

**OFFICE HOURS**

Monday - Thursday:  
8:00am-9:00pm  
Friday & Saturday:  
8:00am-1:00pm  
Sunday: Closed  
Ph: 33249652  
Fax: 33249653



# CARINDALE PCYC 2010 ACTIVITY PROGRAM

Web: [www.carindalepcyc.org.au](http://www.carindalepcyc.org.au)  
Email: [manager@carindalepcyc.org.au](mailto:manager@carindalepcyc.org.au)  
27 Narracott St., Carina, Qld 4152

**MEMBERSHIP FEES**

Adults \$30.00  
Child \$20.00  
Pensioner \$6.00  
Family \$60.00

**LEVIES**

Under 5's Equipment \$10.00  
Gymnastics & Trampoline \$20.00

**Under 5's Programs**

TIMES	Mon	Tue	Wed	Thu	Fri	Sat
<b>CRAZY CRAWLERS</b> \$75.00 10wk block / \$10.00 Casual class						
8:30am-9:15pm		Crawling				
11.30pm-12.15pm			Crawling	Crawling		
<b>WONKY WALKERS</b> \$75.00 10wk block / \$10.00 Casual class						
8:30am-9:15am			Walking-2yrs			
9:30am-10:15am	Walking-2yrs	Walking-2yrs	Walking-2yrs			
10:30am-11:15am					Walking-2yrs	
<b>MINI SCRAMBLERS</b> \$75.00 10wk block / \$10.00 Casual class						
9:30am-10:15am				2-3yrs	2-3yrs	
10:30am-11:15am	2-3yrs	2-3yrs	2-3yrs	2-3yrs		
<b>KINDY SCRAMBLERS</b> \$75.00 10wk block / \$10.00 Casual class						
8.30am-9.15am				2-5yrs		
9:00am - 9:45am						2-5yrs
9:30am-10:15am	3-4yrs	3-4yrs	3-4yrs	3-4yrs	3-4yrs	
10:30am-11:15am	3-4yrs	3-4yrs	3-4yrs	3-4yrs	3-4yrs	
11:30am-12:15pm		2-5yrs		2-5yrs		
3:30pm-4:15pm		2-5yrs		2-5yrs		
<b>KINDY TRAMP</b> \$75.00 10wk block / \$10.00 Casual class						
9:00am - 9:45am						
11:30am-12:15pm	3-5yrs	3-5yrs	3-5yrs	3-5yrs	3-5yrs	
<b>LOONEY TUNES</b> \$75.00 10wk block / \$10.00 Casual class						
10:30am-11:15am		2-5yrs	2-5yrs	2-5yrs		
<b>SPORTY TIKES</b> \$75.00 10wk block / \$10.00 Casual class						
9:30pm-10:15pm		3-5yrs		3-5yrs		
<b>GYM SCRAMBLERS</b> \$75.00 10wk block / \$10.00 Casual class						
11:30am-12:15pm	4-5yrs Selected X Coach		4-5yrs Selected X Coach			

PLEASE NOTE: Bookings are required for ALL under 5's classes. ALL under 5's activities require parent participation.

**Pulse Dance Party's**

Primary Pulse Grades 4-8 7-9:30pm	Under 18 Pulse 7-10pm	Special Needs Pulse 7-9pm	Pre Pulse Grades 1-4 6-8pm	Micro Pulse Under 5's 4-5:30pm
20th Feb.	12th Feb.	19th Feb.		
20th March	12th March	19th March	13th March	13th March
17th April	9th April	16th April		
15th May	14th May	21st May		
19th June	11th June	18th June	12th June	12th June
17th July	9th July	16th July		
21st Aug.	13th Aug.	20th Aug.		
18th Sept.	10th Sept.	17th Sept.	11th Sept.	11th Sept.
16th Oct.	8th Oct.	15th Oct.		
20th Nov.	12th Nov.	19th Nov.		
11th Dec.	10th Dec.	No Dance	4th Dec.	4th Dec.

**RULES FOR PULSE DANCES**

1. The PCYC is a drug, alcohol & smoke free environment.
2. **NO** objectionable behaviour will be allowed
3. **NO** chewing or bubble gum is allowed
4. Under 18 Pulse dance parties are restricted to Under 18 only.
5. It is a condition of entry that you submit yourself to having a hand held metal detector passed over you & your bags searched.
6. Management reserves the right to refuse persons entry.

**DRESS CODE**

1. Clean respectable dress that is not offensive
2. Dress shorts, good t-shirts and shoes. No torn clothing with holes, no thongs or bare feet.

