




Activities & Services

January – June 2011

Hours of Operation (Gymnasium)						
Monday to Thursday	6.30am – 8.30pm					
Friday	6.30am – 7.00pm					
Saturday	10.00am – 4.00pm					
Sunday & Public Hols.	Closed					

Hours of Operation (Recreation Centre/Basketball Courts)	
Monday to Friday	6.30am – 9.00pm
Saturday	10.00am – 4.00pm
Sunday	10.00am – 4.00pm
Public Holidays	Closed

Craft	Activity	Time	MO TU WE TH FR SA							Cost	Contact	Phone
			MO	TU	WE	TH	FR	SA				
	Painting for pleasure	6.30pm - 9.00pm			✓					\$4.00pc. Incl. art materials	KGV	9244 3600
Lifestyle	Yoga - Ki	7:00am (mon & wed), 12.15pm (tue & thurs)	✓	✓	✓	✓				\$14.00 pc or fee included in membership	KGV Gym	9244 3611
	Pilates	1:05pm & 6:30pm (wed)			✓					\$14.00 pc or fee included in membership	KGV Gym	9244 3611
	Tennis Coaching	Tues 6pm		✓						Individual & group coaching available	Alison	0418 200 548
	SoccerFit	Wed 6 – 7pm			✓					www.soccerfit.com	Liam	
Fitness	Body Pump (daytime)	1.05pm (tue & thurs)		✓		✓				All Casual visits to the gym are \$14.00 per visit, which enables you to participate in classes, as well as use the gym equipment. The purchase of any of our term memberships includes: access to all classes, Fitness Assessment, Fitness Program and locker hire. Class Timetable changes monthly, email: kgvfitness@cityofsydney.nsw.gov.au for updated classes. Discount applies for Residents of the City of Sydney LGA	KGV Gym  RECOGNISED PROVIDER FITNESS SERVICES	9244 3611
	Body Pump (evening)	6.00pm (wed)			✓							
	Biking (varying classes)	7:00am (tues), 12:15pm (fri),		✓			✓					
	Fitness Assessments	bookings required	✓	✓	✓	✓	✓	✓				
	Young @ Heart - Seniors Exercise	9.30am (mon)	✓									
	Basketball Fundamentals	7.00am (fri)					✓					
	Fusion 3 (Biking, Boxing, BOSU)	12.15pm (mon), 1.05pm (fri),	✓				✓					
	Fusion 2 (Biking, BOSU)	1.05pm (mon), 7.00am (thur),	✓			✓						
Burn & Tone	12.15pm (wed), 5:45pm (tues),		✓	✓								
Punch Pad	6.00pm (thurs)				✓							
Sports Comps	Unisex Basketball	Lunch comps run 11.30am-2.30pm.		✓		✓			Rego per team, per competition \$879.50 All Indoor Competitions \$660.00 Lunch Outdoor Competitions \$790.00 Evening Outdoor Competitions This includes scorer/referees. <i>Does not include personal injury insurance.</i> The competition runs for 16 wks. Please check website www.cityofsydney.nsw.gov.au > Residents > Recreation and Learning Centres > Sporting Competitions or email us on kgvsports@cityofsydney.nsw.gov.au	KGV Sports Marcus Daniel	9244 3608 9244 3605	
	Unisex Volleyball (lunch)	Evening comps run 6.00pm-10.30pm.		✓								
	Unisex Netball	Saturday Comps run 10.00am-4.00pm	✓				✓					
	Women's Basketball	Men's Fut – Mon, Tue, Fri & Thur (eve) Mixed Fut – Mon (eve), Thur			✓							
	Men's Basketball	Mixed Bball – Tue (eve) & Thur Men's Bball – Wed, Thur (eve) & Sat			✓	✓	✓					
	Mixed Futsal	Mixed Netball – Mon (eve) & Fri	✓			✓						
	Mens Futsal	Mixed Volleyball - Tue	✓	✓		✓	✓					
KIDS	PLAYGROUP	Tues 9.30am – 11.30am		✓				Contribution CCCB rebate available	KGV	9244 3600		
	OOSH (After School Care)	3 – 5.45pm	✓	✓	✓	✓						
	Vacation Care (School Holidays)	8.00am - 6.00pm	✓	✓	✓	✓						

Cumberland St, The Rocks, NSW 2000
 Ph: 9244 3600 Fax: 9244 3613
 General Enquiries e-mail: kgv@cityofsydney.nsw.gov.au
 Gym Info: kgvfitness@cityofsydney.nsw.gov.au
 Sports Comps: kgvsports@cityofsydney.nsw.gov.au

KGV Recreation Centre



KGV Community BBQ: Held 1st Friday of every month. Call KGV Reception on 9244 3600 to RSVP & register your name for the lucky door prize.

Youth Services & Activities: Drop in @ A. Mott Youth Centre weekday afternoons (call 9244 3695)

Casual Basketball: Wdays 6.30–11.30am, 2.30–5.30pm, Fri Nights: 2.30 – 8.45pm. \$5 per session. (Full evening session not avail on first Fri of mth & special events). Sat: 12–4pm (only available 10am–4pm outside school term) Sun: 10am – 4pm. Call to ensure availability.

Community Playground: Call 9244 3600 for information regarding the availability of the KGV children's playground

Information correct at time of publication. Programmes & times subject to change. Call KGV to confirm.