



ST KILDA PCYC ANNUAL REPORT 2019

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*Gym
Community
Youth*

PRESIDENT'S REPORT

Over the past few years, we have been working hard to strengthen the foundations of the St. Kilda PCYC to make sure it will continue to serve the community for many years to come.



Last year, we asked you what the PCYC means to you and how we can better service your needs, which helped us to develop our first-ever Strategic Plan. I'm happy to say that we've been using your feedback to continue to empower youth, engage our community and provide quality gym and recreational facilities. Our focus is on building and growing in these three areas.

As I reflect on 2019, I am proud of the impact St. Kilda PCYC has had on the community. St Kilda PCYC has come a long way. I first attended PCYC in my youth in the early 90's, playing basketball and hanging out with my

mates, so I have a strong connection with this place. Fast-forward a couple of decades and the St Kilda PCYC programs and services have changed to meet the needs of today's community. This year, I attended the MIXTAPE launch at the Windsor Castle. The launch was the result of months of hard work that gave the talented youth we work with the self-confidence to shine in a supportive environment. It was amazing to see the connection between staff, youth and everyone else who attended.

Our work to empower youth and engage the community could also be seen at the 2-on-2 basketball competition at the St. Kilda foreshore, which was a partnership between the St. Kilda PCYC, City of Port Phillip, Victoria Police and other community organisations. As we continue to foster a strong sense of belonging as part of our youth culture, our focus remains on building partnerships with community to ensure we provide quality services that reflect our values.

We are well into implementing our Marketing Strategy so that we can continue to grow and attract young people and the community to our programs and services. We are also investing in our staff so they can develop new skills as we expand our programs and services to the community, in line with our Strategic Plan.

And speaking of staff, we must remember that it is they who make the St. Kilda PCYC the place it is today. Their hard work, passion and commitment is what drives the success of programs, so I would like to thank them.

Finally, we rely on our financial supporters to help us deliver our programs and services. Our members and donors help us to turn the lights on each morning and keep things running. In turn, this means that we can focus our attention on helping the young people in our community become the next generation of role models. To our members and donors, I thank you for your continued support on behalf of the St. Kilda PCYC board.

Charlie McFadden
President

GENERAL MANAGER'S REPORT

It has been an extraordinary year of challenge, change, growth and development as we continue to implement our key strategic objectives. We are an inclusive and welcoming organisation open to all.



I am pleased to present the General Manager's report to the St Kilda PCYC Annual General Meeting. We continued to focus on at-risk and disengaged young people through our Mission focus - **empowering our youth**.

In addition, we have also provided school holiday activities that have been well attended and greatly enjoyed by our young people. We continue to provide a significant number of youth programs, this year delivering around 11 each week throughout the school year. In addition, we have also provided school holiday activities that have been well attended and greatly enjoyed by our young people. Our purpose remains to ensure that we provide as much support and mentoring as possible to our target community.

So many good youth programs are in place and among the very special were the Duke of Edinburgh Program where 9 of our young people accompanied by staff were able to go on a major outdoor activity in New Zealand. A remarkable experience and their feedback and enthusiasm has been uplifting and a great reminder of the benefits of this activity. Another special day was experienced when we showcased our very talented young people from our Tuesday Vibez program featuring a range of their musical talent at the **Mix-Tape Launch** in September at the Windsor Castle Hotel in Windsor.

We can only deliver the quality and scope of youth program activities with the support of organisations, donors and sponsors who provide grants, donations and volunteer time and resources to ensure we can continue providing these services. There are many and we thank you all.

Partnerships are crucial to the success of our activities and together with the Salvation Army Crisis Services & Youth and Family Services we have continued our collaboration in supporting residents in our rooming house. In addition, the rooming house has benefited from many great people volunteering their efforts to improve the facility. As well as a fabulous vegetable garden (made by volunteers), a very exciting new communal share-room is being built by RMIT University students and SEMZ Constructions.

