



Media Release

Monday 23 September 2019

Get moving these school holidays at Mount Annan Leisure Centre

Keep your kids active these school holidays with a number of exciting sporting activities at Mount Annan Leisure Centre.

Mayor of Camden, Cr Theresa Fedeli, said the **YMCA Action Break school holiday program would start on Monday 30 September**.

“With something running every day of the holidays, it’s the perfect opportunity for local students,” Cr Fedeli said.

“It’s so easy for kids to stay sedentary during the school holidays which is why it’s even more important to make a special effort to keep them moving.

“It’s also really special to see children make friends with other kids enrolled in the same activities as them.”

Children aged five to 15 years will be able to enjoy:

Activity	Description	Ages	Date	Time	Cost
Soccer clinic	Designed for players of all skill levels, this clinic will teach participants soccer skills and will finish with a few friendly games.	5-14 years	Monday 30 September	9.30am-3pm	\$56
			Tuesday 1 October		
Multi-sport day	This session is designed for variety. Participants will spend the day playing basketball, volleyball, dodgeball, frisbee, handball and more. Our coaches will teach participants the basic rules and skills of each sport.	5-14 years	Wednesday 2 October	9.30am-3pm	\$56
Fitness and games	Specifically designed for kids by fitness professionals, this session will allow participants to develop new skills, learn new exercises and have fun with friends.	5-12 years	Thursday 3 October	9.30am-3pm	\$56
Ninja Warrior and gymnastics clinic	This session will see participants develop their power, balance, parkour and discipline in a fun, safe environment.	5-12 years	Friday 4 October	9.30am-3pm	\$56
			Friday 11 October		
Basketball camp	This clinic is designed for players of all skill levels. Participants will spend the day working on all elements of their basketball skills and finish off with a few friendly games.	5-14 years	Tuesday 8 October	9.30am-3pm	\$56
			Wednesday 9 October		

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Soccer gala day	Kids will enjoy a high intensity day developing all aspects of their soccer skills, in this dynamic, high-quality and technical session.	7-9 years	Thursday 10 October	9-11.30am	\$5
		10-12 years		11.30am-2pm	
		13-15 years		2.30-5pm	

Lunch packages can also be purchased for an additional \$10 at the centre prior to the day, which will give children morning tea, lunch and an afternoon snack.

For more information, and to enrol your child, visit ymcansw.org.au/centres/mount-annan-leisure-centre

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