

# 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 (18months – 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)

**PCYC**

**NORTHERN BEACHES**

**ACTIVITY**

**TIMETABLE**

COMMITMENT RESILIENCE INTEGRITY CITIZENSHIP RESPECT

**PCYC**

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

*Casual Shooting is FREE between 3pm-4pm weekdays*

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

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

# TERM 2 2022

Tues 26<sup>th</sup> April – Fri 1<sup>st</sup> July

|         | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | WEEKENDS   |
|---------|---|---|--|---|--|--|
| 7:30am  |   | <b>FIT FOR LIFE</b><br>7:30AM – 8:30AM<br>FREE YOUTH FITNESS PROGRAM<br>AND BREAKFAST |  | <b>FIT FOR LIFE</b><br>7:30AM – 8:30AM<br>FREE YOUTH FITNESS<br>PROGRAM AND BREAKFAST |  |  |
| 9:30am  | <b>MINI MOVERS</b><br>18mths-3yrs<br>9:30am-10:15am<br>(\$9.00)                       | <b>PICKLEBALL</b><br>9:00am – 11:00am<br>(\$8.50)                                     | <b>PICKLEBALL</b><br>9:00am-11:00am<br>(\$8.50)                                      | <b>PICKLEBALL</b><br>9:00am-11:00am<br>(\$8.50)                                       | <b>MINI MOVERS</b><br>18mths-3yrs<br>9:30am-10:15am<br>(\$9.00)                                      | <b>PICKLEBALL</b><br><br><b>SATURDAY</b><br>9:00AM – 11:00AM<br><br><b>SUNDAYS</b><br>9:30am-11:30am<br>(\$8.50) |
|         |   |   | <b>MINI SOCCER</b><br>3-5yrs / 9:30am-<br>10:15am<br>(\$10.00)                       | <b>MINI MOVERS</b><br>18mths-3yrs / 9:30am-10:15am<br>(\$9.00)                        |  |  |
| 10:30am | <b>MINI MOVERS</b><br>3-5yrs / 10:30am-11:15am<br>(\$10.00)                           | <b>MINI BASKETBALL</b><br>3-5yrs / 10:30am-11:15am<br>(\$10.00)                       | <b>MINI MOVERS</b><br>3-5yrs / 10:30am-11:15am<br>(\$10.00)                          | <b>MINI RUGBY</b><br>3-5yrs / 10:30am-11:15am<br>(\$10.00)                            | <b>MINI MOVERS</b><br>3-5yrs / 10:30am-11:15am<br>(\$10.00)  |  |
| 11:15am |   | <b>MINI MULTISPORT</b><br>3-5yrs / 11:15am-12:00pm<br>(\$10.00)                       |  | <b>MINI MULTISPORT</b><br>3-5yrs / 11:15am-12:00pm<br>(\$10.00)                       | <b>MINI MOVERS</b><br>18mths-3yrs<br>11:15am – 12:00pm<br>(\$9.00)                                   |  |
| 12:00pm | <b>PICKLEBALL</b><br>12:00PM – 2:00PM<br>(\$8.50)                                     |   |  |   | <b>MINI MOVERS</b><br>3-5yrs / 12:00pm – 12:45pm<br>(\$10.00)  |  |
| 4:00pm  | <b>LEARN TO PLAY BASKETBALL</b><br>10-14yrs / 4:00pm-4:45pm<br>\$94.50 TERM (9 WEEKS) | <b>LEARN TO PLAY SOCCER</b><br>5-12yrs / 4:00pm-4:45pm<br>\$105 TERM (10 WEEKS)       | <b>LEARN TO PLAY BASKETBALL</b><br>6-12yrs / 4:00pm-4:45pm<br>\$105 TERM (10 WEEKS)  | <b>LEARN TO PLAY BASKETBALL</b><br>6-14yrs / 4:00pm-4:45pm<br>\$105 TERM (10 WEEKS)   | <b>LEARN TO PLAY SOCCER</b><br>5-12yrs / 4:00pm-4:45pm<br>\$105 TERM (10 WEEKS)                      |  |
|         |   |   | <b>TEEN GIRLS FIT</b><br>12-16yrs / 4:30pm-5:15pm<br>\$105 TERM (10 WEEKS)           |   | <b>U10s MIXED BASKETBALL</b><br>COMP GAME TIMES VARY<br>(ENQUIRE VIA EMAIL)                          |  |
| 5:30pm  | <b>JUNIOR BOXFIT</b><br>5:30pm - 6:30pm<br>\$94.50 TERM (9 WEEKS)                     | <b>U12S MIXED BASKETBALL</b><br>COMP GAME TIMES VARY<br>(ENQUIRE VIA EMAIL)           | <b>LEARN TO PLAY BASKETBALL</b><br>10-14yrs / 5:00pm-5:45pm<br>\$105 TERM (10 WEEKS) | <b>U16S MIXED</b><br><b>BASKETBALL COMP</b><br>GAME TIMES VARY<br>(ENQUIRE VIA EMAIL) | <b>U12S MIXED BASKETBALL</b><br>COMP GAME TIMES VARY<br>(ENQUIRE VIA EMAIL)                          |  |
|         | <b>KARATE 7yrs +</b><br>5:30pm – 6:30pm (\$10 CASUAL)                                 | <b>U14S MIXED BASKETBALL</b><br>COMP GAME TIMES VARY<br>(ENQUIRE VIA EMAIL)           | <b>JUNIOR BOXFIT</b><br>5:30pm - 6:30pm<br>\$105 TERM (10 WEEKS)                     |   |  |  |
| 6:30pm  | <b>KARATE Adults</b><br>6:30pm – 7:30pm (\$15 CASUAL)                                 |   | <b>SENIOR BOXFIT</b><br>6:30pm – 7:30pm<br>\$125 TERM (10 WEEKS)                     |   |  |  |
|         | <b>SENIOR BOXFIT</b><br>6:30pm - 7:30pm<br>\$112.50 TERM (9 WEEKS)                    |   |  |   |  |  |
| 8:00pm  | <b>MIXED NETBALL COMP</b><br>(ENQUIRE VIA EMAIL)                                      | <b>LADIES BASKETBALL COMP</b><br>(ENQUIRE VIA EMAIL)                                  | <b>LADIES NETBALL COMP</b><br>(ENQUIRE VIA EMAIL)                                    | <b>MENS BASKETBALL COMP</b><br>(ENQUIRE VIA EMAIL)                                    | <b>SOCIAL BADMINTON</b><br>8:00pm-10:00pm (\$12<br>CAUSAL) PRE-BOOK ONLINE<br>(LIMITED TO 20 PEOPLE) |  |