

## About Us

Last Updated Friday, 18 December 2009

### ABOUT PENRITH PCYC WESTERN WARRIORS JUDO CLUB

Penrith PCYC is situated at 100 Station Street, just at the edge of the CBD. It is a short walk from Penrith Station, and local bus routes pass the Club on a regular basis.

The Club has been established for more than 30 years.

We are currently looking for volunteers to assist in running new activities as well as the general running of the club.

### Opening times & Fees

Monday 12pm to 9pm

Tuesday 12pm to 8pm

Wednesday 12pm to 9.00pm

Thursday 12pm to 8pm

Friday 12pm to 8pm

Saturday 10am to 2pm as of April 09

Sunday Closed

Public Holidays Closed

School Holidays Check website for holiday programs

Senior membership \$15.00

Junior membership \$10.00

Judo session times are as follows:

Monday 6:00 pm to 7:00 pm - Juniors and beginners

Monday 7:00 pm to 8:30 pm - Seniors and advanced juniors

Friday 6:00 pm to 7:00 pm - Juniors and beginners

Friday 7:00 pm to 8:30 pm - Seniors and advanced juniors

Class fee \$6

New starters Information

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Must be a member of the Penrith PCYC.

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PCYC Senior yearly Membership \$15.00.

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PCYC Junior yearly Membership \$10.00.

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Class fees \$6

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Wear Tracksuit pants or similar (no zippers).

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Wear Tracksuit Top or jumper (no zippers).

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No jewellery to be worn and no metal in hair bands.

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Good personal hygiene.

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Shoes must be worn whilst off the mats.

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Minimum starting age is usually around 5, Mum and Dads welcome to train with your kids.

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Membership to the JFA (Judo Federation of Australia) required after a 6 weeks. This allows student to enter competitions and sit for gradings

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Please purchase a Judogi after joining the JFA. Ask an Instructor for a current price list.

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Senior JFA yearly fees \$100.00.

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Junior JFA yearly fees \$60.00.

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JFA fees to be renewed on the 1st July each year.