





Beenleigh PCYC Activity Program 2012



Last Updated 24/04/2012

3380 1777 - www.beenpcyc.org.au

| ACTIVITY | COST | LEVEL | MON | TUE | WED | THU | FRI | SAT | |
|---|---------------------------------------|---|---|---|--|---|--|-------------------------------------|--|
| BOXING | \$8 | 8yrs+ | 6.00-7.30p | 6.00-7.30p | | 6.00-7.30p | | | |
| BOYS 5-15 Years | \$7.00 | GYM FUN | 3:30-4:30pm P | 3.30-4.30pm J | | | | | |
| GYMNASTICS | \$7.00 | BRONZE | | | 3:30-4:30pm P | | | | |
| QGA \$20.00 | \$8.00 | SILVER | | | 3:30-4:30pm P | | | | |
| CIRCUS SCHOOL | \$7.00 | 6 years + | | | | 4.00-5.00pm | | | |
| CHEERLEADING | \$9.00 | Youth under 12 | | | | 4.00-5.00pm | | | |
| QGA \$20.00 | \$11.00 | 12 years + | | | | 5.00-6.30pm | | | |
| DANCING TINY TOTS | \$7.00 | 3-5 years | 3.30-4.15pm | | | 3.45-4.30pm | | | |
| DANCING BEG JAZZ | | 6-7 years | 4.20-5.15 | | | | | | |
| DANCING FUNK/JAZZ | \$8.00 | JNR 8-10 years | | | | 4.35-5.30pm | | | |
| DYNAMITE KIDS | \$11.00 | 3 - 5 years | | | | | 4:00 - 4:30pm | | |
| Self Defence Class | \$11.00 | 6 - 9 years | | | | | 4:45- 5:15pm | | |
| SENIORS IN ACTION EXERCISE PROGRAM | \$4.00 SNRS MSHIP \$6 | 50 years + GREAT FOR SNRS | A low to moderate exercise program | | | | 9.00-10.00am | | |
| GIRLS GYMNASTICS 5-17 years | \$7.00 \$8.00 \$9.00 \$11.00 | GYM FUN 5-9 years BRONZE SILVER GOLD | 4.30-6.00pm B 4.30-7.00pm P | 3.30-4.30pm B 4.30-6.00pm B 4.30-6.30pm J | 3.30-4.30pm B 4.30-6.00pm B 4.30-7.00pm P | | 3.30-4.30pm P 4.30-6.30pm P | 9.30-10.30am C 10.30am-12.00pm C | |
| FUNSPORTS | \$9.00 | 2.5 - 8 years | | | | | | 8.00-9.00am | |
| GOLF for JUNIORS | \$50 / 10 weeks | Grade 4 -7 | | 3:30 - 4:30pm | | 3:30 - 4:30pm | | | |
| JU JITSU ALL AGES | JNRS \$6.00 SNRS \$8 | 6-14 years 15 years+ | | 6.00-7.00pm 7.00-8.30pm | | 6.00-7.00pm 7.00-8.30pm | Please see coach re additional fees Association, Grading & Uniform Fees | | |
| KARATE SHOTOKAN | JNRS 4-12yrs SNRS 13+yrs | BEG & ADV \$9.00 BEG & ADV | 5.30-6.30pm 7.00-8.00pm | MON & WED SNRS 7-8PM CLASSES ARE HELD AT WINDAROO VALLEY HIGH SCHOOL | | 5.30-6.30pm | Please see coach re additional fees Association, Grading & Uniform Fees | | |
| MUAY THAI KICKBOXING | \$8.00 | 8 years+ | | | 7.15-8.30pm | | 7:15-8:30pm | | |
| PLAY GROUP | \$2 per child | 0-5 years | PLEASE BRING A PLATE OF HEALTHY FOOD TO SHARE | | | | 10:00-12:00noon | | |
| SPORTS ACROBATICS | \$8.00 6yrs+ \$8.00 6yrs+ | BEGINNERS ADVANCED | | 6.00-8.30pm | | 6.30-8.30pm | | 9.00-10.00am 10.00-12.00pm | |
| TAEKWONDO | \$6 6-17 years \$8 18 years+ | | Beginners BLUE, RED & YELLOW BELT | 5.15-6.30pm 6.30-7.30pm YELLOW BELT 7.30-8.30pm | 6.45-7.45pm 7.45-8.45pm BEGINNERS BLUE, RED & YELLOW BELT | 6.30-7.30pm BEG & YELLOW BELT 7.30-8.30pm | Please see coach re additional fees Association, Grading & Uniform Fees | | |
| TINY TOTS GYMNASTICS | \$6.00 QGA \$10.00 | 2-3 years 3-5years | | 9.45-10.30amFULL 10.45-11.45amFULL | 2-3yrs 3-5yrs | 9.45-10.30am 10.45-11.45am | 2-5yrs | 8.30-9.15am | |
| TAI CHI | \$11.00 | 15 years + | | 7.00-8.30pm | | | | | |
| YOGA | \$10.00 | All years | | 9.30-10.45am | | | | | |