Our gym is a vibrant, enjoyable and inclusive space where all are welcome and encouraged to do their best. We have grown our team of personal trainers, classes and programs. We are particularly proud of our Boxing for Parkinson's Program which has been made possible through the support of Grant Funding and has such positive and uplifting results.

However, our most significant resources are our Board, Staff and Volunteers. My sincere thanks to our management staff, Donny and Jacob and also to Chloe who has wandered off on a new adventure in her travels overseas. We have a great team of reception staff, youth workers and volunteers who are deeply committed to making St Kilda PCYC achieve its objectives every day. Thank you so very much.

A special thanks to our Board Members who volunteer their time, energy and hard work to ensuring that St Kilda PCYC thrives and achieves. I feel very privileged working with a supportive and talented group of people that comprise our staff and Board.

We look forward to continuing our growth and service to the community.

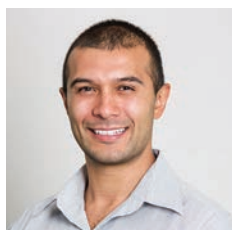
Christine Fitzherbert
General Manager

2 ON 2 BASKET BALL 2019



BOARD REPORTS

Board Members throughout the year and at the date of this report are:



Charlie McFadden
President

Started - 16 February 2017
Elected - 24 November 2017

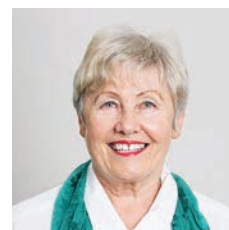
Charlie has been involved with St Kilda PCYC for over 13 years and has become a familiar face to all members of the club. Furthermore, Charlie's passion for community development has given him experience across many different sectors including youth, aged and disability. As president, Charlie strives to ensure the voice of the young and new generations will continue to be heard, understood and included.



Dennis Edlin
Vice President

Started - 12 May 2016
Re-elected - November 2016

Dennis has contributed well over 25 years of time, energy and passion to the St Kilda PCYC. He brings 35 years of experience in advertising/marketing and has contributed 17 years as a physical trainer. He is a visionary who has been an integral force in the development and success of our Club.



Christine Perkal
Treasurer

Started - 12 May 2016
Co-opted as Treasurer - December 2018

Christine's passion and commitment for community involvement goes back to 1996 when she became a committee member and then treasurer of the Elwood Park Tennis Club Inc for over 22 years. In addition, Christine lends her financial skills as the Treasurer of St Kilda PCYC and brings with her 32 years of experience as a CPA accountant. Christine is a keen participant of St Kilda PCYC Masters' Class and has been attending since 2014.



Dagmar Andersen
Board Member

Started - 16 February 2017
Re-elected - 25 November 2017

Dagmar is a highly respected member of Victoria Police with a strong commitment to the community and the work of St Kilda PCYC. Having worked locally for more than 6 years, Dagmar has developed a wide professional network aligned with her portfolio roles of youth, mental health and family violence.



Joy Hawkins
Board Member

Started - 12 May 2016
Re-elected - 24 November 2017

Joy is a dedicated participant in the Masters' classes and has been a member of St Kilda PCYC for many years. Joy brings over 35 years of experience in Advertising, Graphic Design and Packaging Design (FMCG) to the Club. Her passion is to build, shape and grow the St Kilda PCYC Brand.



Ramon Lopez
Board Member

Started - 12 May 2016
Retired - November 2018

Ramon Lopez was President (Chair) of St Kilda PCYC until December 2017. Ramon retired from the Board in November 2018. Ramon was made a Life Member of St Kilda PCYC in 2019.



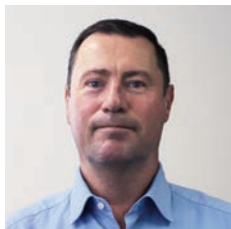
Pierre Te Angina

Board Member

Started - 12 May 2016

Re-elected - November 2016

Pierre is an ex-member of both the New Zealand and British armed forces. He has been a member of the St Kilda PCYC since 2010. Actively involved in the community, he enjoys volunteering at Sacred Heart Mission, Back2Bikes and is a member of the recently established Port Phillip BUG (Bicycle Users Group)



Ian Wright

Board Member

Co-opted to the Board - 20 March 2019

Ian is a highly respected builder with over 42 years' experience in the residential, industrial, commercial and retail sector via Ian's construction company BMF. Ian's expertise and passion will continue to drive further improvements to the Club's facilities. Ian has been a member of various gyms for over 35 years and is an enthusiastic PCYC member and supporter.



