvjuijitsu@gmail.com	Brazilian Jiu-Jitsu (BJJ) is a self-defence <u>martial art</u> and <u>combat sport</u> based on <u>grappling</u> , <u>ground fighting</u> and <u>submission holds</u> . It focuses on the skill of controlling one's opponent, gaining a dominant position and using a number of techniques to force them in to submission via <u>joint locks</u> or <u>chokeholds</u>	
AGE GROUP	DAY AND TIME	COST
Ages 7+	Mon 5pm-8pm / Tue 5pm-6pm / Fri 6:30PM – 7.30PM	\$29 Week Senior \$19 Junior

To attend any of these activities you must become a PCYC Member, \$10 for Juniors and \$20 Concession or \$25 for Seniors. Annual Fee

For more information about any of our programs, please contact us: Ph.49347122 E) maitland@pcycnsw.org.au W) <https://www.pcydri.org.au/maitland/>
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