

GOLD COAST PCYC - 2012 TIMETABLE

180 Monaco Street, Broadbeach Waters - Ph: 55385201 www.goldcoastpcyc.com - email-goldcoast@pcyc.org.au

Club Room Operating Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am - 9pm	5.30am - 9pm	7am - 9pm	5.30am - 9pm	7.00am - 6.00pm	7.30am - 1pm

Membership Rates 2012

12 MTHS RATE	ADULT \$30	YOUTH \$20	FAMILY \$60	SENIORS \$6	
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VISITORS ARE WELCOME TO TRY ONE CLASS AT THE MEMBERS PRICE, MEMBERSHIP IS DUE ON YOUR SECOND VISIT. NON MEMBERS INCUR A DOUBLE ACTIVITY FEE

YOUTH ACTIVITIES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am						T'T Ballet 4-6 yrs \$6 Jazz Lv I \$8 Tennis 3-5 yrs \$6 Gymnastics Beg \$7
9.00am	Play Time U 5yrs \$4 9.00am - 11.30am					T'T Jazz 4-6yrs \$6 Tennis 5-9yrs \$8 Judo Beg & Col Belts \$7 Gymnastics Pre-Lvs \$7
9.15am				Tiny Tots Tennis \$7	Ants Dance \$7	
9.30am		Tiny Tots Gym Share \$7	T'Tots Gym 1-3yrs \$7	Tiny Tots Gym Share \$7	T'Tots Gym 1-3yrs \$7	Ballet Lv 2 \$8 Cheerleading \$9
10.00am						Gymnastics Lv I \$8 Tennis 10 yrs + \$8
10.30am		Tiny Tots Gym 3-5y \$7	T'Tots Gym 1-3yrs \$7	Tiny Tots Gym 3-5y \$7	T'Tots Gym 1-3yrs \$7	Jazz Lv 2 \$8 Ballet Lv 1 \$8 Gymnastics Lv 2 \$8 Gymnastics Lv 3+ \$10
11.30am		Beg Gym 4yrs+ \$7		Beg Gym 4yrs+ \$7		
3.30pm	T'T Ballet 4-6 yrs \$6 Tennis 3-5 yrs \$6 Boot Camp 4-6yrs \$6	T'T Ballet 4-6 yrs \$6 Tennis 3-5 yrs \$6 Gymnastics Beg \$7 M' Arts for Kids 4yrs \$7	"X-IT" Teenage Programme \$5 3.30pm-7pm	Gymnastics Beg \$7 M' Arts for Kids 4yrs \$7	BLUE LIGHT DISCO 9th March- st Patricks Day 13th April-Friday 13th 11th May-Hollywood 8th June-Qld Week 6th July-Winter Wonderland	
3.45pm	Jazz Lv 3 \$8		Hip Hop Beg 5yrs+ \$6	Tap Beg. \$7	Term Bookings are required for the following classes	
4.00pm	T'T Jazz 4-6yrs \$6 Learn to Box \$7 Tennis 5-9yrs \$8	T'T Jazz 4-6yrs \$6 M'Arts for Kids 7yrs+\$8 Tennis 5-9yrs \$8 Gymnastics Lvl-Boys\$8 PCYC Muay Thai 7yrs+\$7	Boys Hip Hop Beg \$7 Learn to Box \$7 Gymnastics-Boys Beg \$7	M'Arts for Kids 7yrs+\$8 PCYC Muay Thai 7yrs+\$7		
4.15pm		Gymnastics Pre-Lvs \$7	Youth Weights - \$7	Gymnastics Pre-Lvs \$7	Ballet Jazz Tap Senior Dance Hip Hop Cheerleading Gymnastics	
4.30pm	Ballet Lv2 \$8 Jazz Lv I \$7 Boot Camp 7yrs+ \$7		Hip Hop Lv I&2 \$7			
4.45pm			Gymnastics-Boys Beg \$7	Tap Lv 2&3 \$7	Senior Dance Hip Hop Cheerleading Gymnastics	
5.00pm	Tennis 10 yrs + \$8	M'Arts Kids/Family \$8 Gymnastics Lvl 1-\$8 Tennis 10 yrs+ \$8 Wrestling 10yrs + \$7 Gymnastics Lv3-6 \$10	Boys Hip Hop Inter. \$7 Junior Judo \$7 Urban Nastics 15yr+ \$10	M'Arts Kids/Family \$8 Gymnastics Lvl 1-\$8 Wrestling 10yrs + \$7 Gymnastics Lv3-6 \$10		
5.15pm	Ballet Lv I \$7 Jazz Lv 2 \$8				CENTRELINK REBATES WE PICK UP FROM.....Surfers Paradise, Benowa, St Kevin's, Miami, Bellevue Park, Merrimac & Caningeraba State Schools & Varsity	
5.30pm	Basketball U13yrs \$8			Senior Dance \$10		
6.00pm	Senior Dance \$10		Street Hip Hop 15yrs+ \$8	Gymnastics Lv2 \$8	CENTRELINK REBATES WE PICK UP FROM.....Surfers Paradise, Benowa, St Kevin's, Miami, Bellevue Park, Merrimac & Caningeraba State Schools & Varsity	
6.30pm	Basketball U16yrs \$8					

