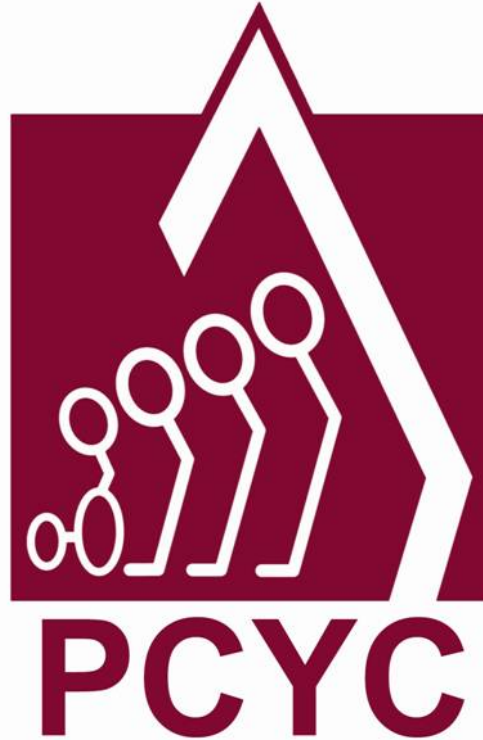


TOOWOOMBA PCYC

219A James Street Toowoomba
Phone: 07 46328316
Fax: 07 46322674
Email: toowoomba@pcyc.org.au

Improving Communities Through Youth Development



SOMETHING FOR EVERYONE

Zumba (\$8 per class)

Tuesday & Thursday 5:15pm



Boxacise

Monday &
Wednesday
6.30pm-7.30pm

FEEL FREE TO PICK UP ONE OF OUR ACTIVITY SCHEDULES
TO SEE WHAT FITS INTO YOUR BUSY DAY!!

Fitness + Fun

Aikido

Monday 7-8.30pm

Badminton

Thursday & Saturday 9.30am-11.30am

Boxacise

Monday & Wednesday 6.30pm-7.30pm

Boxing

Juniors

Tuesday & Thursday
5.00pm-6pm

Seniors

Tuesday & Thursday
6.00pm-7.00pm

Competition Training

Monday & Wednesday
5.00pm-6.30pm

Cheerleading

(Registration Fee \$25.00 plus PCYC Membership)

8yrs & under

Monday 4.30pm-5.30pm

9-13 yrs

Monday & Thursday
5.30pm-6.30pm

Seniors

Monday & Thursday
7.00pm – 8.30pm

Judo

Seniors

Wednesday 7pm-8.30pm

Juniors (Ages 4 and up)

Saturday 8.30am -10.00am



Gymfun – Bookings essential

(Registration fee \$25 plus PCYC membership)
\$90 per Term per child

Ages 4-6

Monday or Tuesday
3:30pm-4:30, Or
Saturday
10am-11am

Ages 6-8

Wednesday
3:30pm-4:30pm

Ages 7+

Thursday or Friday
3:30pm-4:30pm,
Or Saturday 11am- 12noon

Gymnastics

(Registration Fee \$25.00 Plus PCYC Membership)
Term Fees Apply

The Toowoomba PCYC offers all levels. Prices start from \$120/term. Contact the PCYC for further details.
46328316,
toowoomba@pcyc.org.au

Hip Hop

Under 13

Wednesday 4pm-5pm

Intermediate

Wed & Fri 5pm – 6:30

Ju Jitsu

Tuesday & Thursday
7pm-8.30pm

Fitness for Life

Kindergym

(under 5yrs)

(Registration Fee \$25.00 plus PCYC Membership)

Monday, Tuesday, Wednesday
& Friday 9:30am - 10:30am
Saturday 9am-10am

Karate

Pee wee (4yrs-7yrs)

White Belts

Monday 3:45pm-4.30pm

Yellow+ Belts

Monday 4:30pm-5:15pm

Junior (8yrs-12yrs)

White/Beginners

Tuesday & Thursday 5pm-6pm

Orange/yellow belts

Tuesday & Thursday 4pm-5pm

Green Belts and above

Tuesday & Thursday
6pm- 7pm

13yrs & above

Tuesday & Thursday 7-8.30pm

Kendo

Monday 7.00pm-8.30pm

Sunday 8am-10am

Koryu Uchinadi

Wednesday 5.30pm - 7.00pm

Friday 6.00pm - 7.30pm



Tae Kwon Do

Monday & Wednesday
7pm-8.30pm

Wrestling

Tuesday
5.30pm-7pm

Zumba (\$8 per class)

Tuesday & Thursday 5:15pm

Yoga

Wednesday 10.30 – 11.30

Sports Ability

Thursday 10.30am-11.30am

For more information please contact
PCYC

Phone: 46328316

email: toowoomba@pcyc.org.au

PCYC Markets

Every Sunday 7am-12.30pm

Sites from \$20

Call the Club for more Details

PCYC Operations Manager:

Gavin Pike – 0419786455(mobile)

PCYC 46328316

gavin.pike@pcyc.org.au

Welcome to our Gym



**** FREE PERSONALISED GYM PROGRAM
WITH EVERY NEW MEMBERSHIP****

Our Gym is Open

Monday to Thursday... 6am-8.30pm

Friday... 6am-7pm

Saturday... 8:30am-12:30

PERSONAL TRAINING AVAILABLE

\$25/Half hour session

Personal Trainers: Emma Franke

Phone: 07 46328316

Email: emma.franke@pcyc.org.au



Gym 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)



Membership

PCYC Membership *January - December*

Under 18/Students/Pensioners...	\$15.00
Adults...	\$20.00
Seniors (over 55)...	\$6.00
Family Membership...	\$40.00

Activity Fees

Except where otherwise stipulated, attendance fees are

U18yrs/Concession...	\$6.00 per attendance
Adults (over 18yrs)...	\$8.00 per attendance
Non-members...	\$14.00 per attendance

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

Conference and 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 more information.

