

ADULT \$12 PRE SCHOOL \$8.50 SCHOOL AGE SPORTS COMPS BOXING

ANNUAL PCYC
MEMBERSHIP:
ADULTS (18+) = \$25
KIDS (Under 18) = \$10

TERM 1 2021

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Casual Shooting is FREE between 3pm-4pm weekdays – check court availability via the website <https://www.pcycnsw.org.au/northern-beaches>

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	WEEKENDS
9:30am	MINI MOVERS 18mths-3yrs 9:30am-10:15am	PICKLEBALL 9:00am – 11:00am (\$8)	PICKLEBALL 9:00am-11:00am (\$8)			MINI MOVERS 18mths-3yrs 9:30am-10:15am	PICKLEBALL SUNDAYS 9:30am-11:30am (\$8)
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		
4:00pm	GIRLS BASKETBALL DEVELOPMENT 8-14yrs / 4:00pm-4:45pm \$100 PER TERM	KID FIT 5-12yrs / 4:00pm-4:45pm \$100 PER TERM	TEEN GIRLS FIT 12-16yrs / 4:30pm-5:15pm \$100 PER TERM		KID FIT 5-12yrs / 4:00pm-4:45pm \$100 PER TERM	SOCCER DEVELOPMENT 5-12yrs / 4:00pm-4:45pm \$100 PER TERM	SOCIAL BADMINTON SUNDAYS 1:00PM – 3:00PM (STARTS 28 TH FEB)
		SOCCER DEVELOPMENT 5-12yrs / 4:00pm-4:45pm \$100 PER TERM	TEEN SOCIAL BASKETBALL SCRIMMAGE & YOUTH GROUP 14-18yrs / 4:30pm-6:00pm \$8 CASUAL VISIT – PRE-BOOKING REQUIRED		BASKETBALL DEVELOPMENT 8-14yrs / 4:00pm-4:45pm \$100 PER TERM	U10s & U12s MIXED BASKETBALL COMP Times Vary (Registration Required)	
5:30pm	JUNIOR BOXING 8-13yrs / 5:30pm-6:30pm \$100 PER TERM	U14S MIXED BASKETBALL COMP Times Vary (Registration Required)	LEARN TO PLAY BASKETBALL 8-14yrs / 5:00pm-5:45pm \$100 PER TERM				
	KARATE 7yrs + 5:30pm – 6:30pm (\$10)		JUNIOR BOXING 8-13yrs / 5:30pm-6:30pm \$100 PER TERM				
6:30pm	KARATE Adults 6:30pm – 7:30pm (\$15)						
7:00pm	SENIOR BOXING 14yrs + / 6:30pm-7:30pm \$120 PER TERM		SENIOR BOXING 14yrs + / 6:30-7:30pm \$120 PER TERM				
7:30pm	MIXED NETBALL COMP Times Vary (Registration Required)	LADIES BASKETBALL COMP Times Vary (Registration Required)	LADIES NETBALL COMP (Registration Required)		MENS BASKETBALL COMP Times Vary (Registration Required)	SOCIAL BADMINTON 8:00pm-10:00pm	

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)

KID FIT

A high energy class including functional exercises and cardio based activity mixed with fun games for a workout in disguise. 45 min session. (School Term Only)

MINI MOVERS (18mnths – 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/MULTISPORT/BASKETBALL/RUGBY/SOCCER (strictly 3 – 5 years)

Various class for ages 3-5 involving running games, sports, soft play obstacle course & movement. 45 minute session. (Continues through school holidays)

BOXING

PCYC Boxing works through technique and skills that improve strength, endurance and confidence. (Reduced classes during school holidays)

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)