Callan Young

Board Member

Started - 12 May 2016

Re-elected - 24 November 2018

A primary school teacher, Callan has been involved with the St Kilda PCYC since he was 15, as a participant in the youth activities, then as a volunteer. The Club helped give structure to his life and allowed him to explore an interest and passion in health and fitness by becoming a personal trainer.

Principal Activities

The principal activities of the Association for the year ended 30 June 2019 included delivering youth programs that mentor and engage disadvantaged, at-risk and disengaged youth of all ages and backgrounds, through outreach and recreational activities. In addition, the Association operates a fully serviced gymnasium.

Our mission is to **'Empower Youth for Life'** and to be recognised for excellence in youth development through the provision of recreational, sporting, culture and welfare programs to our target groups.

The Association is registered with the Australian Charities and Not-for-Profit Commission (ACNC) under the following main activities:

- > Other recreation & social club activity
- > Culture and arts
- > Economic, social and community development
- > Other philanthropic intermediaries and voluntarism promotion.

Significant Changes

- > New Board Members

MEETINGS OF BOARD MEMBERS

During the financial year 2018-2019 several Board meetings were held. Attendances were as follows:

Board Members Name	Number Eligible to Attend	Number Attended
Charlie McFadden	11	11
Dennis Edlin	11	10
Christine Perkal	11	10
Dagmar Andersen	11	8
Joy Hawkins	11	10
Ramon Lopez	5	4
Pierre Te Angina	11	11
Ian Wright	4	3
Callan Young	11	8

YOUTH REPORT

2019 has been a very busy year for youth programs. We have introduced a number of new programs to the list that continue to be offered free of charge to young people.



Most of our programs cater to youth aged ten to seventeen years, all of whom must be registered participants in order to be involved. Most programs have at least two youth workers present at all times and young people are offered fresh fruit and chilled water at the conclusion of most programs. We have over 160 young people on our youth register who mostly reside in the cities of Port Phillip and Stonnington.

Tuesday Vibe Launch Party and Mixtape

September 2019

The Tuesday Vibe program runs on Tuesday evenings from 4:30-6:30pm. During this time young people create music, record vocals, practice DJing and sound engineering in a fully equipped studio located in our youth room. Participants wrote and recorded a number of songs in this time, the

best of which made the cut for the first St Kilda PCYC Hip Hop Mixtape. The Mixtape showcased the best ten songs of the year and was officially launched at the Windsor Castle Hotel in Windsor, in September. The launch party was a great success with close to twenty people performing to a full house. A great and enjoyable event.

Duke of Edinburgh New Zealand Camp

April 2019

The Duke of Edinburgh International Award is a leadership program focused on building resilient young people through completion of Bronze, Silver & Gold award levels. The award is based around four major pillars - skill, community service, physical recreation and an adventurous journey. This year our Adventurous Journey took a group of nine young people and two staff members to Queenstown New Zealand for a 5-day adventure filled with hiking, rafting, camping and leadership challenges. Participants' feedback has been positive and uplifting and well worth the considerable amount of work undertaken by both staff and young people participating.

St Kilda Beach 2 on 2 Basketball Competition

February/March 2019

The St Kilda Beach 2 on 2 program ran each Tuesday evening on the St Kilda Beach foreshore from February 18th until March 26, 2019. The program was delivered as a 2 on 2 tournament

for young people aged 12-19 years, with an average of eight teams playing each night for \$300 worth of Footlocker vouchers. The program was facilitated by St Kilda PCYC and the City of Port Phillip with the support of stakeholders such as MSF Sports, Elevate Basketball, Victoria Police, Star Health, Relationships Australia, St Kilda Surf Life Saving Club, and Helping Hoops. The Hoop and flooring were supplied by MSF Sport who also donated many hours in kind to set up and pack away the Hoop and flooring. We averaged twenty young people from 26 postcodes around Melbourne, participating in each activity. The success of the program has resulted in further funding being received to enable St Kilda PCYC to continue running the St Kilda Beach 2 on 2 in Summer 2020.