O.S.H.C

Toowoomba PCYC offers **Before** and **After School care** and also school holiday **Vacation Care**.

Before School Care: \$13.00 per Child/per day, Each school day morning from 6am

After School Care: \$15.00 per child/Per day, Each school day afternoon from 3pm-6:30pm ****Offering a bus service to and from most Toowoomba schools****

Vacation Care Programme: \$42.00 per child/per day, Conducted each school holiday period from 6am-6pm.



For more information contact Toowoomba PCYC
Phone: 07 46328316 or toowoomba@pcyc.org.au

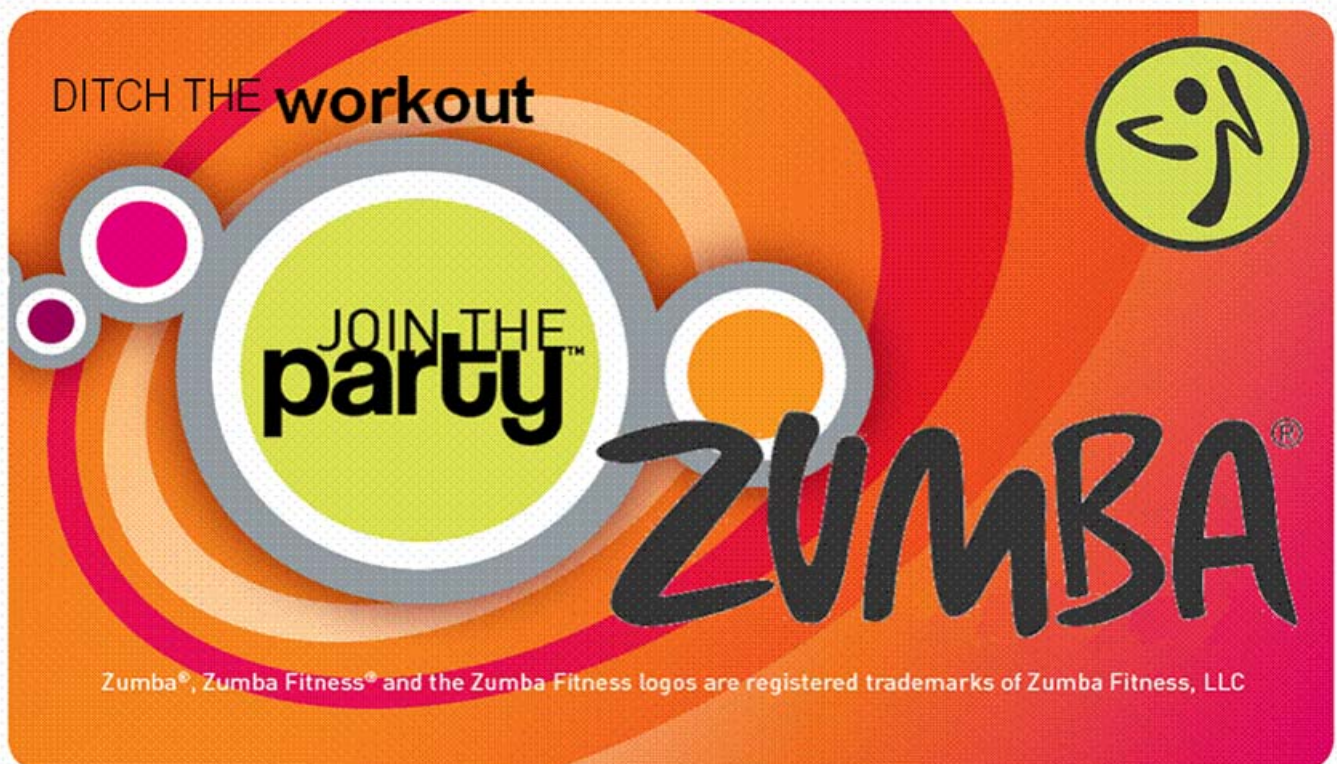
YMT

Youth Management Team

Leadership program for 13-18 Year olds
Friday 6:30pm- 8:30pm @ Toowoomba PCYC
Contact Joe Hess 46328316
joe.hess@pcyc.org.au



ZUMBA @ TOOWOOMBA PCYC



Tuesdays & Thursdays 5:15pm

Membership: \$30 Adults
\$20 Under 18/ Concession
\$8.00/CLASS

CASUAL: \$14.00 (non members)

CONTACT: 4632 8316

BOOKINGS ESSENTIAL

toowoomba@pcyc.org.au



Take advantage of our **FREE** 1 Hour Personal Training Session

The Toowoomba PCYC offers everyone in our community the opportunity of a free 1 HOUR fitness assessment and training program with one of our personal trainers! **Book yours today!**



Clive
BERGHOFFER

LAND SALES