

ADULT \$12 PRE SCHOOL \$8.50 SCHOOL AGE \$9 SPORTS COMPS BOXING

ANNUAL PCYC MEMBERSHIP:
ADULTS (18+) = \$25
KIDS (Under 18) = \$10

TERM 4 2020

★ NEW CLASSES ADDED

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Casual Shooting is FREE between 3pm-4pm weekdays – check court availability via the website <https://www.pcycnsw.org.au/northern-beaches>

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	WEEKENDS
9:30am	MINI MOVERS 18mths-3yrs 9:30am-10:15am	PICKLEBALL 9:00am – 11:00am (\$8pp)	PICKLEBALL 9:00am-11:00am (\$8pp)			MINI MOVERS 18mths-3yrs 9:30am-10:15am	PICKLEBALL Sundays 9:00am-11:00am (\$8pp)
			MINI SOCCER 3-5yrs / 9:30am-10:15am	MINI MOVERS 18mths-3yrs / 9:30am-10:15am			
10:30am	MINI MOVERS 3-5yrs / 10:30am-11:15am	MINI BASKETBALL 3-5yrs 10:30am-11:15am	MINI MOVERS 3-5yrs / 10:30am-11:15am		MINI RUGBY 3-5yrs / 10:30am-11:15am	MINI MOVERS 3-5yrs / 10:30am-11:15am	
11:15am		MINI MULTISPORT 3-5yrs / 11:15am-12:00pm			MINI MULTISPORT 3-5yrs / 11:15am-12:00pm		
4:00pm	GIRLS BASKETBALL DEVELOPMENT 8-14yrs / 4:00pm-4:45pm \$9 CASUAL / \$85 TERM	KID FIT 5-10yrs / 4:00pm-4:45pm \$9 CASUAL / \$85 TERM	JUNIOR SOCCER COMP 5-12yrs Times Vary (Registration Required / \$100 TERM)		KID FIT 5-10yrs / 4:00pm-4:45pm \$9 CASUAL / \$85 TERM	SOCCER DEVELOPMENT 5-12yrs / 4:00pm-4:45pm \$9 CASUAL / \$85 TERM	
		SOCCER DEVELOPMENT 5-12yrs / 4:00pm-4:45pm \$9 CASUAL / \$85 TERM	TEEN GIRLS FIT 12-16yrs / 4:30pm-5:15pm \$9 CASUAL / \$85 TERM		BASKETBALL DEVELOPMENT 8-14yrs / 4:00pm-4:45pm \$9 CASUAL / \$85 TERM	U10s & U12s MIXED BASKETBALL COMP Times Vary (Registration Required / \$100 TERM)	
5:30pm	JUNIOR BOXING 8-13yrs / 5:30pm-6:30pm \$10 CASUAL / \$85 TERM	U14S MIXED BASKETBALL COMP Times Vary (Registration Required)	LEARN TO PLAY BASKETBALL 8-14yrs / 5:00pm-5:45pm \$9 CASUAL / \$85 TERM				
	KARATE 7yrs + 5:30pm – 6:30pm (\$10)		JUNIOR BOXING 8-13yrs / 5:30pm-6:30pm \$10 CASUAL / \$85 TERM				
6:30pm	KARATE Adults 6:30pm – 7:30pm (\$15)						
7:00pm	SENIOR BOXING 14yrs + / 6:30pm-7:30pm \$15 CASUAL / \$120 TERM		SENIOR BOXING 14yrs + / 6:30-7:30pm \$15 CASUAL / \$120 TERM				
7:30pm	MIXED NETBALL COMP Times Vary (Registration Required)	LADIES BASKETBALL COMP Times Vary (Registration Required)	LADIES NETBALL COMP (Registration Required)		MENS BASKETBALL COMP Times Vary (Registration Required)	SOCIAL BADMINTON 8:00pm-10:00pm	

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)

KID FIT

A high energy class including functional exercises and cardio based activity mixed with fun games for a workout in disguise. 45 min session. (School Term Only)

MINI MOVERS (18mths – 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)

