

ERINDALE PCYC

**17 GRATTAN
CT,
WANNIASSA
ACT 2903**

Building Positive Futures

(02) 6296 1292

<https://www.pcy.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

Boxing \$25 (\$357.50-3Mnths)

Boxing 4 class/week (\$643.50-3Mnths)

Kids Boxing \$15.00 (\$214.50-3Mnths)

Kids 3 class / week (\$414.70-3Mnths)

Rock Climbing \$17 (\$160Term)

Unlimited classes \$280

Wrestling \$25 (\$200Term)

Unlimited Classes \$290Term

Kids Wrestling \$17 (\$160Term)

Kids Unlimited Term \$280

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

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				
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	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					