

PCYC Mission

We get young people active in life

We work with young people to develop their skills, character and leadership

We reduce and prevent crime by and against young people.



PCYC WOLLONGONG
2 Exeter Ave, North Wollongong
Ph: (02) 4229 4418
Email. wollongong@pcycnsw.org.au

Trading Hours:
Monday to Thursday 9am-7:45pm
Friday 9am – 7pm

Annual Memberships
Juniors \$10.00
Seniors \$25.00 (18+)
Concession \$20.00



facebook.com/pcyc.wollongong









www.pcycnsw.org

ACTIVITIES SCHEDULE




ARCHERY		
Archery is conducted on our indoor range. All equipment & training supplied.		
AGE GROUP	DAY AND TIME	COST
8 Years to Adult	Fridays 5.30pm-6.30pm	\$13.00 Casual


BOXING		
PCYC Boxing programs promotes development in physical fitness, self discipline & confidence.		
AGE GROUP	DAY AND TIME	COST
JUNIOR BOXING 7 to 14 Years	Monday & Wednesday 4pm to 5pm	\$ 11.00 Casual \$ 80.00 (1 Month) \$ 140.00 (3 Months) \$ 260.00 (6 Months) \$ 425.00 (12 Months)
		
SENIOR BOXING 14 Years +	Monday & Wednesday 5.15pm to 7pm	\$ 16.00 Casual \$ 90.00 (1 Month) \$ 160.00 (3 Months) \$ 320.00 (6 Months) \$ 450.00 (12 Months)
		


BOXING FOR FITNESS		
PCYC Boxing programs promotes development in physical fitness, self discipline & confidence.		
AGE GROUP	DAY AND TIME	COST
14 Years to Adult	Tuesday & Thursday 5.30pm to 6.30pm	JUNIOR \$10.50 Casual \$70.00 (1 month) \$100.00 (3Months) \$160.00 (6 months) \$240.00 (12 months) SENIOR \$16.00 Casual \$90.00 (1 month) \$130.00 (3 Months) \$200.00 (6 months) \$328.00 (12 months)
		

JELLYBEANS KINDER GYM	
Wollongong City Gymnastics is excited to announce as of 2021 we will be running Kindergym classes on Tuesdays, Thursday and Fridays. For further information please call 0432 182 324	
AGE GROUP	DAY AND TIME
1- 2 ½ Years	JELLY BABIES Tuesday, 9.30- 10.30am Thursday, 10.45- 11.45am Friday, 9.30- 10.30am
2 ½ to 4 Years	JELLY TOTS Tuesdays 9.30- 10.30am or 10.45- 11.45am Thursday 9.30- 10.30am Fridays 9.30- 10.30am or 10.45- 11.45am
3 to 5 Years	JUMPING JELLYBEANS Tuesday, Thursday, Friday 10.45- 11.45am

CREATIVE BEAUTY		
Participants will learn the basic foundation of makeup, tips, tricks and the do's and don'ts, in 10 practical sessions		
AGE GROUP	DAY AND TIME	COST
11- 18 Years	Wednesdays 4pm to 5pm	\$ 120.00 for 10 Sessions Bookings essential limited spaces
		

Fit For Life		
Free activity program focusing on physical and mental well-being, mentoring and incidental education. A foundational program of the Police Youth command's RISEUP pathway. Booking required for new participants.		
AGE GROUP	DAY AND TIME	COST
10 to 17 Years	Tuesday and Thursday 7am-8am	Free

GYMNASTICS		
Recreational and competition levels. Boys & Girls 4 years+. For more information please contact Sharon 0432 182 324 or email wcygymnastics@hotmail.com		
AGE GROUP	DAY AND TIME	COST
4 Years +	Monday to Saturday Bookings essential	Fees vary please contact Sharon on 0432 182 324 for details
		

KARATE		
Join our resident black belt Amanda as she guides you through the principles of Shotokan Karate wollongong@shotokankarate.com.au Web: www.shotokankarate.com.au		
AGE GROUP	DAY AND TIME	COST
10 Years to Adult	Mondays and Wednesdays 6pm to 7.30pm	JUNIOR: \$10.50 Casual \$130.00 (3 months) SENIOR: \$15.50 Casual \$150.00 (3 months) <i>SKIA Registration applies as per Shotokan website</i>
		

KENDO-LADO-JODO		
Japanese sword fighting martial arts For more information contact David Bunder: 0427 424 514		
AGE GROUP	DAY AND TIME	COST
8 Years to Adult	Kendo Tuesday 7pm to 9pm Sunday: 3pm to 5pm	U16 Years \$100 for 6 months
8 Years to Adult	lado Sunday: 1.30pm to 3pm	16 Years to Adult \$140 for 6 months
8 Years to Adult	Jodo Sunday: 12pm to 1.30pm	\$10 extra for additional art

PILATES WITH MORGEN		
This group class will enable you to achieve your goals in a supportive, friendly environment. Your class will incorporate major muscle activation exercises along with stretching. This class is ideal for a wide range of fitness levels including returning from illness or injury		
AGE GROUP	DAY AND TIME	COST
16 years to adult	Tuesdays, Thursdays 9.30am	\$ 12.00 per class (bookings essential with Morgen at pilateswithmorgen@gmail.com)

SAFER DRIVERS COURSE FOR LEARNER DRIVERS		
Safer Drivers Course designed by Transport NSW to establish safer driving practices. Learner drivers who complete the course will receive 20 hours of logbook credit. Learner drivers will need to have completed 50 logbook hours of actual on road experience to be eligible for the course. Bookings Essential.		
AGE GROUP	DAY AND TIME	COST
Learner Drivers under 25 Years	Every 3 rd Saturday from 8.30am to 12pm in Class Facilitated Discussion with in car coaching sessions to be held the same day	\$140.00

STREET SOCCER		
This is an inclusive community program targeting young people 14+years and adults that are homeless, at risk of homelessness, newly arrived, those that have a disability & those who identify as mainstream. Food provided.		
AGE GROUP	DAY AND TIME	COST
14 years to Adult	Wednesdays 3.30pm to 5.30pm	FREE

TUTORING		
School Tutoring for Kinder to year 12. Can also assist with homework & assignments.		
AGE GROUP	DAY AND TIME	COST
Kinder to Year 6	Monday & Tuesday 3.30pm to 4.30pm	\$50.00 (Per School Term)
Year 7 to Year 12	Monday & Tuesday 4.30pm to 5.30pm	\$60.00 (Per School Term)

WEIGHTS ROOM		
Free Weights, Resistance Machines & Cardio Gym		
AGE GROUP	DAY AND TIME	COST
18 Years and over	Monday to Friday 9am to 7.45pm	SENIOR \$15.50 Casual \$70.00 (1 month) \$125.00 (3 Months) \$185.00 (6 Months) \$300.00 (12 Months) CONCESSION \$15.50 Casual \$40.00 (1 month) \$85.00 (3 Months) \$125.00 (6 Months) \$200.00 (12 Months)