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|--|--------|--|-------------|-------------------|--|--------------------------------------|--|------------------------------|
| PCYC YOUTH GROUPS | | | | | | | | |
| YOUTH MANAGEMENT TEAM | | 14-17yrs | | | 4.00-5.00pm | GROUP CLOSED | | |
| EXTREME DREAMS PROGRAM | | 10-17yrs | | 3.30-5.00pm | PROGRAM STRUCTURED FOR ATSI YOUNG PEOPLE | | | |
| <u>MEMBERSHIP FEES</u> | | | | | <u>JUNIOR DISCOS 2012</u>  | | | |
| CHILD: \$ | 20.00 | FAMILY: \$ | 60.00 | 2 adults/all kids | | 6.00-9.00pm grades 1-7 Admission \$7 | | |
| ADULT \$ | 30.00 | SENIORS: \$ | 6.00 | 60 yrs + | | DISCO DATES FOR 2012 | | |
| PCYC MEMBERSHIP VALID FOR FULL 12 MONTHS - QGA MEMBERSHIP VALID JANUARY TO DECEMBER | | | | | | | | |
| YOU MUST BE A PCYC MEMBER BEFORE YOU CAN ATTEND ANY ACTIVITY | | | | | | | | |
|  | | <u>PULSE FAMILY FITNESS CENTRE</u> | | | | | Police Beep Test \$5 Call Brendon the fitness manager to arrange a booking MUST BE A PCYC MEMBER | |
| | | OPEN MON-FRI 6.00am-8.00pm SAT 7.30am-11.30am SUN 8:00am-11:30am | | | | | | |
| <u>FITNESS CLASSES</u> | | COST | MON | TUE | WED | THU | FRI | <u>GYM MEMBERSHIP</u> |
| SENIORS IN ACTION | \$4.00 | | | | | | 9.00-10.00am | 12 Months \$350.00 |
| WOMENS BOXCARDIO | \$5.00 | 9.30-10.30am | | 5.30-6.30pm | | | | *6 Months \$220.00 |
| FIGHTING FIT 101 | \$5.00 | | 5.00-6.00pm | | | | | *3 Months \$140.00 |
| MASTER BODY TONER | \$5.00 | | | | 5.00-6.00pm | | | *1 Month \$55.00 |
| All above classes are free with 12 Month Membership must be 18 years+ or accompanied by parent/guardian. | | | | | | | | |
| <u>CHILD FITNESS CLASSES</u> | | | | | | | <u>Direct Debit option now available for 12 month fitness \$10 per week NO CONTRACT must pay 3 weeks in advance MUST BE A PCYC MEMBER</u> | |
| Leave name at reception | | | | | | | | |
| Beenleigh PCYC Functions Centre | | 21st Birthdays - Business Meetings - Seminars and Conferences - Corporate Dinners - Social Club Functions - Wedding Receptions - Xmas Parties - Work Parties - Birthday Parties - Fundraising Dinners - Awards/Presentation Nights - School Events & Discos - Anniversaries/Celebrations | | | | | <u>PERSONAL TRAINING</u> 1x 1/2 hour \$35.00 6x 1/2 hour \$180.00 12x 1/2 hour \$300.00 | |
| | | For a quote contact Emma 33801705 or emma.waters@pcyc.org.au | | | | | | |
| | | | | | | | * Need to pay PCYC Membership 12 MONTH Fitness Members receive FREE PCYC membership OFF PEAK SPECIAL 12 Months \$150.00 only between 9:00am-2:00pm | |