



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.

Annual Memberships

Juniors \$10.00

Seniors \$25.00 (18+)

Concession \$20.00

PCYC WOLLONGONG

2 Exeter Ave, North Wollongong

Ph: (02) 4229 4418

Email. wollongong@pcycnsw.org.au

<https://www.pcycnsw.org.au/wollongong/>

Trading Hours:

Monday to Thursday 9:00am-7:30pm

Friday 9:00am- 5:30pm

Saturday **CLOSED** (excluding WCG & Archery)

ACTIVITIES SCHEDULE










facebook.com/pcyc.wollongong



www.pcycnsw.org



ARCHERY			Archery is conducted on our indoor range. All equipment & training supplied.		
AGE GROUP	DAY AND TIME	COST			
8 Years to Adult	<i>Saturdays</i> 10am to 12pm	\$13.00 Casual \$100.00 for 10-week term			
BOXING					
PCYC Boxing is dedicated to the development of athletes, offering development in physical fitness, self discipline and confidence					
AGE GROUP	DAY AND TIME	COST			
JUNIOR BOXING 7 to 14 Years	Monday & Wednesday 4pm to 5pm	\$ 11.00 Casual \$ 82.00 (1 Month) \$ 265.00 (6 Months) \$ 430.00 (12 Months)			
					
SENIOR BOXING 14 Years +	Monday & Wednesday 5.15pm to 7pm	\$ 16.50 Casual \$ 96.00 (1 Month) \$ 322.00 (6 Months) \$ 455.00 (12 Months)			
					
BOXING FOR FITNESS			Structured training sessions that have skills tailored to match participants' ability. Using the correct boxing techniques for fitness purposes		
AGE GROUP	DAY AND TIME	COST			
14 Years to Adult	Tuesday & Thursday 5.30pm to 6.30pm	JUNIOR \$11.00 Casual \$82.00 (1 month) \$265.00 (6 months) \$430.00 (12 months)	SENIOR \$16.50 Casual \$96.00 (1 month) \$322.00 (6 months) \$455.00 (12 months)		
					
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	Thursday 7am-8am	Free			
GYMNASTICS					
Recreational and competition levels. Boys & Girls 4 years+. For more information please contact Wollongong City Gymnastics on 0432 182 324 or email wcgymnastics@hotmail.com					
AGE GROUP	DAY AND TIME	COST			
4 Years +	Monday to Saturday Bookings essential	Fees vary please contact Wollongong City Gymnastics on 0432 182 324 for details			

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 or email wcgymnastics@hotmail.com		
AGE GROUP	DAY AND TIME		COST		
1-2 ½ Years	JELLY BABIES Tuesday, 9.30-10.30am Thursday, 10.45-11.45am Friday, 9.30-10.30am				
2 ½ to 5 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				
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: \$12.50 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 \$105 for 6 months		
8 Years to Adult	lado Sunday: 1.30pm to 3pm		16 Years to Adult \$145 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	Please visit our driver education website for dates and bookings: pcyedrivereducationprograms-sdc.org.au	\$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	\$60.00 (Per School Term)			
Year 7 to Year 12	Monday & Tuesday 4.30pm to 5.30pm	\$70.00 (Per School Term)			
WEIGHTS ROOM			Free Weights, Resistance Machines & Cardio Gym *Half price weights with any comparable Boxing or Boxing for Fitness purchase		
AGE GROUP	DAY AND TIME	COST			
16 Years and over	Monday to Thursday 9.00am to 7.30pm Friday 9.00am to 5.30pm	\$16.50 Casual \$75.00 (1 month) \$240.00 (6 Months) \$321.00 (12 Months) *16-18 years require induction			
					
YIN YOGA					
Yin Yoga is a slow-paced style of yoga with postures that are held for longer periods of time than other styles Yin Yoga promotes flexibility, breakdown of fascia and relaxation Yin Yoga is for everyone, so come along and give it a go!					
AGE GROUP	DAY AND TIME	COST			
16 years to adult	Thursdays 4:00pm & 5:30pm	First Class free \$ 12.00 per class after free session. Bookings essential. Contact Morgen on 0477 173 669 or pilateswithmorgen@gmail.com			