

ASHMORE

Newsletter December 2010

The Ashmore Pyc would like to wish all its members and families a safe and Merry Xmas.

Xmas Trading

Facility Hours

24 th December	5.30am - 5.00pm
25 th - 28 th December	Closed
29 th December	5.30am - 6.30pm
30 th December	5.30am - 6.30pm
31 st December	5.30am - 5.00pm
1 st - 3 rd January	Closed
4 th January	Normal Trading Hours 5.30am - 8.30pm



Fitness Classes

- **Last class Wednesday 22nd December
- ***Resumes Monday 10th January
- ****New Timetable for January

January Fitness Timetable

	Mon	Tue	Wed	Thur	Fri
6.00am	Boxercise	Spin	Boxercise	Spin	
9.00am	Womens Fitness	Zumba Gold	Womens Fitness	Circuit Class	Yoga
9.15am	Pilates				
4.45pm	Boxercise	Spin Express			
6.00pm	Spin	Yoga	Spin		
6.15pm		Boxercise	Pilates	Boxercise	
6.30pm		Zumba		Zumba	

**CRECHE COMING 24TH JANUARY 2011
8.45AM - 10.30AM**

EZI DEBIT

- \$10** per week - Weights Room - Unlimited Entry
- \$12** per week - Group Fitness - Unlimited Classes
- \$16** per week - Weights/Fitness - Unlimited



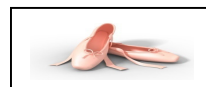
Vacation Care

As always, Ashmore PCYC will be running a Vacation Care Program during the Xmas School Holidays. The program provides care for children between 5 & 14 years old & offers them a variety of fun, recreational & educational activities such as; Timezone, Movies Learn to surf, bowling and bushwalking.

We are open from 6.30am-6pm Monday to Friday. If you are interested in joining us on any of our excursions, in-house days, please book early as Vacation Care is quite popular among families.

Look forward to seeing you there!

Rebecca Newton & Natalie Wise ☺
(Childcare Co-ordinators)



Dance News

Dance Concert Friday 10th December 2010

Music & Musicals

Good luck to all our dance girls & boys & a special thankyou to all our parent helpers.



News

** Farewell Kevin Sauer our weights room supervisor. Thursday 23rd December, 7.00pm Benowa Tavern. Pyc Members welcome to wish Kev farewell. The Staff and Management of Ashmore Pyc wish Kev all the best for his retirement.

Final Days for Activities:

Karate	Final Class 17 th December - Resumes 10 th January
TKD	Final Class 2 nd December - Resumes 24 th January
Circuit Fit	Final Class 8 th December - Resumes 31 st January
Dance	Final Class 9 th December - Resumes 24 th January
Soccer	Final Class 6 th December - Resumes 24 th January
Fun Kids	Final Class 10 th December - Resumes 27 th January
Boxing	Final Class 17 th December - Resumes 10 th January
Kickboxing	Final Class 23 rd December - Resumes 18 th January

Cheerleading News

Free try outs for 2011

Wednesday 8th & 15th December 5.00 - 6.00pm

Saturday 11th December 9.00am - 10.30am

New in 2011

- Creche Opening - for 9.00am fitness classes
- Fun kids Program - 3 days per week (Wed, Thur, Fri)
- New Zumba Instructor and times
- Pilates - New Class - Monday 9.15am
- Yoga - New Class - Friday 9.00am

