ERINDALE PCYC

17 GRATTAN CT, WANNIASSA ACT 2903

Building Positive Futures

(02) 6296 1292

https://www.pcyc.net.au

Canberra PCYC

Police Community Youth Club, Inc.

At Our Erindale centre we offer loads of fun and active lessons, including :

- Tumble Tots
- Rock Climbing
- Wrestling
- Boxing
  (Olympic class coach)
- Aikido
- P Morton Jujitsu
- Shobu Kai
- Jishu Kan Ryu









Why not come and try a new sport today!

PRICING:

Tumble Tots $25 ($180Term)
Tumble Tots 5 visits $100

NEW Combat Club (Multi sport)
Direct Debit $45 week/$90 F-Night

Boxing $25
Boxing 4 class/week $45
Kids Boxing $15.00
Kids 3 class/week $29

Rock Climbing $17 ($160Term)
Unlimited classes $280

Wrestling $25 ($200Term)
Unlimited Classes $290Term
Kids Wrestling $17 ($160Term)
Kids Unlimited Term $200

Aikido $25 ($200Term)
Unlimited Classes $290Term

P Morton Jijitsu $25 ($200Term)
Unlimited Classes $290Term

Shobu Kai $25 ($200Term)
Unlimited Classes $290Term

Jishu Kan Ryu $25 ($200Term)
Unlimited Classes $290Term

PCYC Single Membership $35
PCYC Family Membership $55

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Classes	MON	TUES	WED	THU	FRI	SAT
Boxing - Kids (Up to 14years)-Ring/WoodArea	4:00-4:45pm			4:00-4:45pm	4:00-4:45pm	
Boxing - Beginners-Ring/WoodArea	5:15-6:15pm	5:15-6:15pm		5:15-6:15pm	5:15-6:15pm	
Boxing - High Perf Squad-Ring/WoodArea	5:45-6:45pm	5:45-6:45pm		5:45-6:45pm	5:45-6:45pm	
Shobu Kai (Beginners)-WoodArea			5:30-6:30pm			10:00-11:00am
Shobu Kai (Advanced)-WoodArea			6:30-8:00pm			11:00-12:00pm
Wrestling (Juniors)-WrestlingMat		4:30-5:30pm		4:30-5:30pm		
Wrestling (Seniors)- WrestlingMat		6:00-8:00pm		6:00-8:00pm		
P Morton Jujitsu (Juniors)-BlueMats			6:00-7:00pm			
P Morton Jujitsu (Seniors)-DOJO			7:00-8:30pm			
Aikido (6yrs-11yrs)-DOJO		5:30-6:30pm				8:30-9:30am
Aikido (12yrs-16yrs)-DOJO				5:30-6:30pm		9:30-11:00am
Aikido (16yrs+)-DOJO		6:30-8:30pm		6:30-8:30pm		
Jishu Kan Ryu (8-14yrs)-DOJO	6:30-7:30pm					
Jishu Kan Ryu (15+yrs)-DOJO	6:30-8:00pm					
Project Next Level (Firebelly)-Hall			4:00-5:00pm			
Project Rise Up (Referral Only)-Ring/WoodArea		4:30-6:00pm TBC				
Rockwall (Juniors class)-RockWall	4:00-5:30pm	4:00-5:30pm		4:00-5:30 pm		
Rockwall (Seniors)-RockWall	4:00-8:00pm	4:00-8:00pm	5:30-7:30pm	4:00-8:00pm		
Tots Tumbling (Toddlers)-Hall		9:30-10:15am	9:30-10:15am	9:30-10:15am	9:30-10:15am	
Tots Tumbling (2.5yrs+)-Hall		11:00-11:45am	11:00-11:45am	11:00-11:45am	11:00-11:45am	
External Providers-KenbukanAust-BlueMats	6:00-7:30pm					
External Providers-Zanshin-BlueMats			7:30-9:00pm			
External Providers-CMA-GrnFlrRoom	Contact CMA for Schedule					
External Providers-DreamDanz-UpstRms	Contact DreamDanz for Schedule					