Street Art Holiday Program

July 2019

After nearly 20 years of the superhero wall at the back of the basketball court it was time to get a revamp. Well known street artists and art teacher 'Shem' led a group of young people to paint Bunjil (Aboriginal mythology creator deity) with the words 'Walk as One' under his wings on the far wall. The effect has been magnificent and much appreciated by all who use the area.

DUKE OF ED NZ 2019



NAIDOC Week Basketball Tournament

July 2019

The City of Port Phillip approached us to facilitate a NAIDOC week 3 on 3 Basketball tournament for young people, so we did! It was an extraordinary activity. We had a young person DJ'ing the event, provided free lunch, a 3 on 3 Basketball tournament with \$600 of Footlocker vouchers up for grabs, and a bush toy's workshop. Over 40 young people attended the activity as well as Aboriginal community leaders and workers. City of Port Phillip representatives were very pleased with the event and the turn out.



Hip Hop Holiday Program

September 2019

Eight participants were involved in the 2-day workshop which was held in our music studio during the term 3 holidays. Participants made an original Hip Hop beat, wrote 16 bar rap verses, recorded their lyrics, mixed and mastered the track and recorded a video clip. The video clip is currently being edited and shall be released in November 2019.

Girls Group

August-Oct 2019

Youth staff Alyce and Volunteer Juliet facilitated an exciting and insightful Girls Group which aimed at discussing female focused topics and challenges with girls aged 10-14 years. Most of the content discussed was based on the M-Power Girls workbooks and exposed participants to open discussions about female relevant topics. The program also involved numerous activities from making edible slime, to tie-die t-shirts, mosaicking planter boxes and decorating the St Kilda PCYC reception with Halloween paraphernalia (very scary).

Koori Youth Bootcamp

February-December 2019

Each Thursday night between 5-6pm we have an average of 11 youth attend the program. Most participants are based in the Dandenong municipality and are transported to our site by Victoria Police from the Multicultural Liaison Unit. Activities consist of a 30-minute game of sport on the basketball court, 30 minutes of resistance training in the boxing hall followed by a mixed fruit platter at the conclusion of activities.



Deadly Health Program

June 2019

The Deadly Health Program was created to empower young Indigenous Australians residing in the south east of Melbourne with the skills and knowledge to improve their general health, and personal hygiene. Participants acquired a greater knowledge of healthy eating and eating a balanced diet, washing, drying and folding laundry, dental health and personal hygiene.

The program was delivered by a combination of experts from Star Health, Victoria Police, City of Port Phillip and St Kilda PCYC. It was facilitated over 6 weeks in conjunction with the Koori Youth Bootcamp Program at the St Kilda PCYC. All participants received health kits from Star Health, and a celebration meal at was held at Melbourne City Mission's Charcoal Lane.

Junior Youth Boxing

April- December 2019

Most of our classes and youth programs accommodate youth aged 10-17 years, however, due to demand from a number of younger people we piloted the Jnr Youth Boxing class for 7-9 year old's. The class averaged 7 participants each week with numbers steadily growing and with positive feedback from many parents. Our trainer Seamus runs a fun and dynamic class which focuses on teaching correct boxing technique, co-ordination and balance.

Youth Boxing

February- December 2019

Youth Boxing runs each Monday and Wednesday with an average of 8 young people attending each session. The class aims at teaching offense and defense boxing techniques, endurance, strength, balance and self-discipline. Our well-equipped boxing hall means that participants have the opportunity to train with numerous bags, balls and boxing specific tools.

Witness the Fitness

February- December 2019

Each Thursday evening from 4:30 – 5:15pm we offer a free of charge fitness and strength activity for youth aged 10-17yrs. This year we focussed on teaching participants correct form and technique for most aspects of resistance training. An average of 7 young people attended each session. All classes are facilitated by qualified and experienced personal trainers.

