



Media Release

16 March 2018

Free fitness and health initiatives for Seniors Festival

Being active and enjoying good health will be made easy for Camden LGA residents over the age of 55 as part of the NSW Seniors Festival, 4-15 April.

Free pool entry to the Mount Annan Leisure Centre (MALC) is being provided by Council for seniors to use for the whole month of April.

A range of health initiatives and fitness classes will be held at the MALC as part of the festival.

“This is an opportunity for people to participate in classes under the instruction of experts and to use the pool facilities for some physical activity,” said Mayor Lara Symkowiak.

“Council has invested in the leisure centre and created an attractive and comfortable indoor recreation facility that caters to a diverse range of types of fitness activities,” Cr Symkowiak said.

“We want to encourage our senior community members to improve their health and meet new people,” she said.

Free Seniors Festival activities at the MALC include: -

Take the Plunge – Free Pool Entry

- During operating hours: Sunday 1 April to Monday 30 April

Aqua Aerobics

- 8.30am, Monday 9 April
- 9.30am, Monday 9 April to Friday 13 April

PrYme Dance Class

- 10.30am, Monday 9 April

Media Contact:

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PrYme Active

- 10.30am, Tuesday 10 April
- 8.30am Thursday 12 April

Pilates

- 10.30am Wednesday 11 April

Tai Chi

- 11.30am, Monday 9 April

Stretch

- 10.30am, Thursday 12 April

Yoga

- 10.30am Friday 13 April

Hearing Tests

- 9.30am-12.30pm, Tuesday 10 April

CPR Demonstration

- 11.30am-12.30pm, Wednesday 11 April

Learn Badminton

- 10.30am, Thursday 12 April

Blood pressure and sugar level tests

- 9.30am-12.30pm, Thursday 12 April

Contact the MALC for more information on 4648 4830 during operating hours, 5.30am-9pm Monday to Friday and 7am-5pm weekends and public holidays.

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