

CLASS DESCRIPTIONS

DEVELOPMENT SESSIONS (BASKETBALL & SOCCER)

Great programs teaching kids the fundamental skills of each of the sports in a fun and social environment. Each of the programs are modified to suit all ages and all skill levels. 45min sessions. (School Term Only)

MINI MOVERS (18mths – 3 years)

A free play session for little ones. The MPRS are set up with soft play equipment, balls, toys etc. Parent participation required. 45 minute session. (Continues through school holidays)

MINI MOVERS (strictly 3 – 5 years)

A fun class for ages 3-5. The MPRS are set up with a soft play obstacle course, and coaches play various running/group games. 45 minute session. (Continues through school holidays)

MINI MULTISPORT (strictly 3 - 5 years)

A Multi-Sport session ages 3-5. Kids will develop gross motor skills in an encouraging and social environment. 45min session. (Continues through school holidays)

MINI RUGBY (strictly 3 - 5 years)

A fun introduction to fundamentals of rugby union. Classes focus on skill development, hand eye coordination and gross motor skills. 45min session. (Continues through school holidays)

BOXING

PCYC Boxing works through technique and skills that improve strength, endurance and confidence. (School Term Only)

KARATE (minimum age 7)

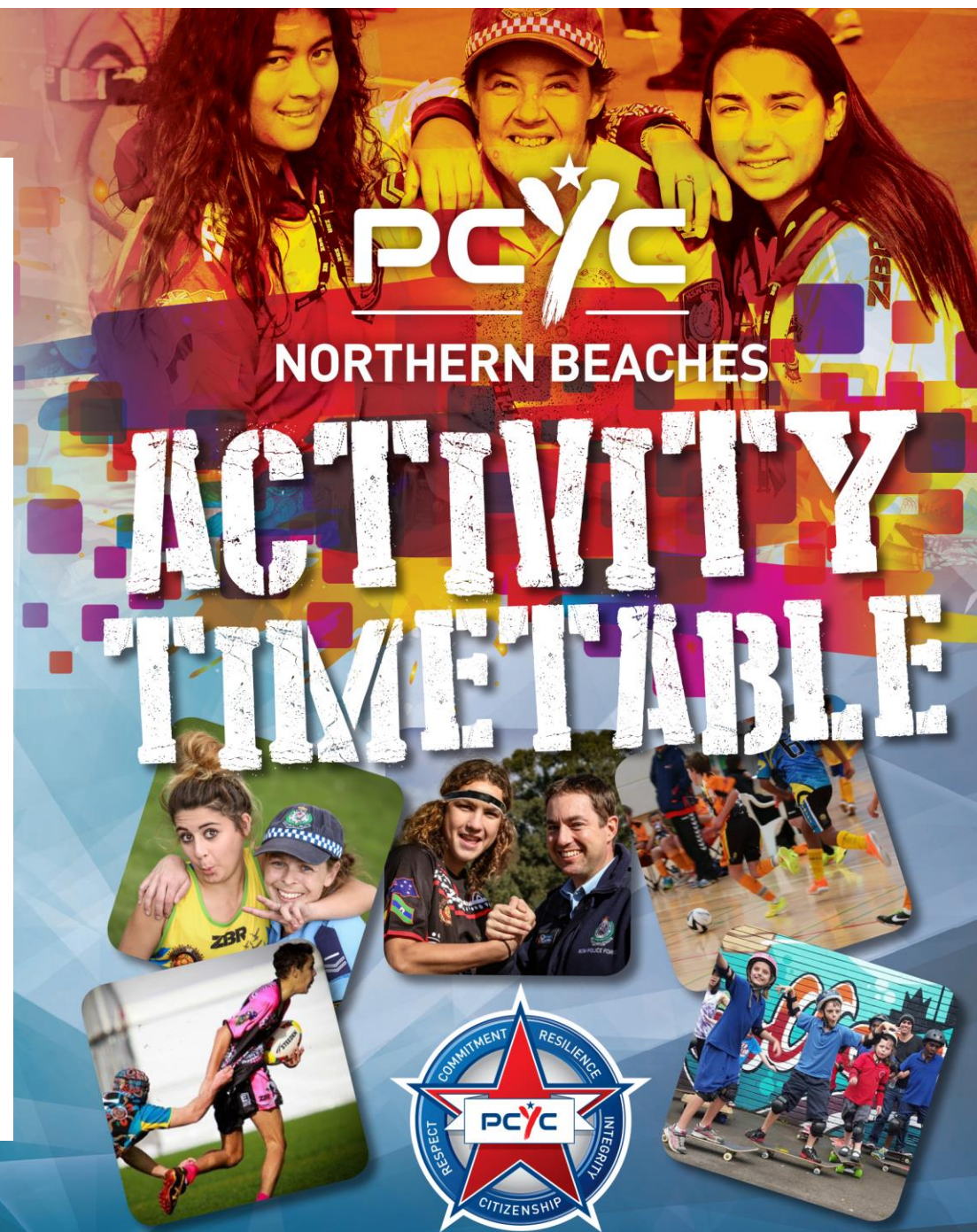
An oriental system of unarmed combat using the hands and feet to deliver and block blows (School Term Only)

