



Commercial Swimming Club

Gym Training 2010 Senior squad

Police-Citizens Youth Club (PCYC)
458 Wickham St. (Cnr Church St), Fortitude Valley

Monday and Thursday

Group 1: 5:30 – 6:30am

Group 2: 6:30 – 7:30am

12 month: \$300 • 6 month: \$200 • 3 month: \$150

Cost includes \$25 yearly PCYC Membership Fee

Payment required within 2 weeks of joining

Instructor: Tom Evans (0431 307 132)

Certificate 3 and 4 in Fitness • Group Fitness Trainer

