

## **WEIGHTS / FITNESS GYMNASIUM**

### **TIMES**

Mon to Thurs - 6.30am to 9pm; Friday - 6.30am to 6.30pm; Saturday - 8am to 3.30pm.

### **COSTS**

Adult Member: \$6 per session; Junior Member \$4.50 per session.

One (1) Month Member Training Card \$45.00

Six (6) Month Member Training Card \$220.00



### **MEMBERSHIP FEES**

Adult \$30.00;

Junior (under 18 yrs-Require Parent/Guardian authorisation) \$20.00;

Family \$60.00;

Senior (Show Seniors Card) \$6.00.

### **EQUIPMENT REQUIREMENTS**

Towel

Water bottle



### **RULES**

- Must be a PCYC Member.
- Must check in at Reception on arrival and show Membership &/or Training Card.
- Read and abide by Conditions of Entry rules (sign located in foyer).
- No Towel - No Workout. Towels available for hire at \$1.10 each.
- Equipment must be wiped down immediately after use.
- Barbells, Weights Bars etc must be returned to appropriate racks immediately after use.
- When using benches and seats, Towel must be placed between body and equipment.
- Ensure all equipment & personal items are not blocking walkways and is safe for yourself and all other users.
- Training Cards are not valid in a new calendar year until Membership is paid.
- Does not include the Boxing area between 4.30pm and 7.30pm Mondays and Wednesdays, 4.30pm to 6.30pm Tuesday, Thursday and Friday.

### **OTHER INFORMATION:**

We are NOT Government Funded. We are a registered charity. Donations of \$2 or more are tax deductible. Funds are collected by Membership & Activity Fees, Donations, Sponsorship and Fundraising. We ask that you take special care of all the equipment and building that many volunteers and staff have raised funds to purchase and maintain.



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