

Castle Hill PCYC



Activity Information and Timetable

March 28th 2007

ACTIVITY	MON	TUE	WED	THUR	FRI	SAT	SUN
* BOXING	5.00 - 7.00p	5.00 - 7.00p	5.00 - 7.00p	5.00 - 7.00p			
* JUDO		6.30 - 8.00p					
RHEE TAEKWONDO	6.00 - 7.00p		6.00 - 7.00p				
GYM	6.30a-7.00p	6.30a-7.00p	6.30a-7.00p	6.30a-7.00p	6.30a-6.00p	7.00a-10.00a	7.00a - 11.00a
CIRCUIT CLASSES		5.30 - 6.30p		5.30 - 6.30p		7.45 - 8.45a	
* YOGA	8.30-10.00am (Florence) 6.00-7.30pm (Tracey)						
* OVER 50s CLUB		9.30 - 12.00a					
PENSIONERS' LEAGUE				9.00 - 12.00a			
HOY	Every 2nd MONDAY 9.00 -12.00a						
TWIN CITY LIONS Aussie Rules .Seniors		5.30 - 7.00p Training	5.00 - 6.30p U14 Training	5.30 - 7.00p Training			
SWIMMING	6.30 - 8.30a 3-5p	6.30 - 8.00a 3-4p	6.30 - 8.30a 3-5p	6.30 - 8.30a 3-5p	6.30 - 8.00a	7 - 8.30a	7 - 8.30a
*Over 50s WATER AEROBICS		7.30a-8.30a			7.45a - 8.45a		
* LEARN TO SWIM	5.00 - 6.00p		5.00 - 6.00p				
* LIFE SAVING		3.30 - 5.00p					
OLD TIME DANCE						8.00 -11p	
BELLY DANCING		6.00-8.00p	6.00-8.30p	6.00-7.00p			
TVL LITTLE THEATRE	7.30-10.00p						
* YOUTH GROUP	Teenage Activity Group - (TAG) 12 - 17 Years						
* BEFORE SCHOOL CARE	6.30 - 8.30a	6.30 - 8.30a	6.30 - 8.30a	6.30 - 8.30a	6.30 - 8.30a		
* AFTER SCHOOL CARE	3.00 - 6.00p	3.00 - 6.00p	3.00 - 6.00p	3.00 - 6.00p	3.00 - 6.00p		
* VACATION CARE	7.00a - 6.00p	7.00a - 6.00p	7.00a - 6.00p	7.00a - 6.00p	7.00a - 6.00p	(School Holidays)	
SUNDAY MARKETS	(Tables \$3.00 ea.)						7 - 12a

Note - Some of the activities are seasonal.

* Participants must be members of the PCYC

Membership fees
for year to 31/12/2007

Juniors	\$16.50	Adults	\$27.50
Pensioners	\$ 5.50	Family	\$55.00

Castle Hill PCYC: **Harold Phillips Park**
Corner Hugh and Harold Streets, Belgian Gardens

phone **4772 3883** fax **4721 1772**
e-mail: manager@castlehillpcyc.org.au
<http://www.pcyc.org.au>

Arranged alphabetically

BELLY DANCING

This activity can teach a person, self control, confidence, sensuality, patience and the ability for one to express their true self without fear. It is also therapeutic and can assist with weight control and loss. New, exciting and fun and all ages. **Cost \$10.00**

Contact **Cara Johns 0409 700 037** or **4773 1261 / 4773 5588 Fax 4773 9588**

BOXING

For fitness or as a sport our boxing section is run by one of Townsville's top boxing coaches. Great for getting into shape or as a competitive sport. **Cost \$2.00 Juniors & \$3.00 Seniors.**

Contact **Gonzo Hooper 4724 4754**

CIRCUIT CLASSES

Up vibe, high impact classes are run at the club every Tuesday evening and Sat. morning, and boxercise on Thursday evenings. A great fun work out all round, work at your own pace, these classes are a real challenge; the results are excellent and you will feel the difference.

Cost \$6.00 Tues/Sat. \$7.00 Thurs. Contact **PCYC 4772 3883**

HOY

This game is similar to bingo however the prizes are groceries instead of cash. Played every second Monday morning in air conditioned comfort.

Cost \$1.00 / Sheet of tickets. Contact **PCYC 4772 3883.**

JUDO

Judo is one of the largest sections of the club with members ranging from 6 years to adults. This sport enhances balance, co-ordination and self discipline. For all ages, beginners are encourage to participate with their **first two lessons being free.** Competitions are held several times throughout the year and the club boasts several black belts and state champions.

Cost \$3.00 Juniors and Seniors. Contact **Dave Goode 4772 3883.**

OLD TIME DANCE

One of the biggest old time dances in North Queensland runs every Saturday night. Enjoy the music, kick up your heels and have a great time. A light supper is included.

Cost \$6.00. Contact **Joyce Mallett 4779 6108.**

OUTSIDE SCHOOL HOURS CARE (OSHC)

BEFORE SCHOOL CARE

Each weekday morning the club provides Before School care to children from Belgian Gardens, Central, Townsville West and Marion primary schools. Breakfast and transport to school is provided plus morning activities.

