



Upper Ross PCYC 2009 Activity Schedule



Activity	Member's Fee	Contact Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Artistic Roller Skating	\$4.00	Erin 0409 769 004	6.30pm - 8.30pm	6.00pm - 8.00pm				8.00am-12pm	
Boxing With Trainer	Adult \$4 Child \$3	Dennis 0413 292 532		6.00pm - 7.30pm	6.00pm - 7.30pm	6.00pm - 7.30pm			
BUDO JITSU		Gal Campbell 0427 529 972	6.00pm - 7.00pm			6.00pm - 7.00pm			
Circuit Class	\$5.00		9.00am - 10.00am				9.00am - 10.00am		
Creche	\$3.00		9.00am - 10.00am				9.00am - 10.00am		
Dance -Ballet (B) -Modern (M)	6-8 Yrs 9-12 yrs	Rhiannon Hall 0488 180 203		5.30pm- 6.30pm B 6.30pm- 7.30pm M					
KARATE—DO Karate, Judo, Jujitsu	Child \$3 Adult \$4	Michael Creedy 4723 1225	Junior Class Senior Class		5.00pm-6.00pm 6.00pm-7.30pm		5.00pm-6.00pm 6.00pm - 7.30pm		
KENDO	Child \$3/Adult \$4				7.00pm-8.30pm		7.00pm-8.30pm		
Over 50's Social club	\$4.00	Theresa 4789 0397		9.00am - 12.00pm					
Pakour	no charge	Under 14's Over 14's	4.00pm - 5.00pm 5.00pm - 6.30pm						
SHAB - Over 50's Fitness	\$4.00		10.00am - 11.00am	9.00am - 10.00am			10.00am - 11.00am		
SHOTOKAN KARATE	Child \$3/Adult \$4	Damien 0422 095 163	6.30pm - 8.30pm			5.30pm - 8.00pm			4.00pm - 6.30pm
SPOTTY'S PATCHWORK CLUB	2hrs \$10/All Day \$20	Adele 0404 266 149		9.30am - 2.30pm					
Tiny Tots and Toddler Craft	\$3.00 Per Family		10.00am - 11.00am				10.00am - 11.00am		
Weights/Gymnasium	see page over		8.00am - 8.00pm	8.00am - 8.00pm	8.00am - 8.00pm	8.00am - 8.00pm	8.00am - 8.00pm		
Club Pulse (Jnr Disco)	\$5.00	Office 4789 2145	Last Friday Every Month				7.00pm - 9.00pm		