

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.

Calendar Year Membership - Expires 31st December every year.

PROGRAMMES & ASSESSMENTS

Instructor available for Members Only between 5.30pm & 7.30pm Mon to Thurs

EQUIPMENT REQUIREMENTS

Towel

Water bottle (On Sale at the Club \$2 each)



RULES

- Y Must be a PCYC Member.
- Y Must check in at Reception on arrival and show Membership &/or Training Card.
- Y Read and abide by Conditions of Entry rules (sign located in foyer).
- Y No Towel - No Workout. Towels available for hire at \$1.10 each.
- Y Equipment must be wiped down immediately after use.
- Y Barbells, Weights Bars etc must be returned to appropriate racks immediately after use.
- Y When using benches and seats, Towel must be placed between body and equipment.
- Y Ensure all equipment & personal items are not blocking walkways and is safe for yourself and all other users.
- Y Training Cards are not valid in a new calendar year until Membership is paid.
- Y Does not include the Boxing area between 4.00pm and 9pm Mondays, 4.00pm and 7.30pm Tuesday to Thursday and 4.00pm to 6.30pm 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.