Wicked Schools Program

February- December 2019

During the school terms we worked with the Grade 5 and 6 students from both St Kilda and Windsor Primary schools. Once a week our youth workers would facilitate recreational activities during lunchtime breaks and focus on building leadership and positive reinforcement. An average of 20 students attended each week. The most favored activities were Dodgeball and Soccer.

EGGS

February- September 2019

After four years of Education, Grammar, Games and Support the EGGS program is in hiatus. The amazing team of Chloe and Kellie Dickson engaged an average of six young people each Thursday evening with homework support and educational activities. We will endeavour to relaunch the program in early 2020.



MAC Port Melbourne and Prahran

February- December 2019

The MAC program is our signature activity which has been running for seventeen years. It is an outreach program which engages young people through recreational activity and offers referral support and mentoring. Each Monday evening the program is facilitated at the Port Melbourne Skate Park and offers hot meals to all youth thanks to the Father Bob Foundation. On Wednesday and Saturday evenings the MAC Program operates from the Prahran Youth Hub located at the Horace Petty Estate in Prahran with an average of 12 young people participating per activity.



Summer and Winter Holiday Programs

January & July 2019

During the summer and winter school holidays we offer 12 young people the opportunity to participate in a number of activities ranging from surfing, high ropes courses, waterparks, zoo tours, hiking, street art, music workshops and golf parks. One of our street art programs offered participants the opportunity to upgrade the artwork on the back wall of our basketball court which resulted in a glorious image of Indigenous creator deity Bunjil. These programs have been successfully running and we hope to continue throughout 2020.

Total Registered Youth

Participants_____198

Average Age group____14yrs

Average participants
per activity_____10

Male Participation_____63%

Female Participation____37%

Total Youth Contacts____6150

Donny Pelsoczy

Youth Programs Manager

OPERATIONS REPORT

179 Inkerman Street St Kilda PCYC Gym

- > 512 Full Members comprising
 - 337 Adult Gym Members
 - 175 Concession Gym Members
- > New Software now operational with considerable training of all operational and reception staff
 - Strong team of reception staff in place with upgraded staff induction procedures.
 - Direct Debit Memberships established with 15 Members using the service.



- > Gym operations include:
 - **2 FREE** Youth Boxing Classes Monday and Wednesday at 4:30pm
 - **1 FREE** Junior Youth Boxing Class on Monday at 4:00pm
 - **1 FREE** Youth Strength Training (Witness the Fitness) on Thursday at 4:30pm
 - 3 x Masters Classes per week on Monday, Wednesday and Friday at 11:00am
 - 2 x City Of Port Phillip Chair Based Classes each week on Wednesdays and Thursdays at 10:00am
 - 1 x Free Rock Steady Boxing group for people living with Parkinson's Disease.

- > Pass Cards provided to local services: Sacred Heart Central, Taskforce, Hester Hornbrook Academy, Galiamble Men's Aboriginal Rehabilitation Centre, Mind Australia, Salvation Army Youth & Family Services, Opening Doors, Department of Justice, First Step, Melbourne City Mission, Tipping Foundation, Uniting Prahlan, Alfred Health St Kilda Road Clinic, Alma Road Community Care Unit, Launch Housing.
- > Fitness Passport established for all Emergency Service workers
- > Several events and improvements - see separate Facilities Report
- > Fitness Classes - considerable new activity in our fitness programs over the 2019 year - please see separate Fitness Manager's Report

External Hirers

St Kilda Boxing Club

- > Running 5 Senior Boxing classes and 2 Advanced Junior Boxing classes per week.
- > 33 wins this year including international competitions in



Ukraine, Russia, Germany, China and Australia wide. Memorable wins include:

