



# BOXING CLASSES

With over 66 clubs across the state, PCYC provides quality activities and programs in a safe, fun and friendly environment.

Our aim is to engage with, and positively influence our 70,000+ youth members through mainstream sport, recreation, education, leadership and cultural programs.

In addition, we work with at-risk youth to break the cycle of disadvantage through crime prevention, vocational education, youth capacity building and social responsibility programs to change the life outcomes of over 7500 youth per year.



**BOOK NOW**



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Timetable	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNIOR BOXING		4pm-4:45pm		4pm-4:45pm		
YOUTH BOXING		5pm – 6pm		5pm-6pm		
OPEN BOXING		6pm-7pm		6pm-7pm		

### PCYC BOXING PROGRAM

The PCYC Boxing program will focus on healthy life style through boxing fitness, fun, agility, balance, co-ordination and introduction to fundamentals with an option to pathway to a competitive boxing program from Youth and Open(s)

All participants must have a current PCYC membership to take part in our Boxing classes.

BOXING CLASS	AGE	TERM PRICING @ 1 CLASS PER WEEK
JUNIOR	8-12 YRS	\$110 PER TERM
YOUTH	12-17YRS	\$120 PER TERM
OPEN	18+	\$120 PER TERM

### INTRODUCING COACH TROY

Coach Troy is an accredited coach with Boxing NSW. Further to this he is an official with Boxing Australia and works throughout the state as a judge and referee. He currently mentors youth through boxing and has a passion for working with young people extending beyond education, and strives to equip them with the life skills and confidence needed to build a brighter future for themselves

PCYC MEMBERSHIP	COST
JUNIOR Under 18 years	\$15 for 12 months
SENIOR	\$30 for 12 months