

Before/After School and Vacation Care

The Fortitude Valley PCYC runs Childcare Programs at Ascot and Brisbane Central State Primary Schools with Hendra State Primary School starting in 2009.

The program provides professional care and varied activities providing a balance of sport, games and craft to keep the children interested. We provide afternoon tea and are Child Care Benefit (CCB) Registered.

ASCOT

Before School Care	7am — 9am
After School Care	3pm — 6pm
Vacation Care	7am — 6pm

BRISBANE CENTRAL

Before School Care	7am — 9am
After School Care	3pm — 6pm

HENDRA

After School Care	2.30pm — 6pm
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For further information please contact Theresa on

Ph 3256 0683

Mbl 0408738246

DONATIONS

We are self funded registered charity. This means that we do not receive any Government or Police funding.

All donations of \$2.00 or more are tax deductible.

A Branch of the
Queensland Police-Citizens Youth Welfare Association
ABN: 58 009 666 193



NON PCYC ACTIVITIES

ORCHARDS DANCE ACADEMY

Ballroom Dancing
Social Dances Monday and Friday Nights
Private Lessons by Appointment
Phone Joanne 0412069722

BREAKDANCING

Classes: Saturday 12.00pm — 2.30pm
Training: Tuesday 5.00pm — 7.30pm
Phone Rohan 0412066847

MnB HIP HOP DANCE CLASSES

Phone Michael 0410470903

MIDDLE EASTERN DANCING

Learn to Belly Dance
Thursday 5.30pm — 7.30pm
Phone Ambyr 0410337310

FORTITUDE VALLEY POLICE-CITIZENS YOUTH CLUB



2010 Activity Programme

CLUB HOURS

Monday — Thursday

6.30am — 9.00pm

Friday

6.30am — 6.30pm

Saturday

8.00am — 3.30pm

MEMBERSHIP FEES

Junior U18 \$20.00

Family \$60.00

Adults \$30.00

Senior \$6.00

458 Wickham St, Fortitude Valley Qld 4006

Ph 3252 3365 Fax 32529206

EMAIL : valley@pcyc.org.au

WEB SITE : www.pcyc.org.au

Boxing with Trainer

The Fortitude Valley PCYC is a registered amateur boxing club that caters for beginners up to experienced boxers. Whether you want to learn how to box , get fit or box as an amateur we can meet your needs.

Monday to Friday

Advanced	4.30pm—6.30pm
Beginners	5.30pm—6.30pm
Adults	\$6.00
Children U18	\$4.50

Boxing Gloves, Skipping Rope, Towel and water bottle needed for class.

Boxing without Trainer

If you like to train by yourself and do your own routine then we can cater for your needs.

MONDAY TO THURSDAY

6.30am—4.30pm
7.40pm—9.00pm

FRIDAY

6.30am—4.30pm

SATURDAY

8.00am—3.30pm

Adults \$6.00

Children U18 \$4.50

Boxing Gloves, Skipping Rope, Towel and water bottle needed for class.

WEIGHTS

Fully Equipped Weights room to meet all your needs. *Please bring a towel when working out.*

MONDAY TO THURSDAY

6.30am—9.00pm

FRIDAY

6.30am—6.30pm

SATURDAY

8.00am—3.30pm

Adults \$6.00

Children U18 \$4.50

BOXCARDIO

Boxcardio is one of the most effective forms of cross training available today.

MONDAY and WEDNESDAY

6.30pm to 7.40pm

Adults \$6.00

Children U18 \$4.50

AIKIDO

FRIDAY

4.30PM—6.00PM

Adults/Children \$12.00

KI -AIKIDO

Wednesday

6.30pm—8.30pm

Adults/Children \$10.00

INDOOR BOWLS

WEDNESDAY (Fortnightly)

7.30pm—10.30pm

Mat fee \$4.00