



# Media Release

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Monday 25 February 2019

## Camden's first TRYathlon hailed a success

Camden's first Weet-Bix Kids TRYathlon was an overwhelming success, with more than 700 participants swimming, cycling and running through the Camden area.

Mayor of Camden, Cr Peter Sidgreaves, said it was fantastic to see children of all abilities giving it their all and having a blast with their friends and family on Sunday (24 February).

"The kids swam in the Camden War Memorial Pool, cycled through closed suburban streets and, finally, ran through the finish arch at Onslow Oval," Cr Sidgreaves said.

"All the participants received a medal, with a few lucky kids taking home bikes and prize packs.

"The TRYathlon will call Camden home for the next two years, so I'm encouraging children to start thinking about getting involved next year. It's a great opportunity for families to get their children involved at a world-class event, right here at home."

Young residents can take advantage of a number of Council's scheduled sports and activities to practise, build fitness and help get '2020 TRY-ready'. Offered at both Camden War Memorial Pool and Mount Annan Leisure Centre, options include:

- Swimming lessons, for residents aged six months and above. Enrolments are taken all year round and membership includes a free recreational swim pass, which allows the enrolled child, accompanied by their guardian, to use the pool at their contracted centre at any time;
- Swimming squads, for residents who can do all four strokes and want to compete;
- Teen Swim Fit, a program for residents who can do all four strokes but do not wish to compete;
- Junior (5-10 years) and teen (11-14 years) gym classes, which helps young residents build strength, fitness and confidence;
- Youth Fit Squad, a program that focuses on strength and fitness (11-18 years);
- Female Wellness, a program for females (11-18 years) that focuses on strength, fitness and mindfulness;
- Learn To Play volleyball and basketball workshops; and
- Junior basketball and volleyball competitions.

For more information, or to enrol in an activity, visit [ymcansw.org.au/centres](http://ymcansw.org.au/centres) and search for either 'Camden War Memorial Pool' or 'Mount Annan Leisure Centre'.

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