Cost \$10.00 / day Less Childcare Assistance %)

AFTER SCHOOL CARE

Each weekday the club provides activities for primary school children from 3.00 pm to 6.00 pm. Activities include ball games, art, craft, cooking, swimming, indoor games, Nintendos/Playstations and homework assistance. Afternoon tea is provided. Bus pick-ups are available from Belgian Gardens, Townsville West and Marion primary schools.

Cost \$13.00 / day (Less Childcare Assistance %)

VACATION CARE

We run a full program every school holidays from 7.00 am to 6.00pm. Activities include swimming, ball games, Nintendos/Playstations, arts and crafts, cooking and music, excursions and drama activities.

Cost \$33.00/ day (Less Childcare Assistance %)

*Please ask for the information sheet for more details and/or contact **PCYC 4772 3883***

OVER 50s CLUB

The members of this section are all over fifty years of age and organise activities such as luncheons, arts & crafts, hoy, excursions and music days. They meet every Tuesday morning.

Cost \$3.00. Contact **PCYC 4772 3883.**

PENSIONER LEAGUE

The Australian Pensioner League of Australia, Townsville Branch meets every Thursday morning for up- to -date information on pensioner issues and organised activities and excursions each week.

Contact **Joy Shepardson 4779 4873**

RHEE TAEKWONDO

The **first 2 lessons are free** for this popular martial art that trains at centres throughout Townsville. Gradings are conducted quarterly. An ideal activity for the family for health and fitness, co-ordination and self defence.

Cost from \$40.00 / Month. Contact **Julie Davis 1800 674979.**

Swimming / Water Activities

GENERAL SWIMMING – 25m pool

The pool is open for early swimming training from 6.30 am every day. Enjoy training without the crowds.

Cost \$2.00 members \$3.00 Non members. Juniors 1/2 price.

Contact **PCYC 4772 3883**

LEARN TO SWIM CLASSES

Our coach, Ingmarie is highly trained and has years of experience. All levels are catered for; beginners, stroke correction and swimming squads operate out of our pool.

Cost Learn to Swim -10 lessons / \$90.00. \$10.00/ casual class.

Swimming squad \$60.00 / 10 lessons. \$7.50/ Casual class

Contact **Ingmarie 0405 119 245**

LIFE SAVING

This activity is open to all ages and is run under the Royal Life Saving Society Program. It incorporates all aspects of Life Saving such as first aid, water rescue and resuscitation. Life saving is a competitive sport and covers all aspects of water safety.

Contact **Carolyn Asher 0411 116 223.**

OVER 50s AQUA WORKOUTS

Exercises and games in water to improve cardio fitness and endurance without stressing joints.

Cost \$5.00 or 6 classes for \$25.00

Contact **Fiona 0423 110 175**

SUNDAY MARKETS

Markets are held every Sunday, we have a large range of arts, crafts, cheap plants and palms, cakes, clothes and second hand items for sale. Entry is free. Stall owners pay **\$3.00 / Table.**

Contact **Joyce Mallett 4779 6108 to book tables.**

TEENAGE ACTIVITY GROUP (TAG)

The PCYC has a group of young people who take part in monthly activities. The aim is to develop positive social networks, learn leadership skills and interact with different people while having fun in a safe environment. We are always seeking new members to become involved in this group.

Contact **Bridget Waterhouse 4772 3883**

TOWNSVILLE LITTLE THEATRE

The new home base for this amateur theatre group is now the PCYC. Regular productions, rehearsals and recreational nights are held by TLT. New members and volunteers are most welcome. The spotlight is waiting for you.

Contact **Iain McDougall 4778 4335**

TWIN CITY LIONS (AUSSIE RULES)

The Twin City Lions now have a new home base. Senior's train twice a week at the PCYC on Tuesdays and Thursdays. New players are required for this fledgling club. Juniors U14 train on Wednesdays. Season runs from March to September. Training starts February. Registration fees **\$80.00**. Contact **Rob 0402 484 361**

WEIGHTS TRAINING

We have lots of brand new equipment for the refurbished gym, so come along and check out the new area. Plenty of equipment to give all parts of the body a good work out.

Costs – Members - A\$4.00/J\$2.00

Non members – A\$7.00/J\$3.50

New Gym Monthly, 6 monthly and yearly memberships available – from as little as \$5.00 per week for unlimited use. Also available, gym/pool combined memberships.

Contact **PCYC 4772 3883**

YOGA

Classes include therapeutic stretches, relaxation, meditation and breathing practices. Suitable for everyone. Therapeutic programs specialising in the relief of bad backs and sore joints.

\$7.00 for 1.5 hour session.

Contact **Florence 4778 3009** - Accredited instructor with over 30 years experience.

Tracey 0407 522 080

HALL HIRES

The club has facilities which can cater for social and business functions, meetings, workshops etc. We have very competitive rates.

Stadium – 200 people

Conference room with catering facilities – 30

Upper Church Hall – 80

Rainbow Room – 50

Swimming Pool - 60

PLANT SALES

As a fundraiser for the PCYC we have a plant nursery with a range of palms, ground covers and assorted other plants. Most sell for \$3.00 each and all proceeds are used for the upgrade of club facilities. Great value and plants can be purchased whenever the club is open and through the Sunday markets.
