

SAFE SPACE—DROP IN CENTRE

Monday – Thursday 3:00 to 5:00pm

'Safe Space' is a Youth Crime Intervention Program. It's purpose is to provide youth aged 8-14 with a safe place to come hang out with their friends- as an alternative to hanging out in the streets. The Fremantle PCYC, under the supervision of a qualified youth worker, provides a youth-friendly space equipped with games, pool tables, etc.

Please see term planner for the Safe Space

For more information about Safe Space, contact the PCYC on 9314 3157 or email thedropin@wapcyc.com.au

CAMMOPLAY GYM

Cammoplay is a fun activity for young boys and girls under 5 years old. Cammoplay is a great way for children to explore body movement. It's a fun safe environment to development and gain confidence and make new friends. This activity is a great bonding session with you and your child/children as you work alongside each other with learning the start of gymnastic skills.

Classes are 9.30—10.20 U3's (Thurs—Fri)
10.30—11.20 Over 3's (Thurs—Fri)

If you have any questions please come speak to the staff at PCYC or call on 93143157.

BASKETBALL

The next season (Winter 2018) will be commencing on the 30th April 2018 and will go through to the end of Term 3 2018. Games are played at Cockburn Basketball Association.

If you or someone you know is interested in playing basketball next season please contact Jakeb with any queries or questions.

Ph 9314 3157



USEFUL PROGRAM NUMBERS....

Akido: 0428 536 835

Judo: 0420 637 565

Jujutsu: 0431 980 979

Karate: 0415 724 710

Wrestling: 0410 514 948



Providing a brighter future for young people through direction, development and opportunity.

Fremantle Police & Community Youth Centre



Fremantle PCYC

2/34 Paget Street, Hilton WA 6963

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Term 3 Timetable

2018

Day & Time	Activity	Court
Monday		
09:00AM - 11:30AM	Buster the Fun Bus	Workshop
10:00AM - 11:00AM	Zumba Gold	Progress Hall
10:00AM - 12:00PM	Interchange - Healthy Cooking	Kitchen
03:00PM - 05:00PM	Safe Space	Drop in Centre
04:00PM - 06:00PM	Girls Gym: GymFun, L1	Gym 1
06:30PM - 07:30PM	Wrestling	Gym 3
Tuesday		
09:00AM - 12:00PM	Badminton	Gym 2
10:00AM - 12:00PM	Interchange	Workshop
03:00PM - 05:00PM	Safe Space	Drop in Centre
04:00PM - 07:30PM	Girls Gym: Rec/ Club/ GWA Levels Program	Gym 1
05:00PM - 08:00PM	Karate	Gym 2
05:00PM - 07:30PM	Judo	Gym 3
05:30PM -	Soup Kitchen	Foyer
05:30PM - 08:30PM	Wasamba Drumming	Progress Hall

Subject to change. Not all activities listed below are run by PCYC, some are private (hall hire) arrangements.

Day & Time	Activity	Court
Wednesday		
09:45AM—11.15AM	Charleyoga	Progress Hall
9:30AM—11:30AM	Home School Gym (1 hour)	Gym 1
10:00AM - 11:00AM	Salsa Babies - (Mum & Bub)	Gym 2
11:00AM - 12:00PM	Salsa Tots - (Mum & Toddler)	Gym 2
1:00PM— 3:45 PM	Nu-Line Dance	Progress Hall
3:00PM—5:00PM	Safe Space	Drop in Centre
3:45PM – 8:00PM	Girls Gym: Rec/Club/GWA Levels	Gym 1
4:30PM—5:30PM	Women’s Youth Boxing 10-15yr	Workshop
5:30PM—7:00PM	Women’s Youth Boxing 16-24yrs	Workshop
5:00PM - 6:30PM	Boys Gym	Gym 1
6:30PM – 7:30PM	Wrestling	Gym 3
6:00PM – 7:30PM	Air Rifles	Gym 2
6:30PM—8:00PM	Boys FreeG	Gym 1
6:30PM—8:00PM	Jujutsu Self Defense	Progress Hall
7:30PM – 9:00PM	Aikido	Gym 2
Thursday		
9:30AM—10:20AM	Cammoplay Gym 2 years	Gym 1
10:30 AM—11:20AM	Cammoplay Gym 3+	Gym 1
9:30AM – 12:15PM	Hora Shalom Dance Group	Progress Hall
11:30AM—12:30PM	Home School Gym (1hour)	Gym 1
3:00PM—5:00PM	Safe Space	Drop in Centre
3:45PM – 5:45PM	Cheer Dance & Acrobatics	Gym 2
4:00PM – 7:30PM	Girls Gym: Rec/Club/GWA Levels	Gym 1
6:00PM— 7:30PM	Boys Gym	Gym 1
5:00PM – 6:00PM	Judo	Gym 3
6:00PM – 7:00PM	Karate	Gym 2
6:30PM—7:30PM	Zumba Gold	Progress Hall
7:30PM – 9:30PM	Sugar Blue Burlesque	Gym 2

Call Fremantle PCYC for more details on
9314 3157

Day & Time	Activity	Court
Friday		
9:30AM—10:20AM	Cammoplay 2 Years	Gym 1
10:30AM-11:20AM	Cammoplay 3+	Gym 1
4:00PM – 4:50PM	Girls Gym: Gym Fun/Dev/	Gym 1
4:00PM—7:30PM	Girls Gym: Levels Program	Gym 1
5:00PM – 8:00PM	Girls Gym: Snr Optional’ s Comp & Casual	Gym 1
6:00PM—7:15PM	Boys Gym: Comp Program	Gym 1
Saturday		
8:00AM—9:30AM	Jujutsu Self Defense	Progress Hall
8:30AM—9:30AM	Pilates-With-Us	Art Workshop
8:30AM –11:30AM	Boys Gym:	Gym 1
8:30AM – 5:00PM	Girls Gym: Rec/Club/GWA	Gym 1
9:00AM – 10:30AM	Aikido	Gym 2
10:00AM -11:00AM	Zumba Gold	Progress Hall
01:00PM – 3:45PM	Nu-Line Dance	Progress Hall
Sunday		
08:30AM—12:30PM	Freedom City Church	Gym 2
10:00AM—12:00PM	Redeemed Christian Church of God	Progress Hall
2:00PM—3:30PM	Evangel Christian Fellowship	Workshop