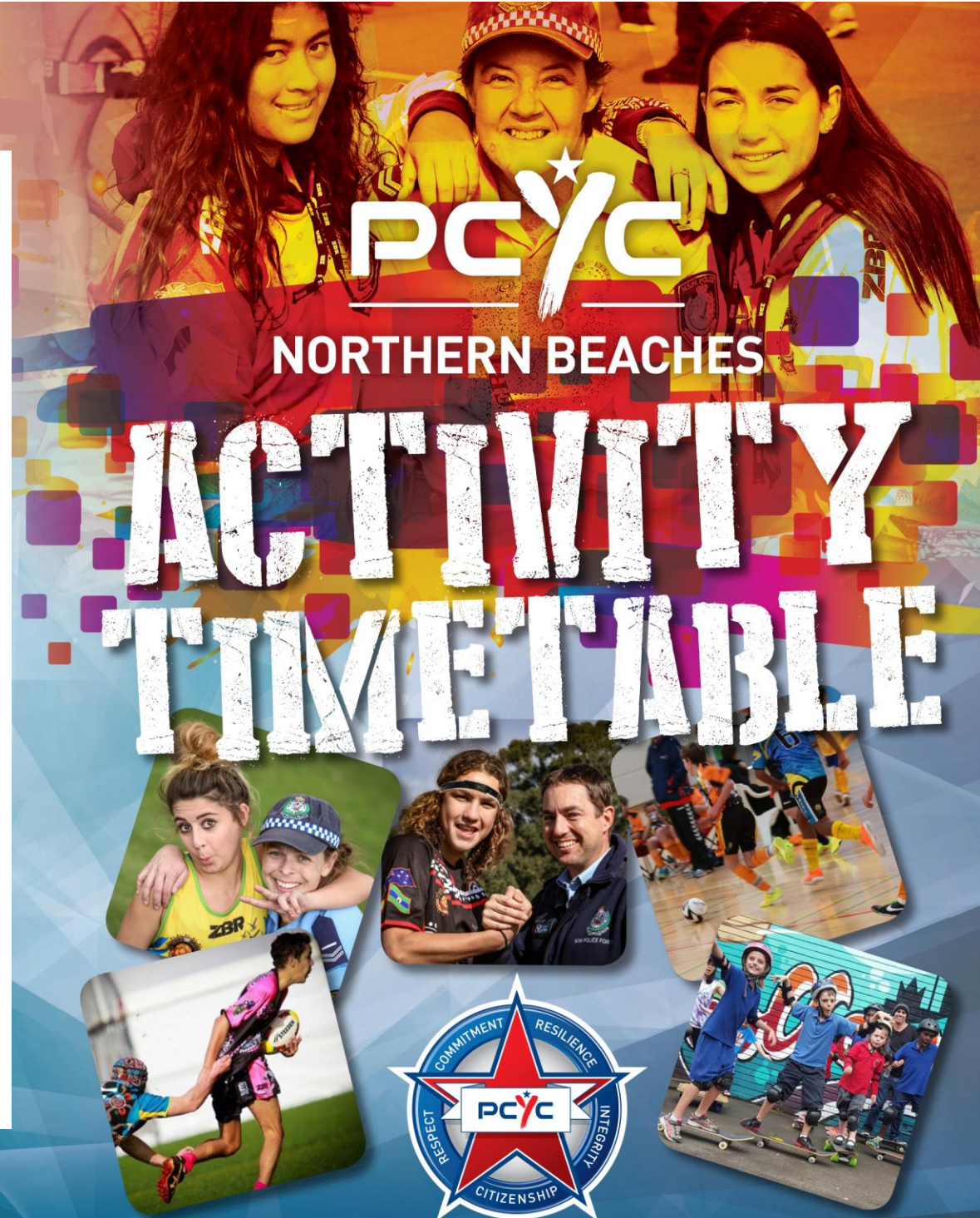
PICKLEBALL

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)

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PCYC

NORTHERN BEACHES

ACTIVITY TIMETABLE

Activity Timetable graphic featuring photos of youth in various sports (rugby, basketball, soccer, skateboarding) and the PCYC logo.