

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)

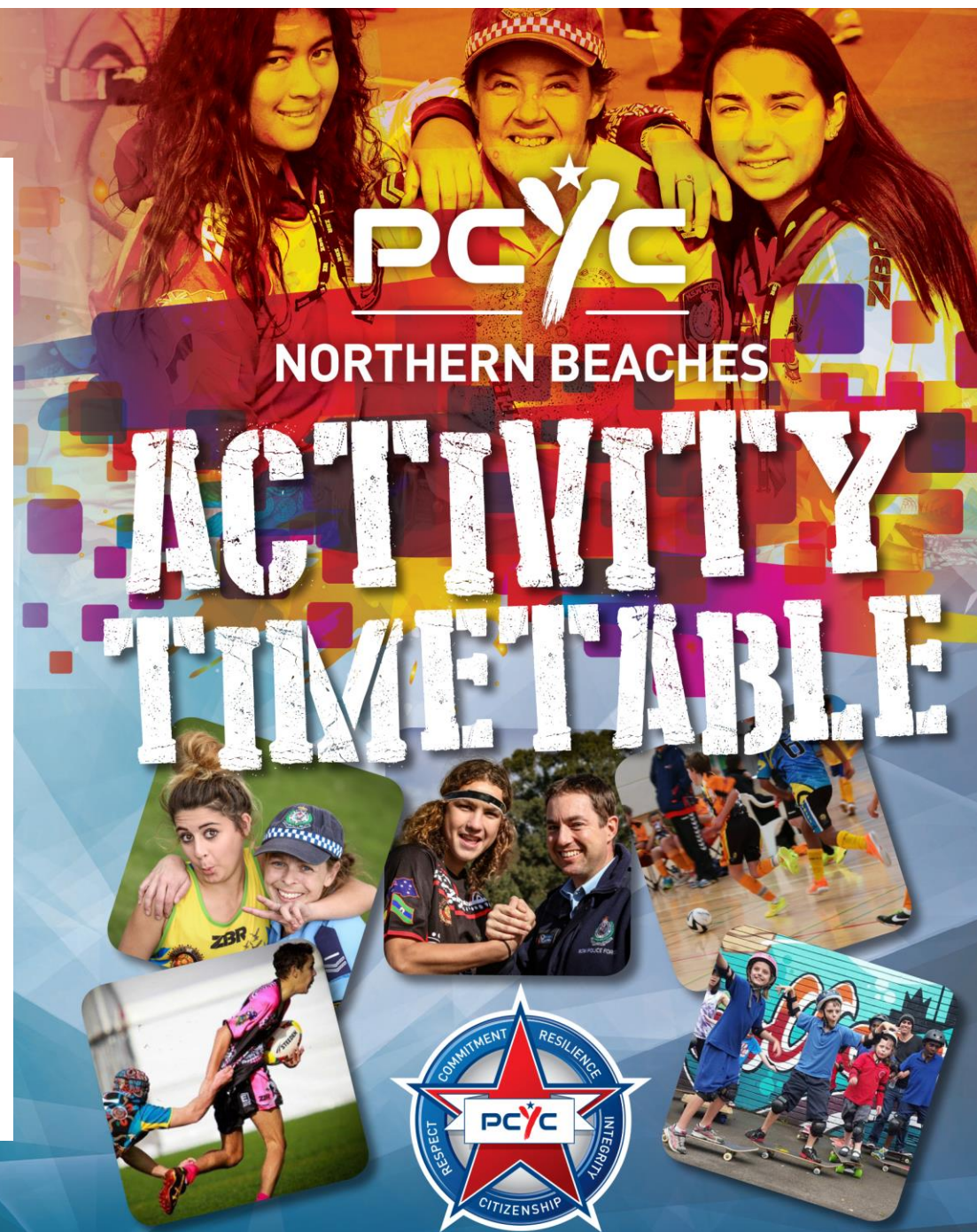
PICKLEBALL

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)

40 Kingsway, Dee Why, NSW | Phone: 02 9196 9100 | Email: northernbeaches@pcycnsw.org.au



Casual Shooting is FREE between 3pm-4pm weekdays

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

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

2023

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	WEEKENDS
9:00am 9:30am	MINI MOVERS 18mths-3yrs 9:30am-10:15am	PICKLEBALL 9:00am – 11:00am	PICKLEBALL 9:00am-11:00am (\$9.50)		PICKLEBALL 9:00am-11:00am (\$50)	MINI MOVERS 18mths-3yrs 9:30am-10:15am	PICKLEBALL SATURDAY 9:00AM – 11:00AM SUNDAYS 9:30am-11:30am
10:30am	MINI MOVERS 3-5yrs / 10:30am-11:15am	MINI BASKETBALL 3-5yrs / 10:30am-11:15am	MINI MOVERS 3-5yrs / 10:30am-11:15am		MINI RUGBY 3-5yrs / 10:30am-11:15am	MINI MOVERS 3-5yrs / 10:30am-11:15am	
11:15am		MINI MULTISPORT 3-5yrs / 11:15am-12:00pm			MINI MULTISPORT 3-5yrs / 11:15am-12:00pm	MINI MOVERS: DROP IN 18mths - 5yrs 11:30am – 2:00pm	
12:00pm	PICKLEBALL 12:00PM – 2:00PM (\$9.50)					PICKLEBALL 12:30PM – 2:00PM	
4:00pm onwards	LEARN TO PLAY BASKETBALL 10-14yrs / 4:00pm-4:45pm	LEARN TO PLAY SOCCER 5-12yrs / 4:00pm-4:45pm	LEARN TO PLAY BASKETBALL 6-12yrs / 4:00pm-4:45pm		LEARN TO PLAY BASKETBALL 6-14yrs / 4:00pm-4:45pm \$105 TERM (10 WEEKS)	LEARN TO PLAY SOCCER 5-12yrs / 4:00pm-4:45pm	
	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			U10s MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	
4:30pm onwards	JUNIOR PRIMARY BOXFIT 5YR – 11/12 YR: PRIMARY 4:30pm - 5:15pm	U14S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	LEARN TO PLAY BASKETBALL 10-14yrs / 5:00pm-5:45pm		U12S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	U12S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	
	TEEN BOXFIT 5:30pm - 6:30pm	U16S MIXED BASKETBALL COMP GAME TIMES VARY (ENQUIRE VIA EMAIL)	JUNIOR PRIMARY BOXFIT 5:30pm - 6:15pm				
6pm onwards	KARATE 7yrs + 5:30pm – 6:30pm	LADIES BASKTBALL COMP (ENQUIRE VIA EMAIL)			MENS BASKTBALL COMP (ENQUIRE VIA EMAIL)		
	KARATE Adults 6:30pm – 7:30pm		TEEN BOXFIT 6:30pm – 7:15pm				
7:00pm onwards	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 CAUSAL) PRE-BOOK ONLINE (LIMITED TO 20 PEOPLE)	