

Media Release



9 April 2018

Fitness and fun for Youth Week

The Camden Youth Week 2018 program (13-22 April) is packed with events and activities, including a list of free fitness and sport sessions organised by the YMCA NSW at the Mount Annan Leisure Centre (MALC).

“This is a great initiative that young people can take advantage of to improve their general wellbeing as well as physical and mental health during the school holiday period,” said Mayor Lara Symkowiak.

“It’s a chance to try new sports, develop fitness and to socialise at the high quality sports facility,” Cr Symkowiak said.

The MALC will host a range of sports programs to suit a diversity of young people, aged 12-25 years.

Female Youth Boot Camp and Mixed Youth Boot Camp will be held for young people to increase fitness and strength in a class session.

Some Fast 5’s Netball competitions and Futsal Competition for teams of five will be held in divisions of 12-14 years, 15-17 years and 18-25 years.

There will be free Bubble Soccer sessions and Volleyball on offer as well as a Weight Lifting Workshop for young people wanting to learn the proper techniques of training with weights.

There will also be 3 on 3 Basketball Competitions as well as the inaugural Late Night Basketball Program that will be trialled.

There will be a free Dive-In Movie Night screening of Daddy’s Home where young people can enjoy a free barbecue, a swim in the pool using inflatables and see a movie with friends.

Female Youth Boot Camp

Cost: Free

- 4.30pm-5.30pm, Monday 16 April.

Media Contact:

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- 11am-12pm, Tuesday 17 April.

Mixed Youth Boot Camp

Cost: Free

- 4.30pm-5.30pm, Wednesday 18 April
- 11am-12pm, Thursday 19 April

Netball Comp – Fast 5's

Cost: Free

- 3pm-6pm, Wednesday 18 April

Bubble Soccer

Cost: Free

- 12pm-1.30pm, Thursday 19 April

Futsal Competition

Cost: Free

- 2pm-5pm, Thursday 19 April

Weight Lifting Workshop

Cost: Free

- 11am-12pm, Friday 20 April

3-on-3 Basketball Comp

Cost: \$5 (winner takes home prize money collected from the entry fees)

- 3pm-6pm, Friday 20 April

Late Night Basketball

Cost: Free

- 9pm-12am, Friday 20 April
- 9pm-12am, Friday 27 April

Volleyball Fun

Cost: Free

- 10am-12pm, Saturday 21 April

Dive in Movie Night

Cost: Free

- 5.30pm-8.30pm, Saturday 21 April

You can see the full Camden Youth Week program on Council's website,
www.camden.nsw.gov.au.

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