

## **Boxing (With Trainer)**



### TIMES

Monday to Friday : Tournament Training 4.30pm to 6.30pm;  
Beginners & General Training - 5.30pm to 6.30pm.

NOTE: Training is not One on One. Group Training only.

### COSTS

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

One (1) Month Member Training Card \$80.00

Ten (10) Visit Member Training Card Adult \$55; Junior \$40.

**QUALIFIED  
COACHING**

### MEMBERSHIP FEES

Adult \$30.00;

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

Family \$60.00;

Senior (Show Seniors Card) \$6.00.

Calendar Year Membership - Expires 31st December every year.

### EQUIPMENT REQUIREMENTS

Towel

Water bottle

Training Mitts

Hand Wraps

Skip Rope

#### **Boxing Equipment on Sale at the Club**

Pre-curved Training Mitts - \$35 pr

Hand Wraps - \$10 pr; Skip Rope \$6.60 each;

Water Bottle \$2 each; Cotton Inner Gloves \$2.50 pr

### 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/Floor must be wiped down immediately after use.
- ✓ Barbells, Weights Bars etc must be returned to 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.

### 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.