PLEASE NOTE - All ages & class levels listed are set as a guide only and the final decision is the responsibility of our accredited coaches

ADULT ACTIVITIES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3.30pm						
5.00pm	PCYC Muay Thai \$7	PCYC Muay Thai - \$7 Wrestling 16y+ \$7 Martial Arts \$9	PCYC Muay Thai - \$7	PCYC Muay Thai - \$7 Wrestling 16 yr+ \$7 Martial Arts \$9 Boxing Technique \$9	PCYC Muay Thai \$7	
6.00pm	MMA - 16yrs+ \$7		Street Hip Hop 15yrs+ \$8			
6.30pm		Ultimate Kickboxing \$9		Ultimate Kickboxing \$9		
7.00pm	Boxing Technique \$9	MMA - 16yrs+ \$7	Boxing Technique \$9			
7.30pm	Savate \$7		Basketball \$10			
7.30pm			Savate \$7			

TENNIS COURT HIRE ONLY \$10 PER HOUR

Enhancing Communities through Youth Development

"THE GYM"

Weight and Boxing Gym Operating Hours

Monday - Thursday	Friday	Saturday	Sunday
5.30am - 9.00pm	5.30am - 7pm	6am - 2pm	8am - 12pm

MEMBERS CASUAL GYM FEES - Adults \$9 + Youth & Seniors \$8

PERSONAL TRAINING & BEEP TEST AVAILABLE

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am						
6.00am		Pilates				
7.00am						
8.00am	Stay In Shape 50yr+	Pilates	Stay In Shape 50yr+			
9.15am	Boxercise 	Circuit Class Pilates	Boxercise 	Circuit Class Pilates	Boxercise 	CRECHE
10.30am	Yoga		Yoga			BOOKINGS ESSENTIAL
4.30pm						\$3 P/H 9AM - 12PM MON-FRI
6.00pm	Boxercise Pilates	Cardio Fit	Boxercise Power Pilates	Cardio Fit		7AM - 8AM SAT (PRIOR NOTICE)
6.30pm						

MEMBERS CASUAL GROUP FITNESS RATE - ADULTS \$10 ★ YOUTH & SENIORS \$8

MEMBERS RATES

		Direct Debit	Pre Paid
GOLD CARD	UNLIMITED GROUP FITNESS+ WEIGHTS & BOXING GYM	\$16.00	\$595 - 12mths
GYM CARD	UNLIMITED GYM & BOXING GYM	\$10.99	\$399 - 12mths
FIGHT CARD	UNLIMITED WEIGHT & BOXING GYM + MUAY THAI + MMA + KICKBOXING + SAVATE + WRESTLING + LEARN TO BOX + BOXING CLASSES	\$12.00	\$80 - 1mth \$495 - 12mths
BLUE CARD	10 Adult Classes for Only \$90		
BLUE PLUS CARD	20 Adult Classes for Only \$175		

*EZIDEBIT



All Direct Debits are NON Contract, please refer to the Direct Debit Application for Terms & Conditions
 All Direct Debit customers must BE Current Gold Coast PCYC Members
 Application for changes must be in writing.
 Once only admin fee of \$4.95 on set up of Direct Debit
CANCEL YOUR DIRECT DEBIT ANYTIME WITHOUT PENALTY

FIGHT CARD TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3.30pm						
4.00pm	Youth Learn to Box PCYC Muay Thai	Youth Muay Thai PCYC Muay Thai	Youth Learn to Box PCYC Muay Thai	Youth Muay Thai PCYC Muay Thai	PCYC Muay Thai	
5.00pm		Wrestling 16y+		Wrestling 16y+ Boxing Technique	Boxing Technique	
6.00pm	MMA - 16yrs+					
6.30pm		Ultimate Kickboxing		Ultimate Kickboxing		
7.00pm	Boxing Technique	Boxing Technique MMA - 16yrs+	Boxing Technique			
7.30pm	Savate		Savate			

MEMBERS CASUAL BOXING GYM FEES - Adults \$7 + Youth & Seniors \$7

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