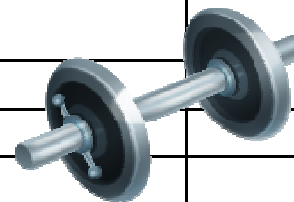




# Ashmore PCYC - Term 1 - 2012 Activity Timetable



Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Member	Non Member
Circuit Fit	3.45 - 4.30pm		3.45 - 4.30pm				\$5.00	\$7.00
Gym Fun			5 - 8 Yrs 3.45 - 4.30pm 9 -12 Yrs 4.30 - 5.15pm	<b>Commencing Term 1</b>			Term Fees Apply	Must be Member
Karate	4.30 - 5.30pm Jnr 6.00 - 8.00pm Snr		4.30 - 5.30pm Jnr 6.00 - 7.00pm Snr			4.30 - 5.30pm Jnr 6.00 - 7.00pm Snr	\$7.00	\$9.00
Dance	See Reverse	See Reverse	See Reverse	See Reverse	See Reverse	See Reverse	Term Fees Apply	N/A
Tiny Tots			9.30 - 10.15am (1-3) 10.30 - 11.15am (4-5)		9.30 - 10.15am All Ages		Term Fees Apply	N/A
Tumbling		See Timetable		See Timetable			Term Fees Apply	N/A
Cheerleading						See Timetable	Term Fees Apply	N/A
Boxing (11yrs+)	4.30 - 5.15pm Jnr 11+ 5.00 - 6.00pm Inter 6.00 - 7:00pm Adv	5.00 - 6.00pm All levels	4.30 - 5.15pm Jnr 11+ 5.00 - 6.00pm Inter 6.00 - 7:00pm Adv	5.00 - 6.00pm All levels			\$8.00	\$16.00
Fit 2 Fight Thai Boxing		7.30 - 8.30pm	7.15 - 8.15pm	7.30 - 8.30pm			\$8.00	\$16.00
<b>Teen Classes 12-17 Years</b>	<b>Foxy Boxercise</b>	4.00-4.45pm	<b>Teen Yoga</b>	4.00-4.45pm			\$2.00	Must be Member
Rhythm Slim	7.45 - 8.45am	Pay Trainer \$5 also			7.45 - 8.45am		\$3.00	\$5.00
Badminton		8.00 - 11.00am					\$4.00	\$6.00
Creche	8.45 -10.15am	8.45 -10.15am	8.45 -10.15am	8.45 -10.15am	8.45 -10.15am		\$3.00	N/A
<b>FITNESS CLASSES - PLEASE CHECK BOARD FOR CHANGES*</b>								
Spin *	6.00 - 7.00pm	<b>6.00 - 7.00am</b> 4.45 - 5.30pm	6.00 - 7.00pm	<b>6.00 - 7.00 am</b>			\$10.00	\$16.00
Pump	<b>6.00 - 7.00am</b>						\$10.00	\$16.00
Boxercise *	4.45 - 5.45pm	6.15 - 7.15pm	<b>6.00 - 7.00am</b>	6.15 - 7.15pm			\$10.00	\$16.00
Zumba*		7.00 - 8.00pm		7.00 - 8.00pm			\$10.00	\$16.00
Yoga *	6.00 - 7.00pm				<b>9.00 - 10.00am</b>		\$10.00	\$16.00
Pilates *			6.15 - 7.15pm				\$10.00	\$16.00
Womens Fitness*	9.00 - 10.00am			9.00 - 10.00am			\$10.00	\$16.00
Circuit Gym*		9.00 - 10.00am					\$10.00	\$16.00
Boot Camp *					<b>6.00-7.00am</b>		\$10.00	\$16.00



X-Fitness *			9.00 - 10.00am			7.00 - 8.00am	\$10.00	\$16.00
Personal Training						<b>3 Sessions for \$100.00</b>		
Mens Futsal	6.00 - 10.00pm					Contact	Armando	
GCCC - Active & Healthy		FitnFab Over 50's <b>9.30 -10.30am</b>				Pay Trainer	Minimal Fee	
Gym Programs						\$25.00	N/A	

**DANCE SCHEDULE 2012**

**TO BE UPDATED IN JANUARY**

**Weights Room Payments**

**Bronze Membership** – unlimited weights room use

12 Months	\$399.00
6 Months	\$275.00
3 Months	\$175.00
1 Months	\$80.00

**\*\* Fitness Pass\*\***

\$699.00 Unlimited Fitness & Gym  
10 Session Pass \$90.00  
(Pass to be used within 3 months)

**\*\*Ezi Debit\*\***

Weights only \$10.00 per week (unlimited entry)  
Weights/Fitness \$14.00 per week (Unlimited Gym/Classes)

**Casual Fee - \$10.00 member & \$16.00 non member**  
**14 -16 years require Induction (\$55)**

**Weights hours:**

Monday – 5.30am to 9.00pm  
Tue to Fri – 5.30am to 8.30pm  
Saturday – 6.30am to 2.30pm  
Sunday - 8am to 12.30pm

**PCYC Club Membership - Annual Fee**

**Adult – \$30.00**  
**Child U18 – \$20.00**  
**Family – \$60.00**  
**Senior – \$10.00**

\*PCYC Memberships can be utilised at any PCYC  
within QLD  
valid for 12 months from date of purchase

**Before & After School Care**

6.30 - 9.00am & 3.00 -6.00pm  
BSC \$14.00 or \$12.00 Ezi Debit

ASC \$18.00 or \$16.00 Ezi Debit

**Vaca**  
6.30am –  
\$45.00



**Ashmore PCYC Bicycle Safety Centre**  
**Available for Childrens Parties**  
**Phone: 5564 5394**

Ashmore PCYC, Dominions Rd, Ashmore

Phone: (07) 5539 5774

Fax: (07) 5539 3894

Email: ashmore@pcyc.org.au

Web: http://www.ashmorepcyc.com