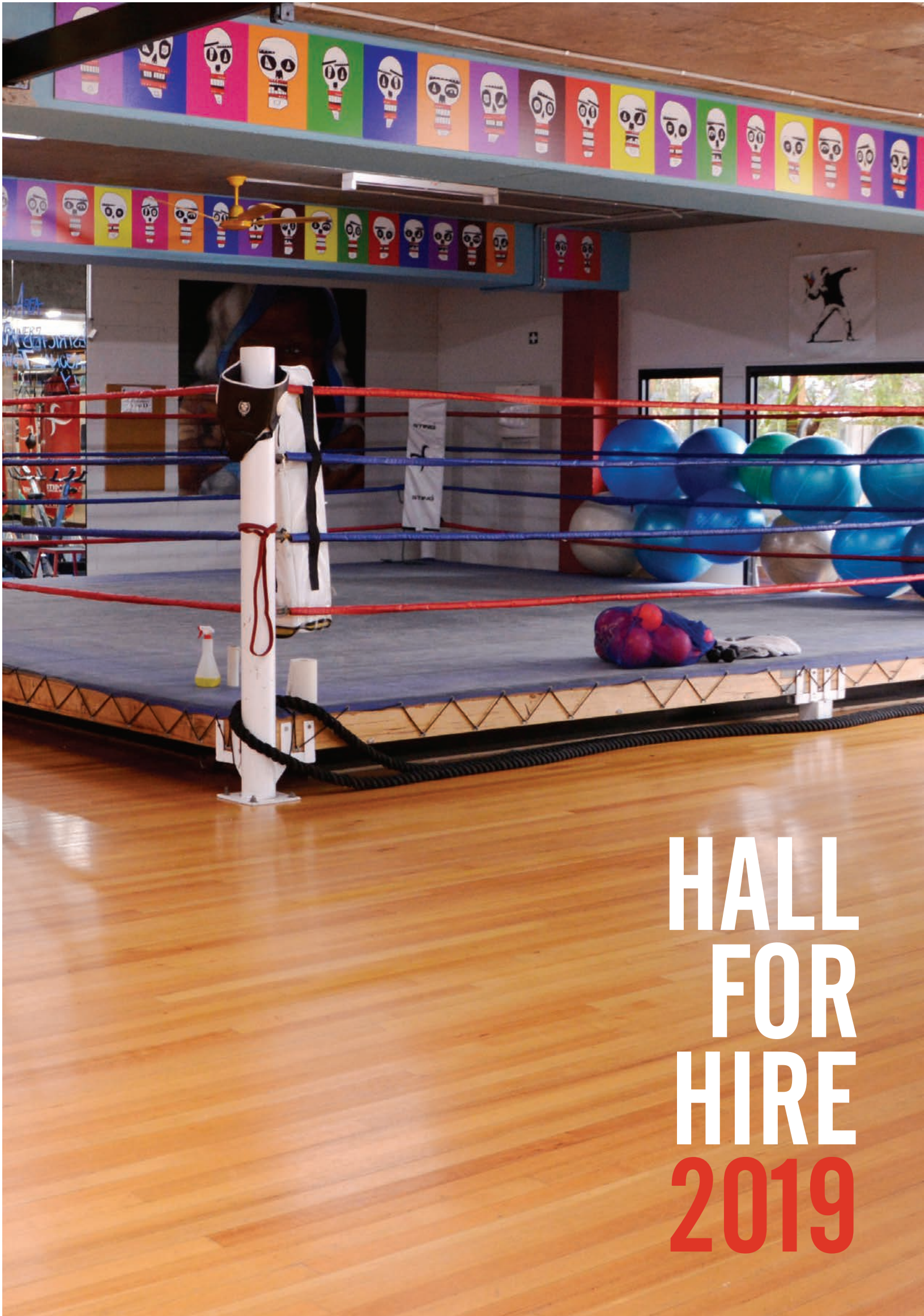
- Jess Bagley competed in Russia for the World Title at 81kg.
 - Luke Gersbeck won a bronze medal at an International Tournament in Kherson, Ukraine as well as a silver medal for a Victorian Title.
 - Matthew Avdoulos (Australian bronze medallist) fighting in his professional boxing debut on October 18th.
 - Michael Roberts, Chris Isherwood and Rupert won state titles in the Masters Boxing competition (Over 40's).
- > 2 Youth Titles:
 - Angus Goode received a silver medal at the Victorian titles in the 50kg division.
 - George Yiannakis received a silver medal at the Victorian titles in the 70kg division.

