

# Media Release

---

Tuesday 5 March 2019

## Young residents can get skateboarding with Council's FREE clinics

Camden Council is holding a series of FREE skateboard clinics for residents ages 12 years and above.

The clinics, which will provide participants with skateboards, helmets and other protective equipment, will be held at Kirkham Skate Park, 10am-noon, on:

- Saturday 16 March;
- Saturday 13 April;
- Saturday 18 May; and
- Saturday 15 June.

Professional skateboard coach, Adam Luxford, who will run the clinics, said the participants will learn the basics of skateboarding as well as more advanced skills and tricks.

"We'll start with how to push, stop, 'bail out' and fall as safely as possible, and we'll go from there," Mr Luxford said.

"These clinics are so important, because they get kids out of the house in the fresh air, off their screens, doing some exercise with other kids, while learning a new skill that's challenging and so much fun.

"Skateboarding improves your balance, coordination and spatial awareness as well as cardiovascular fitness and it's a skill you can enjoy your whole life – just look at me, I'm 46 and still loving it!"

Mayor of Camden, Cr Peter Sidgreaves, said the clinics come after Council's most successful *Cool Off In Camden* program to date.

"This year, we had almost 600 young people taking part in the program, which gave residents aged between seven and 18 years free access to Mount Annan Leisure Centre and Camden War Memorial Pool throughout January," Cr Sidgreaves said.

"More than 30 per cent of our population is under 20 years old, so it's important we offer exciting programs, just like our free skateboard clinics and *Cool Off In Camden*, to keep them engaged and entertained.

"I encourage residents to keep an eye on our website and social media, for details on the upcoming youth-focused events and activities, including Youth Week. *Cool Off In Camden* will run again in January 2020, so residents have another chance to stay cool, and local, during summer."

For more information on Council's free skateboarding clinics, and to fill out the consent form needed to participate, visit [camden.nsw.gov.au/skateclinics](http://camden.nsw.gov.au/skateclinics)

**ENDS**