



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.

PCYC UMINA BEACH

101 Osborne Ave

Umina Beach NSW 2257

Phone: 4344 7851

Email: uminabeach@pcycnsw.org.au

Trading Hours:

Mon, Wed & Thurs 9am – 7pm

Tues 9am – 6pm

Fri 9am – 4pm



ACTIVITIES SCHEDULE



www.pcycnsw.org



facebook.com/pcycUminaBeach01



BOXING			PCYC is dedicated to the development of individuals through the sport of Boxing, offering development in physical fitness, self discipline & confidence. Boxing classes cater for everyone from juniors through to seniors & competitive boxing.
AGE GROUP	DAY AND TIME	COST	
Junior 5 - 11yrs	Mon & Wed 4pm – 5pm	\$8 per class	
Youth 11 - 17yrs	Mon & Wed 5pm – 6pm	\$70 - 10 visit pass \$120 - 20 visit pass	
Senior 18yrs +	Mon & Wed 5pm – 6.30pm	\$11 per class	
Sparting 14yrs +	Tues & Thurs 6.45pm – 7.45pm	\$100 - 10 visit pass \$100 All access monthly (Unlimited Boxing & Fitness)	
FITNESS	We offer a range of fitness classes to improve your strength & conditioning and cardiovascular fitness.		
AGE GROUP	DAY AND TIME	COST	
Interval X-Training Cardio Fitness Circuit HITT Cardio Strength & Conditioning 16yrs +	Mon 6am – 7am Tues 5.45pm – 6.45pm Thurs 6am – 7am Thurs 5.45pm – 6.45pm	\$11 per class \$100 – 10 visit pass \$100 All access monthly (Unlimited Boxing & Fitness)	
GYM FOR ALL	Improves balance, co-ordination and self confidence in a small class environment. Our club is affiliated with Gymnastics Australia & Gymnastics NSW. All coaches are accredited with Gymnastics Australia.		
AGE GROUP	DAY AND TIME	COST (+ GYMNSW yearly Insurance \$49)	
Kindy Gym Walking - 5yrs (Parent & child program)	Tues 9.45am – 10.30am 10.30am – 11.15am	\$110 per 10 week term	
Junior Gym 3 – 5yrs	Mon 3.15pm – 4pm	\$110 per 10 week term	
Junior Recreation 5 – 7yrs	Mon & Wed 4pm – 5pm	\$120 per 10 week term	
Senior Recreation 8yrs +	Wed 5pm – 6pm		
FREE G	A new free form style of Gymnastics (Parkour)		
AGE GROUP	DAY AND TIME	COST (+ GYMNSW yearly Insurance \$49)	
Boys Beginner 7 yrs + Girls Beginner 7yrs +	Thurs 4pm - 5pm 5pm - 6pm	\$120 per 10 week term	
Advanced 7yrs + (By invitation only)	Thurs 6pm - 7pm		
ADULT GYMNASTICS	Improve balance, agility, coordination and mobility.		
AGE GROUP	DAY AND TIME	COST (+ GYMNSW yearly Insurance \$49)	
18yrs +	Mon 6.45pm – 8.15pm	\$180 per 10 week term	

TRAMPOLINE / DMT			Learn to perform new and impressive skills whilst building their confidence, coordination, strength & body awareness.
AGE GROUP	DAY AND TIME	COST (+ GYMNSW yearly Insurance \$49)	
Beginner 6yrs +	Tues 5pm – 6pm	\$120 per 10 week term	
Competitive 6yrs + (By invitation only)	Tues 6pm – 7pm		
WOMEN'S GYMNASTICS	Our Gymnastics program develops balance, co-ordination, self-esteem, strength, flexibility, personal growth & development. Entry on assessment basis.		
AGE GROUP	DAY AND TIME	COST (+ GYMNSW yearly Insurance \$49)	
Competitive	Mon 5pm – 6pm (1 hour) 5pm – 7pm (2 hours)	\$120 per 10 week term \$220 per 10 week term	
ARCHERY	Helps you improve your balance, coordination, self-esteem & confidence. Archery also teaches you life skills such as goal setting, focus and discipline, all while improving your health on our new outdoor range. All equipment & training supplied. **MUST WEAR CLOSED IN SHOES**		
AGE GROUP	DAY AND TIME	COST	
8yrs +	Tues & Thurs 3.30pm – 4.30pm 4.30pm – 5.30pm	\$90 per 10 week term	
JISHUKAN RYU	A traditional school of Martial Arts combining Kenpo (techniques involving striking, kicking, movement & blocking), Jujitsu (techniques involving joint locks, pressure points, strikes, break falls & throws), and Jujutsu (short stick techniques).		
AGE GROUP	DAY AND TIME	COST	
7yrs +	Mon 7pm – 9pm	\$9 per class \$80 - 10 visit pass	
SAFER DRIVERS COURSE FOR LEARNER DRIVERS	SDC is designed by Transport NSW to establish safer driving practices. Learner drivers who complete the course will receive 20hrs of logbook credit. Learner drivers will need to have completed 50 logbook hours of actual on road experience to be eligible for the course.		
AGE GROUP	DAY AND TIME	COST	
16 – 25yrs	Contact the club for the next course date	\$140	
TRAFFIC OFFENDERS INTERVENTION PROGRAM	Program aims to improve a driver's understanding of their responsibilities as citizens, the impact dangerous driving has to other road users & NSW traffic laws.		
AGE GROUP	DAY AND TIME	COST	
N/A	2 consecutive Saturdays 8.30am – 4.30pm. Contact the club for further information.	\$150	

All activities require a yearly PCYC membership: **Senior (18+) – \$20.00, Junior (under 18) – \$10.00** (Photo ID required)