

# Media Release

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10 September 2018

## Late Night Basketball for young people

Late Night Basketball will become a regular event at Mount Annan Leisure Centre thanks to a partnership between Council and YMCA.

The late-night sports concept was successfully trialled as part of Youth Week in April this year and agreed to continue with Council support.

“We anticipate that holding this event outside of standard times will encourage young people to join in this sports activity,” said Mayor Lara Symkowiak.

“It’s an opportunity for young people to have fun and join in a team sport with people their own age,” Cr Symkowiak said.

The free program will launch in September and include full court basketball games, three on three matches, three-point shootouts and dunk contests.

Residents aged 16 to 25 years are invited to participate in the program, which was designed to help young people meet new people and develop their sports skills in an accessible space.

Late Night Basketball will be held on the last Friday of each month from 9pm to 12am. The first session is scheduled for Friday 28 September and no bookings are required.

Council and YMCA will also host new weightlifting workshops for teens from Wednesday 12 September at 4.30pm.

Workshops will give teens specialist insight on how to use weight machines, correct their technique and develop their own fitness program.

For more information call 4648 4830 or visit the YMCA website, [www.ymcansw.org.au/mtannan](http://www.ymcansw.org.au/mtannan).

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**Media Contact:**

Caitlin Lewis  
Media Officer  
Camden Council  
PO Box 183, CAMDEN NSW 2570  
Phone: 4654 7823 Mobile: 0438 062 628  
Email: [caitlin.lewis@camden.nsw.gov.au](mailto:caitlin.lewis@camden.nsw.gov.au)