PICKLEBALL

Ever played tennis, squash, table tennis or badminton? You'll love Pickleball! Easy to learn hard to master, suitable for all ages and skill levels. Very social. (School Term Only)

TEEN GIRLS FITNESS

Introduction to strength training and gym principles. Incorporates weights, body weight exercises, agility and cardiovascular endurance in a positive but challenging environment. (School Term Only)



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■ ADULT
 ■ PRE SCHOOL
 ■ SCHOOL AGE
 ■ SPORTS COMPS
 ■ RISE UP PROGRAM

Casual Shooting is FREE between 3pm-4pm weekdays

Check court availability via the website : <https://www.pcy NSW.org.au/northern-beaches>

**ANNUAL PCYC
MEMBERSHIP:**
 ADULTS (18+) = \$30
 KIDS (Under 18) = \$15

TERM 1 2023

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	WEEKENDS
9:00am 9:30am	MINI MOVERS 18mths-3yrs 9:30am-10:15am (\$9.00)	PICKLEBALL 9:00am – 11:00am (\$8.50)	PICKLEBALL 9:00am-11:00am (\$8.50)		PICKLEBALL 9:00am-11:00am (\$8.50)	MINI MOVERS 18mths-3yrs 9:30am-10:15am (\$9.00)	PICKLEBALL SATURDAY 9:00AM – 11:00AM SUNDAYS 9:30am-11:30am (\$8.50)
10:30am	MINI MULTISPORT 3-5yrs / 10:30am-11:15am (\$10.00)	MINI BASKETBALL 3-5yrs / 10:30am-11:15am (\$10.00)	MINI MULTISPORT 3-5yrs / 10:30am-11:15am (\$10.00)		MINI RUGBY 3-5yrs / 10:30am-11:15am (\$10.00)	MINI MULTISPORT 3-5yrs / 10:30am-11:15am (\$10.00)	
11:15am		MINI MULTISPORT 3-5yrs / 11:15am-12:00pm (\$10.00)			MINI MULTISPORT 3-5yrs / 11:15am-12:00pm (\$10.00)	MINI MOVERS: DROP IN 18mths - 5yrs 11:30am – 2:00pm (\$9.00)	
12:00pm	PICKLEBALL 12:00PM – 2:00PM (\$8.50)					PICKLEBALL 12:30PM – 2:00PM (\$8.50)	
4:00pm	LEARN TO PLAY BASKETBALL 10-14yrs / 4:00pm-4:45pm \$105 TERM (10 WEEKS)	LEARN TO PLAY SOCCER 5-12yrs / 4:00pm-4:45pm \$105 TERM (10 WEEKS)	LEARN TO PLAY BASKETBALL 6-12yrs / 4:00pm-4:45pm \$105 TERM (10 WEEKS)		LEARN TO PLAY BASKETBALL 6-14yrs / 4:00pm-4:45pm \$105 TERM (10 WEEKS)	LEARN TO PLAY SOCCER 5-12yrs / 4:00pm-4:45pm \$105 TERM (10 WEEKS)	
	BEGINNER COMPETITION U10S/12S MIXED BASKETBALL COMP GAME/COMP TIMES VARY (ENQUIRE VIA EMAIL) 4:00pm – 6:00pm		TEEN GIRLS FIT 12-16yrs / 4:30pm-5:15pm \$105 TERM (10 WEEKS)			U10s MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	
5:30pm	JUNIOR PRIMARY BOXFIT 5YR – 11/12 YR: PRIMARY 4:30pm - 5:15pm \$105 TERM (10 WEEKS)	U14S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	LEARN TO PLAY BASKETBALL 10-14yrs / 5:00pm-5:45pm \$105 TERM (10 WEEKS)		U12S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	U12S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	
	 JUNIOR HIGH SCHOOL BOXFIT 5:30pm - 6:30pm \$125 TERM (10 WEEKS)	U16S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL) 	JUNIOR PRIMARY BOXFIT 5:30pm - 6:15pm \$105 TERM (10 WEEKS)				
6:30pm	KARATE 7yrs + 5:30pm – 6:30pm (\$10 CASUAL)	LADIES BASKTBALL COMP (ENQUIRE VIA EMAIL)	LEARN TO PLAY BASKETBALL 10-14yrs / 5:00pm-5:45pm \$105 TERM (10 WEEKS)		MENS BASKTBALL COMP (ENQUIRE VIA EMAIL)		
	KARATE Adults 6:30pm – 7:30pm (\$15 CASUAL)		JUNIOR HIGH SCHOOL BOXFIT 6:30pm – 7:15pm \$125 TERM (10 WEEKS) 				
8:00pm	MIXED NETBALL COMP (ENQUIRE VIA EMAIL)	LADIES BASKETBALL COMP (ENQUIRE VIA EMAIL)	LADIES NETBALL COMP (ENQUIRE VIA EMAIL)		MENS BASKETBALL COMP (ENQUIRE VIA EMAIL)	SOCIAL BADMINTON 8:00pm-10:00pm (\$12 CASUAL) PRE-BOOK ONLINE (LIMITED TO 20 PEOPLE)	