**ALL block cards expire within 12 weeks of issue date.**

**NO refunds on unused classes.**

**All participants MUST become a PCYC member by their 3rd visit.  
Memberships and levies are valid per calendar**

# PCYC ACTIVITIES

TIMES	Mon	Tues	Wed	Thu	Fri	Sat
<b>TRAMPOLINE</b> - Bookings Essential \$10.00 per class or \$75 for 10wk block <i>All 10 week Block Cards expire within 12 wks of issue date</i>						
10:00am - 11:00am						Rec 6-15yrs
3:30pm - 4:30pm	Level 1 & 2 6-9yrs	Level 1 & 2 6-9yrs	Level 1 & 2 6-9yrs	Level 1 & 2 6-9yrs		
4:30pm- 5:30pm	Level 1 & 2 6-9yrs	Level 1 & 2 10-15yrs	Level 1 & 2 6-9yrs	Level 1 & 2 10-15yrs		
5:30pm- 6:30pm	Level 1 & 2 10-15yrs	Level 3 & 4	Level 1 & 2 10-15yrs	Level 3 & 4		
6:30pm- 8:00pm	Level 4+	Level 4+	Rec Adults	Level 4+		
<b>RECREATIONAL GYMNASTICS</b> - Bookings Essential \$10.00 per class / \$75 10wk block						
3:30pm- 4:30pm	6-12yrs Begin		6-12yrs Begin			
4:30pm- 5:30pm	6-12yrs Intermediate		6-12yrs Intermediate			
<b>SPECIAL NEEDS GYMNASTICS</b> \$7.00 per class / \$50 10wk block						
4:30pm- 5:30pm				6-15yrs		
<b>SKIPPING</b> - Bookings Essential \$10.00 per class / \$75 10wk block						
3:30pm - 4:30pm		6-15yrs				
4:30pm- 6:00pm		6-15yrs Intermediate				
11:00am - 12:00am						6-15yrs
<b>FITNESS CLASS</b> - Bookings Essential Adults - \$10.00 per class or \$80.00 10 wk block						
5:30pm- 6:30pm		12-17yrs				
7:00pm- 8:00pm		17yrs - Adults		17yrs - Adults		
<b>ZUMBA</b> - Adults - \$10 per class or \$80.00 10 wk block						
9:00am - 10am						Starting March
6:30pm - 7:30pm		15yrs - Adults				



## CARINDALE PCYC YOUTH GROUP (R.A.G.E.):

RAGE, stands for **R**espect **A**chieve **G**ive and **E**xcite, and is Carindale PCYC's active youth group for youth aged between 13 and 18 years. RAGE members fund-raise themselves and then utilise this money to participate in social events and community projects. Contact Stacey Clift at the office.

# MARTIAL ARTS

TIMES	Mon	Tue	Wed	Thu	Fri	Sat
\$8 Casual or Block Cards (\$65 - 10wk, 1 class / week), (\$105 - 10wk, 2class / week) <i>All 10 week Block Cards expire within 12 wks of issue</i>						
<b>KARATE</b>						
6:30pm - 8:30pm	5yrs - Adults		5yrs - Adults			
10:30am- 12:30pm						Purple Belt +
<b>JUDO</b>						
6:30pm - 8:30pm	6yrs- Adult					
<b>AIKIDO</b>						
9:00am- 10:30am						6-14 yrs
6:00pm- 7:30pm				6-14 yrs		
<b>JU JITSU</b>						
6:30pm- 7:30pm			6yrs- 14yrs			
7:30pm - 9:00pm			15yrs - Adults			
<b>TAE KWON DO</b>						
3:30pm - 4:15pm	4-6yrs					
4:15pm - 5:00pm	6-8yrs Beg + yellow					
5:00pm - 6:00pm	8-14 Yrs beg + yellow		8-14yrs beg + yellow	5-14yrs White to Blue belts		
6:00pm- 7:00pm	6-14 yrs 3 stripe Yellow to Red		6-14yrs Blue belts only	6-14 yrs Blue 3 stripe & Red		
7:15pm - 8:30pm	Adults			Adults		
7:00pm - 8:15pm			Comp. Classes			
<b>TAI CHI</b> \$10.00						
9:30am- 10:30am			All ages			
6:30pm- 7:30pm		All ages				
<b>QIGONG (Energy Meditation)</b> \$10.00						
10:45am - 11:45am			All ages			
1:00pm - 2:00pm			All ages			

## VACATION CARE

For Children 5 - 13yrs - 7am - 6pm  
Fees booked prior to a week before the vacation care period—\$40.00 per day, Fee for bookings taken after this period—\$45.00 per day, (CCB eligible)

*The PCYC provides quality care for your school aged children during vacation periods. PCYC offers a range of organised sport & recreation activities which include arts and craft, cooking, martial arts, & trampolining as well as incursions & excursions.*

## OUTSIDE SCHOOL HOURS CARE

The Carindale PCYC operates Outside School Care at four state primary schools—Seven Hills SPS, Carina SPS, Tingalpa SPS and Murarrie SPS. If you require any details regarding the services, please contact the office.