Tori Judo

- > Kids Judo Classes on a Monday at 4:00pm.

Basketball Hirers:

- > **Playfit:** Social Basketball Competition hire the court on Mondays and Thursdays for their competition. Playfit has been playing out of PCYC for over 10 years.
- > **Basketball Teams:** 20 school basketball teams, school groups and private coaches hiring the space on a Term basis.



HALL FOR HIRE 2019

NEW BUILD AT 175 2019



OPERATIONS REPORT

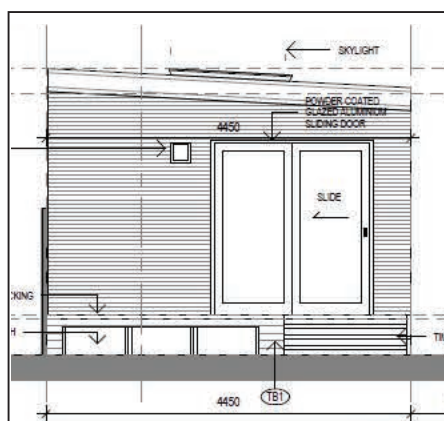
175 Inkerman Street

St Kilda PCYC Rooming House



- > Memorandum of Understanding with the Salvation Army Youth & Family Services area renewed until 30th of June 2020 to ensure tenants receive ongoing Case Management and support.

- > We have 8 tenants over the past 12 months requiring varying support needs. We have had two successful transitions out of the house to more permanent and private housing options.
- > Front garden landscaping and planting has been hugely successful and completed. New Gardening Program well established with 2 weekly volunteers. We are growing a variety of fruit, vegetables, herbs and flowers, including several native bush tucker plants. Housemates have gotten involved with the planting and sowing.



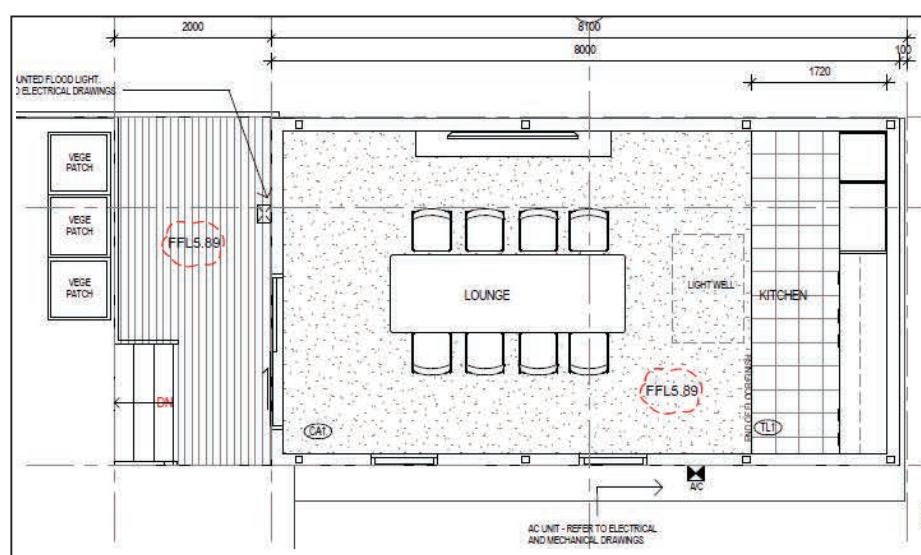
- > Several Working Bees supported by: Light Warrior Investment Company, Yo-Chi, Jimmy Grants and McAfee Antivirus Software.
 - Side wall painted for youth living in the house to paint their art on, side and back of house painted, Room 5 painted and general garden maintenance.

