

WHATS ON AT THE CLUB



LAST SFC HOME GAME OP SHOP DRESS UP PARTY

Fridays
Chase the Ace
\$1900
(members only)



Restaurant Open
Dinner Thursday Night
Menu available on
the PCSC website.



Monday

- Allsorts Exercise Club 9am-10am

Tuesday

- Playgroup 9am-11am
- Yoga 5:30pm
- Seniors Football Training 6pm
- Senior Netball 6pm
- Ladies Darts 7:30pm

Wednesday

- Badminton 9am
- Social Badminton 6pm
- Snooker 6:30pm
- Men's Darts 8pm

Thursday

- Playgroup 9am-11am
- Seniors/Juniors Football
- Training 4.30pm
- Indoor Hockey 6pm

Saturday

- Karate 8am

**Exciting
news
coming
soon!**

Updates



GymMaster App – is a comprehensive gym companion. It allows members to manage their membership and make payments. Members can access personalised workout plans complete with reps, sets, weights, rest times, and tempo; log their workouts to track progress over time; and enjoy gym access using their phone, eliminating the need for a key fob.

Gym Age Policy

Users over 16 can use the gym unsupervised, under 16s need to be accompanied by an adult.



Join the Chico Challenge Now!
12 Classes \$150

REMINDER

**PCSC MEMBERSHIPS HAVE BEEN SENT
OUT
AND ARE NOW DUE!!
HAVE YOU RECEIVED YOURS?
IF NOT GET IN CONTACT.**



SOUTHERN STRIKERS SOCCER CLUB



DON'T FORGET!!

Office Admin Hours
Tues, Wed & Thurs
8:45am till 2:45pm

The SSSC is working to offer summer soccer this year and needs community support. You're invited to attend the **AGM on Tuesday, 5 August at 6pm** in the PSC boardroom – no pressure to join the committee. Parents are asked to email player names and school years to southernstrikerssecretary@gmail.com by Monday, 11 August to express interest. Summer soccer may not go ahead without enough support.



Scan QR codes to download the app.

Gym Opening Hours

Monday	4:00am-11:00pm
	Closed 6:00am-7:00am
Tuesday	4:00am-11:00pm
Wednesday	4:00am-11:00pm
	Closed 6:00am-7:00am
Thursday	4:00am-11:00pm
Friday	4:00am-11:00pm
Saturday	4:00am-11:00pm
Sunday	4:00am-11:00pm

