

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

<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



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	\$14.00 Casual
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	Wednesday 4pm to 5pm	\$ 12.50 Casual \$ 87.00 (1 Month) \$ 281.00 (6 Months) \$ 456.00 (12 Months)
 		
SENIOR BOXING 14 Years +	Monday & Wednesday 5.15pm to 7pm	JUNIOR \$12.50 Casual \$87.00 (1 month) \$281.00 (6 months) \$456.00 (12 months) SENIOR (+18 Years) \$17.50 Casual \$102.00 (1 month) \$341.00 (6 months) \$483.00 (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 \$12.50 Casual \$87.00 (1 month) \$281.00 (6 months) \$456.00 (12 months) SENIOR (+18 Years) \$17.50 Casual \$102.00 (1 month) \$341.00 (6 months) \$483.00 (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
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: \$14.00 Casual \$140.00 (3 months) SENIOR: \$17.00 Casual \$170.00 (3 months)
<i>SKIA Registration applies as per Shotokan website</i>		

JELLYBEANS KINDER GYM	Wollongong City Gymnastics is excited to announce will be running Kindergym classes. For further information please call 0432 182 324 or email wcgymnastics@hotmail.com	
AGE GROUP	DAY AND TIME	COST
5 Years	Wednesday and Thursday, 9.30-10.30am	
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 \$111.00 for 6 month 16 Years to Adult \$154.00 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. 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	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	\$ 5.50 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	\$17.50 Casual \$81.00 (1 month) \$260.00 (6 Months) \$347.00 (12 Months) *16-18 years require induction