SEMZ project:

Back garage has been demolished and rebuild of back communal living space has commenced. New build includes decking, planter boxes and a complete kitchen and living space to provide much needed communal living space which is non-existent in the house. The new room will comprise a kitchen for meals programs and general living space for housemates to share and congregate, with the idea of teaching cooking, cleaning and general living skills. See plan below.

Chloe Dickson

Operations Manager



FITNESS & MARKETING MANAGER'S REPORT

When taking up this role of Fitness Manager, I set the following goals:

- > to increase the membership base,
- > give members more reasons to stay with us,
- > increase the amount of classes and
- > to elevate the level of quality trainers and instructors by ensuring all fitness staff are qualified.

Membership Base

With a view to deepening our relationship, each new member now receives a postcard that thanks them for their patronage and reinforces the message of our noble cause.

Instigating the presence on the floor of a roving personal trainer gives members a better level of service and added value not present previously. The offer of free programs designed for the individual demonstrates that we value each member.

Additional Classes

Over the past year we have experimented with various classes those being yoga and Fitness 4 Parents. These were well supported and consideration is being given to bringing in a Mum's and Bubs class for next year with a new format.

The introduction of other new classes for special populations such as Boxing for Parkinson's, 150 Inkerman Street Exercise at Home and Move Your Mood has worked well and will continue into the future.

New classes for the general population have been added to our offering. These include 'Spring into Summer' and the Stretch class. Thus far 'Spring into Summer' is popular and numbers are good. It is only the recruitment of new highly qualified and experienced trainers that has made this possible.

Schools Programs

Contact has been made with a variety of local schools with the view to providing after school activities. King David and CBC have been provided with quotes to use our facility and CBC is considering St Kilda PCYC for next year in first term.

Marketing

Communicating with people in our catchment is vital. Local area marketing with letterbox drops has helped to raise our profile The Free Functional Test attracted 30 new people to the gym, many of whom joined up and attend on a regular basis.

Working with Board Member Joy Hawkins and Gym Member Steve Gill to ensure our communications pieces are consistent in look and tone has been key to spreading the word.

Social Media Presence

Each week we endeavour to represent all elements of our gym community with posts that reflect our activities. This too helps to raise our profile and give our members a greater sense of ownership and connection.

The Future

Plans for the further entrenchment into our community include contacting local aged care facilities to offer classes, a revamped Mum's and Bub's 'Get back in to Shape' class and an early morning HIIT class.

The development of a monthly newsletter to members is currently in train and will be launched in the New Year with a revamp of the website on the drawing board now.

There is still much to do. This is very exciting because each small change we make, adds to helping bring our cause and offering to our wonderful community.

Lee Renfree

Fitness and Marketing Manager





ST KILDA
PCYC
BOXING
FOR PARKINSON'S

FACILITIES REPORT

Gym and Equipment

This year the gym has seen a lot of change and improvements, all being welcomed with positive feedback. Some of the improvements completed this year include:

- > installation of a new kitchen upgrades to the reception seating area with brand new seats
- > Repainting the front of the building giving St Kilda PCYC a bright new face for years to come.
- > A new mural of Bunjil was painted by our youth on the far wall of the basketball court.
- > New security cameras have been installed throughout the gym giving greater coverage and safety monitoring for all our members.

We were pleased to see the finalisation of the Outdoor Gym and the major upgrade to the outdoor area. The upgrade included the installation of a Kenguru calisthenics gym with roman rings, cross fit AstroTurf and a weighted sled, this development has provided new workout routines that can be enjoyed all year round as a result of brand-new weatherproof roofing.

Furthermore, the two workout areas in the boxing hall have been tidied and decluttered with the addition of weight racks, new matting and a cable machine. The areas are now easily accessible and a sufficient place for our members to complete their routines.

In addition to this, new Matrix gym equipment has been purchased which includes recumbent bikes, elliptical cross-trainers, power rower, converging chest press, treadmills and an upright cycle. These have now been installed.

This year has been a great success with many projects being completed. We look forward to the future and new developments on the horizon for the St Kilda PCYC.

Many thanks to all our members for your continued support.

Jacob Kernahan

Facilities Manager & Youth Support Officer



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