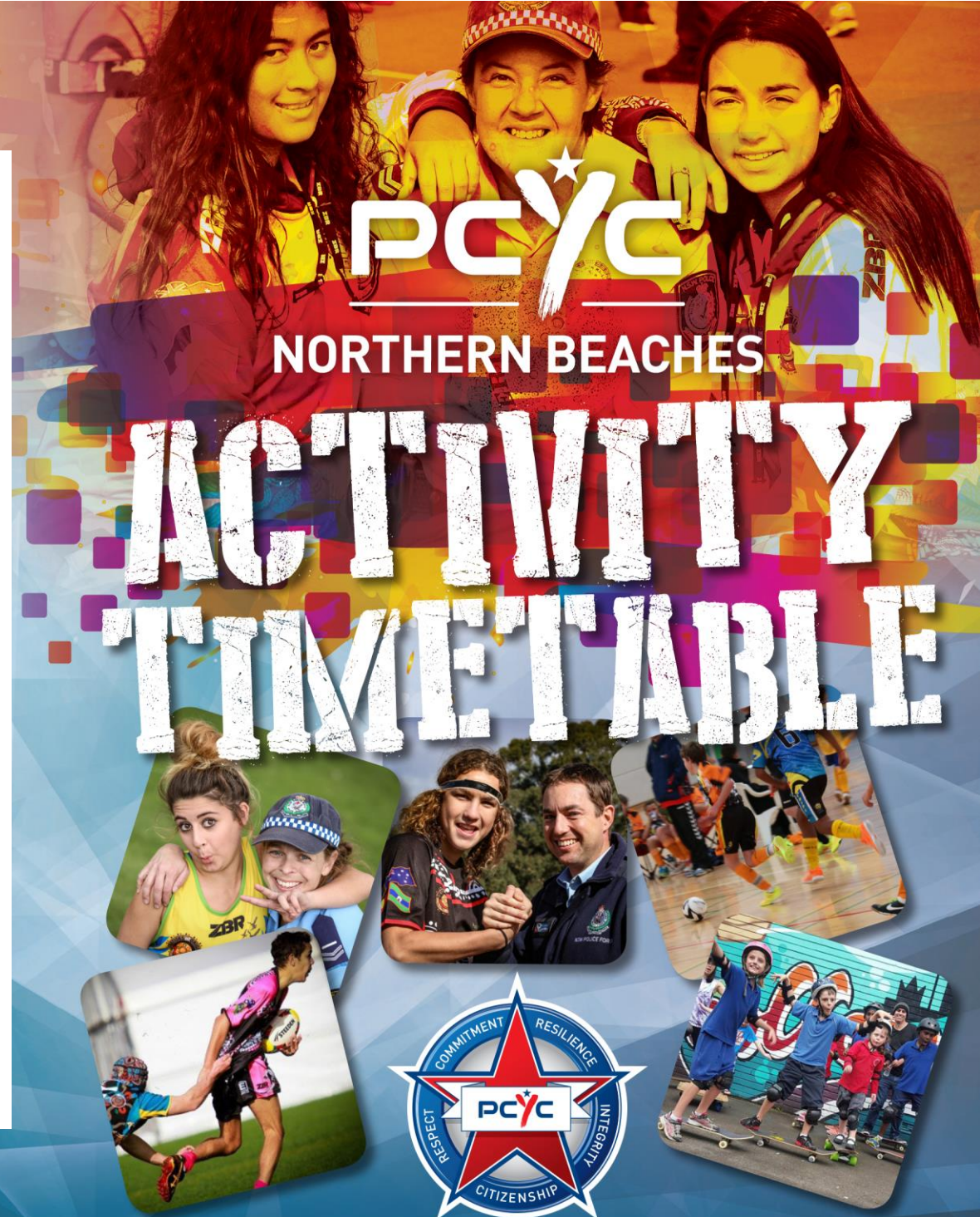
TEEN GIRLS FITNESS

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)

TEEN SOCIAL BASKETBALL SCRIMMAGE & YOUTH GROUP

Join social worker and basketball coach/referee Matt for a social basketball scrimmage session, stay for food & a chat in the youth hub. (School Term Only)

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The graphic features a large, stylized title 'ACTIVITY TIMETABLE' in a white, distressed font against a background of colorful, overlapping geometric shapes. At the top, three young women are smiling, with the PCYC logo overlaid on them. Below the title, there are several smaller images: a woman and a man smiling, a person playing basketball, and a group of children on skateboards. At the bottom right, there is a circular logo with a star in the center containing the PCYC logo. The star is surrounded by the words 'COMMITMENT', 'RESILIENCE', 'INTEGRITY', 'CITIZENSHIP', and 'RESPECT'.