

GET FIT PROGRAM

PCYC Taree are currently running a GET FIT program. This program aims to engage young indigenous people aged between 8 and 24 years in mainstream physical activities to improve their health and wellbeing. We are currently running specific classes within the PCYC for indigenous children, these include:

- Boxing (both Tuesday and Thursday afternoons)
- Basketball skills and drills (Tuesday afternoons)
- Gymnastics (Thursday afternoons – Girls only *)

Participants will be picked up from their requested address between 4 and 4.30pm. They will participate in the activity for 1 hour, where they will then be dropped back home between 5.30 and 6pm.

In addition to this funding will be provided to Indigenous children who have progressed past entry point programs and would like to become involved in competitive and pathway programs. Funding will be provided to participants that are interested in any activities that are currently running at the PCYC. These include:

- Various disciplines of gymnastics
- Boxing
- Karate
- Judo
- Archery

If you require any further information or know a child who would like to become involved in any of the above activities please contact the below details:

Coordinator: Amy Chapman

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