

TOOWOOMBA PCYC

219A James St Toowoomba

Ph: 46328316

Fax: 46322674

Email: toowoomba@pcyc.org.au

Branch Manager: Sgt Cam Crisp

Boxercise

Monday & Wednesday 6.30pm-7.30pm

Spin

Tuesday & Thursday 6.30pm-7.30pm

Our **Gym** is open

Monday to Thursday 6.00am-8.30pm

Friday 6.00am-7.00pm

Saturday 8.30am-12.30pm

Personal Trainer: Emma Franke

emma.franke@pcyc.org.au

Boxing

Tuesday & Thursday 6.00pm-7pm

Competition Training

Mon & Wed 5.00pm-6.30pm

Sauna (\$8/person)

Flexi Fit

(Flexibility/Strengthening Fitness Class)

Wednesday 1.30-2.45pm

Adult Gymnastics

Sunday 10.00am-11.30am

Yoga

Wednesday 10.30-11.30am (Energise - FREE)

Badminton

Thursday & Saturday 9.30am-11.30am

Hip Hop

Wed & Fri 5-6pm

All classes unless otherwise stated

| | |
|----------------------|------------------------|
| U18yrs/Concession | \$5.00 per attendance |
| Adults (over 18yrs) | \$6.00 per attendance |
| Non-members | \$14.00 per attendance |
| PCYC membership from | \$16.50 |

GYM & FITNESS PACKAGES

| | 1 Month | 3 Months | 6 Months | 12Months |
|--|---------|----------|----------|---|
| Bronze Gym Only | N/A | \$120 | \$200 | \$325 |
| Silver All Fitness & Activity Classes | N/A | \$120 | \$200 | \$325 |
| Gold Gym & all Activity Classes | \$70 | \$180 | \$300 | \$500 (Under 18yrs & over 55yrs \$250) |

PCYC NOTICE BOARD

****WHATS NEW ****

BEFORE & AFTER SCHOOL CARE

WITH PICKUPS FROM MOST TOOWOOMBA SCHOOLS

VACATION CARE 6AM – 6PM DURING ALL SCHOOL HOLIDAYS

GYM FUN BOOKINGS NOW AVAILABLE

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For the Juniors

Cheerleading (Registration Fee \$18.50 Plus PCYC Membership)

Monday 4.30pm-5.30pm (8 & under)

Monday 5.30pm-6.30pm (9-13 yrs)

Monday 6.30pm – 8.00pm

Thursday 7.00pm-8.00pm

Hip Hop

Wed 4pm – 5pm (13 & under)

Wed & Fri 5pm – 6pm

(Intermediate)

Wed & Fri 6pm – 7pm (Advanced)

Kindergym (under 5yrs)

(Registration Fee \$18.50

Plus PCYC Membership)

Monday, Tuesday, Wednesday &

Friday 9.30am-10.30am

Saturday 9am-10am

Boxing

Tues & Thurs 5.00pm-6pm

Competition Training

Mon & Wed 5.00pm-6.30pm

Tae Kwon Do

Ages 5 & up Monday 5.45pm-6.30pm

Kendo

Mon 6.30pm-8.30pm & Sun 8am-10am

Gymnastics (Registration Fee \$18.50

Plus PCYC Membership)

Term Fees Apply

The Toowoomba PCYC offers gymnastics for MAG & WAG all levels. Prices start from just \$90/term. Contact the Gymnastics coordinator for further details.

melinda.turner@pcyc.org.au or 46328316

Gymfun – Bookings essential (\$80/term)

(Registration Fee \$18.50

Plus PCYC Membership)

Ages 4-6yrs Mon or Tues 3.30pm-4.30pm

or Saturday 10am-11am

Ages 6-8yrs Wednesday 3.30pm-4.30pm

Ages 7+ Thurs or Fri 3.30pm-4.30pm

Thurs 4.30pm-5.30pm

or Saturday 11am-12noon

Judo

Ages 4 & up Saturday 10am -11.15am

Karate

Peewees (4-7)

Thursday 4.15pm – 5.00pm (White Belts)

Thursday 4.15pm – 5.15pm (Coloured Belts)

Junior (8 - 12yrs)

White - Yellow

Tuesday & Thursday 5.00pm – 6.00pm

Orange and Above

Tuesday & Thursday 6.00pm – 7.00pm

Before School Care \$12.00/child Each School day morning from 6am.

After School Care \$14.00/child Each School day afternoon from 3pm-6.30pm

Offering a bus service to and from most Toowoomba schools.

Vacation Care Programme \$38/child Conducted each School Holiday period from 6am-6pm

Contact the Toowoomba PCYC for further information – toowoomba@pcyc.org.au or 46328316

The Toowoomba PCYC is a fully licensed and accredited childcare facility. All fees are subject to government childcare rebates. All childcare must be pre booked and pre paid and all cancellations require 48hours notice.

M a r t i a l A r t s

Aikido

Monday 7-8.30pm
Wednesday 5.30-7pm

Kendo

Mon 6.30pm-8.30pm & Sun 8am-10am
Chief Instructor: Junichi HATAI

Muay Thai/Kick Boxing (14yrs & over)

Tuesday & Thursday 7.00pm-8.30pm

Rings Wrestling (16yrs & over)

Tuesday & Thursday 5.30pm-7pm

Tae Kwon Do (8yrs & over)

Monday & Wednesday 7pm-8.30pm

Judo

Wednesday 7pm-8.30pm
Friday 5.30 – 7.00pm

Ju Jitsu

Tuesday & Thursday 7pm-8.30pm

Karate

Senior Classes

Tuesday & Thursday 7.00pm-8.30pm

Koryu Uchinadi Kenpo-Jutsu

Friday 6-7pm

Boxing

Tuesday & Thursday 6.00pm-7pm

Competition Training

Mon & Wed 5.00pm-6.30pm

PCYC Markets

Every Sunday 7am-12.30pm

Sites \$20 for 4m x 4m

Call the Club for more Details

PCYC Market Manager:

gavin.pike@pcyc.org.au

Gavin Pike - 0419786455(m)

Conference & Meeting Room

Facilities Available

Modern, fully carpeted, air-conditioned with projector & screen, DVD player – seating for approximately 40 – **Catering available**. For bookings please call 46328316, email toowoomba@pcyc.org.au or see reception for further details.

Sports Ability

Tuesday 10am-11am

Thursday 10.30am – 11.30am

Youth Management Team

Leadership program for 13 - 18yrs

Friday 6.30pm-8.30pm

Contact Joe Hess 46328316

joe.hess@pcyc.org.au

PCYC Membership August - Dec

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|------------------------------------|----------|
| Under 18/Students/Pensioners | \$ 11.00 |
| Adults | \$ 16.50 |
| Seniors (over 55) | \$ 5.50 |
| Family Membership | \$ 55.00 |

Membership fees include 1 free personal training session

Activity Fees

Except where otherwise stipulated, attendance fees are

| | |
|---------------------|------------------------|
| U18yrs/Concession | \$5.00 per attendance |
| Adults (over 18yrs) | \$6.00 per attendance |
| Non-members | \$14.00 per attendance |

1, 3, 6 & 12month Passes are also available

Toowoomba PCYC

Improving Communities through Youth Development

www.pcyc.org.au