

# 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 (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)



## NORTHERN BEACHES

# ACTIVITY TIMETABLE



40 Kingsway, Dee Why, NSW | Phone: 02 9196 9100 | Email: [northernbeaches@pcycnsw.org.au](mailto:northernbeaches@pcycnsw.org.au)



POLICE CITIZENS  
YOUTH CLUBS NSW

A charity empowering young people through Police and community partnerships



POLICE CITIZENS  
YOUTH CLUBS NSW

[pcycnsw.org.au/northern-beaches](http://pcycnsw.org.au/northern-beaches)

Find us on  
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 ADULT
  PRE SCHOOL (\$9)
  SCHOOL AGE (\$100 TERM)
  SPORTS COMPS

**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+) = \$25  
 KIDS (Under 18) = \$10

# TERM 2 2021

Mon 19<sup>th</sup> Jan – Fri 25<sup>th</sup> June

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	WEEKENDS
9:30am	MINI MOVERS 18mths-3yrs (\$8.50) 9:30am-10:15am	PICKLEBALL 9:00am – 11:00am (\$8)	MINI SOCCER 3-5yrs / 9:30am-10:15am	MINI MOVERS 18mths-3yrs / 9:30am-10:15am (\$8.50)		MINI MOVERS 18mths-3yrs 9:30am-10:15am (\$8.50)	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	LEARN TO PLAY BASKETBALL (GIRLS ONLY) 8-14yrs / 4:00pm-4:45pm \$90 TERM (9 WEEKS)	LEARN TO PLAY SOCCER 5-12yrs / 4:00pm-4:45pm \$100 TERM (10 WEEKS)	LEARN TO PLAY BASKETBALL 6-12yrs / 4:00pm-4:45pm \$100 TERM (10 WEEKS) <b>FULL</b>		LEARN TO PLAY BASKETBALL 6-14yrs / 4:00pm-4:45pm \$100 TERM (10 WEEKS) <b>FULL</b>	LEARN TO PLAY SOCCER 5-12yrs / 4:00pm-4:45pm \$100 TERM (10 WEEKS)	
			TEEN GIRLS FIT 12-16yrs / 4:30pm-5:15pm \$100 TERM (10 WEEKS)			U10s & U12s MIXED BASKETBALL COMP Times Vary (Registration Required, waitlist single players & teams)	
			U10s MIXED BASKETBALL COMP Times Vary (Registration Required)				
5:30pm	JUNIOR BOXFIT 8-13yrs / 5:30pm – 6:30pm \$90 TERM (9 WEEKS)	U14S MIXED BASKETBALL COMP Times Vary (Registration Required)	LEARN TO PLAY BASKETBALL 8-14yrs / 4:00pm-4:45pm \$100 TERM (10 WEEKS) <b>FULL</b>				
	KARATE 7yrs + 5:30pm – 6:30pm (\$10)		JUNIOR BOXFIT 8-13yrs / 5:30pm – 6:30pm \$100 TERM (10 WEEKS)				
6:30pm	KARATE Adults 6:30pm – 7:30pm (\$15)		SENIOR BOXFIT 14yrs+ / 6:30pm-7.30pm \$120 PER TERM (10 WEEKS)				
	SENIOR BOXFIT 14yrs+ / 6:30pm-7.30pm						
8:00pm	MIXED NETBALL COMP Times Vary (Term 3 Team Registration opens mid-May)	LADIES BASKETBALL COMP Times Vary (Registration Required)	LADIES NETBALL COMP (Term 3 Team Registration opens mid-May)		MENS BASKETBALL COMP Times Vary (Registration Required)	SOCIAL BADMINTON 8:00pm-10:00pm (\$12) PRE-BOOK ONLINE (LIMITED TO 20 PEOPLE)	