



## 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 \$15.00**

**Seniors \$30.00 (18+)**

**Concession \$25.00**

(with Concession Card)

#### **PCYC WOLLONGONG**

2 Exeter Ave, North Wollongong

Ph: (02) 4229 4418

Email. [wollongong@pcycnsw.org.au](mailto: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)



facebook.com/pcyc.wollongong









[www.pcycnsw.org](http://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	Saturdays 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	\$ 12.00 Casual \$ 82.00 (1 Month) \$ 265.00 (6 Months) \$ 430.00 (12 Months)
SENIOR BOXING 14 Years +  	Monday & Wednesday 5.15pm to 7pm	<div>JUNIOR</div> <div>\$12.00 Casual \$82.00 (1 month) \$265.00 (6 months) \$430.00 (12 months)</div> <div>SENIOR (+18 Years)</div> <div>\$16.50 Casual \$96.00 (1 month) \$322.00 (6 months) \$455.00 (12 months)</div>
FREE FRIDAY BOXING (under 18 years)	Free activity program for under 18 years. Focusing on Boxing Fundamentals, Fitness, Footwork and lots of fun! Boxing is a Legacy activity with a rich history at PCYC NSW, dating back to 1937.	
AGE GROUP	DAY AND TIME	COST
Under 18 years	Fridays 4:00pm to 7:00pm	FREE
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	<div>JUNIOR</div> <div>\$12.00 Casual \$82.00 (1 month) \$265.00 (6 months) \$430.00 (12 months)</div> <div>SENIOR (+18 Years)</div> <div>\$16.50 Casual \$96.00 (1 month) \$322.00 (6 months) \$455.00 (12 months)</div>
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
KARATE	Join our resident black belt Amanda as she guides you through the principles of Shotokan Karate <a href="mailto:wollongong@shotokankarate.com.au">wollongong@shotokankarate.com.au</a> Web: <a href="http://www.shotokankarate.com.au">www.shotokankarate.com.au</a>	
AGE GROUP	DAY AND TIME	COST
10 Years to Adult <i>SKIA Registration applies as per Shotokan website</i>	Mondays and Wednesdays 6pm to 7.30pm	<div>JUNIOR: \$12.50 Casual \$130.00 (3 months)</div> <div>SENIOR: \$15.50 Casual \$150.00 (3 months)</div>

JELLYBEANS KNDER GYM	Wollongong City Gymnastics is excited to announce will be running Kindergym classes. For further information please call <b>0432 182 324</b> or email <b>wcgymnastics@hotmail.com</b>	
AGE GROUP	DAY AND TIME	
5 Years	Wednesday and Thursday, 9.30-10.30am	
KENDO- LADO- JODO	Japanese sword fighting martial arts For more information contact <b>David Bunder: 0427 424 514</b>	
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  16 Years to Adult \$145 for 6 months  \$10 extra for additional art
8 Years to Adult	lado Sunday: 1.30pm to 3pm	
8 Years to Adult	Jodo Sunday: 12pm to 1.30pm	
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. <b>Bookings Essential.</b>	
AGE GROUP	DAY AND TIME	COST
Learner Drivers under 25 Years	Please visit our driver education website for dates and bookings: <b>pcycdrivereducationprograms-sdc.org.au</b>	\$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	Tutoring is a service offered at PCYC after school on Tuesdays, during the school term.Tutoring is available for students from Kindergarten to Year 12 and can be tailored to the individual.	
AGE GROUP	DAY AND TIME	COST
Kindergarten to year 12	Tuesday- during school term 3.30- 4.30pm. K– year 6 Year 7 – Year 12. 4.30-5.30pm	\$ 5.00 per session
WEIGHTS ROOM	Free Weights, Resistance Machines & Cardio Gym	
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