



# Media Release

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21 September 2017

## Young people can get involved in holiday activities

There are plenty of fun, free activities for young people in the Camden area this school holidays. Interior decorating workshops will be run to help young people to be budget savvy without skimping on style.

Young local bands, DJs and dance groups are invited to join in Thursday Night Live and showcase their talents and support others.

This event is organised by young people, for young people in partnership with Camden Community Connections and Council. The night includes a free BBQ and entertainment in a safe and inclusive environment with access to youth workers. The event will be held 4.30pm-6.30pm Thursday 5 October at Narellan Library forecourt area. Contact 4647 1283 for more information.

Mount Annan Leisure Centre will host free youth fitness boot camps and wellbeing classes to explore a new way of training.

There are female-only boot camps as well as mixed camps to suit everyone. Young people will need to wear appropriate exercise clothing, enclosed shoes, bring a towel and water bottle.

To be eligible, young people must show proof of residence in the Camden LGA. Female Boot Camps will be held 11am-12pm on Tuesdays, 26 September and 3 October and Mixed Boot Camps will be held 11am-12pm on Thursdays, 28 September and 5 October.

Local stylist, Sarah Cleaton, will host the two-part workshop, Vogue Styling on a Kmart Budget at 10am-12pm, Wednesday 27 September and 4 October at Narellan Library. The cost is \$10 and bookings can be made at [www.library.camden.nsw.gov.au](http://www.library.camden.nsw.gov.au).

Bookings are essential and can be made by contacting the centre on 4648 4830.

**ENDS**

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