

Weekly Activities at PCYC

BOXING - \$170/10wk-term | \$21/class
MARTIAL ARTS - \$150/10wk-term |
 \$19/class
 {+ Karate SKIA costs apply}

WHAT TO BRING --> Don't have your own gear yet? Enquire with reception to order NOW!

Martial Arts: Please bring a water bottle, Gi and belt.

Boxing: Please bring a mouthguard, water bottle, inners and hand wraps (we will supply boxing gloves and headgear if applicable, but feel free to bring your own).

BOOK NOW



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PCYC OPEN HOURS	8:30am - 6:30pm	8:30am - 7:00pm	8:30am - 7:00pm	8:30am - 6:30pm	8:30am - 7:00pm	8:30am - 11:30am	
Casual visit room availability	∨	∨	∨	∨	∨	∨	
Boxing/Martial Arts Rooms \$11	9:00am - 4:00pm	9:00am - 3:30pm	9:00am - 4:00pm	9:00am - 3:30pm	9:00am - 4:00pm	9:00am - 11:30am	
CLASS SCHEDULE	∨	∨	∨	∨	∨	∨	
4:00pm - 5:00pm		Boxing Junior 7-14yrs		Boxing Junior 7-14yrs			
4:30pm - 5:30pm	Karate 8yrs + (Snr opt.)		Karate 8yrs + (Snr opt.)				
4:30pm - 5:45pm		Judo Junior 7-12yrs		Judo Junior 7-12yrs			
5:00pm - 6:00pm		Boxing Senior 15yrs +		Boxing Senior 15yrs +			
5:30pm - 6:30pm	Karate Seniors		Karate Seniors				
5:30pm - 7:00pm	Aikido 15yrs +		Aikido 15yrs +				
5:45pm - 7:00pm		Judo Senior 13yrs +		Judo Senior 13yrs +			

CONTACT US FOR MORE INFO: (02) 6621 6276 or EMAIL: lismore@pcycnsw.org.au

