



Staying Active in Campbelltown

A physical activity guide for the over 60's

December 2022

A safe, sustainable, vibrant Community



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What are the benefits of being physically active – especially as we get older?

At any age, physical activity provides a range of health benefits. The good news is that it doesn't have to be strenuous – moderate-intensity physical activity, such as brisk walking is great for your health.

According to the Heart Foundation regular physical activity makes you less likely to have a heart attack or develop heart disease. It also helps control other heart disease risk factors like high blood pressure, high cholesterol, and being overweight. In fact, physical activity can help prevent some cancers, type 2 diabetes and depression.

There are plenty of other benefits too. If you get regular physical activity, it's likely you will live longer, feel more energetic, have stronger bones and muscles, and feel happier and more relaxed. Who doesn't want that?

We know that adults are encouraged to be active every day. However, recent surveys show about half of all older Australians are not doing at least 30 minutes of physical activity a day as recommended in the Australian guidelines.

For more information on the guidelines please visit www.health.gov.au

Being active can be as simple as spending time on the things you already do such as gardening or walking the dog. However, if you are looking to do more, there are programs, gyms, pools, sport clubs and active spaces in Campbelltown you might like to try.

Go for it! You will be surprised how small changes in your physical activity levels can lead to better health and wellbeing.



What's available at the ARC Campbelltown

The ARC Campbelltown is a community leisure hub boasting an impressive range of contemporary sport, fitness, relaxation and function and event facilities in fresh and bright surrounds. The ARC offers a variety of affordable programs suitable for older people, including Fit for Life membership for the over 55's.



Location: 531 Lower North East Road, Campbelltown

Phone: 8366 9350 for details on programs and costs

Email: arc@campbelltown.sa.gov.au

Website: www.arccampbelltown.com.au

Fit for Life Membership – for Over 55's

Membership fee includes:

- Specialised Fit for Life group fitness classes for 55+
- Free Health Consultation and Gym program
- Free reassessment and program update
- Free morning tea catch-up every quarter
- Access to in-house challenges and competitions
- Access to all group fitness classes 8am-4pm Monday-Friday and on weekends.

Badminton

Often described as the most social of the sports on offer in fitness centres. ARC players simply get together, have a hit and enjoy a coffee and a catch-up with their friends.

The ARC's social badminton is open to everyone.

Mature Aged Badminton

Monday 9.30am-11am

Wednesday 9.30am-11am

Social Badminton

Friday 9am-12noon

Squash

The ARC has five squash courts that can be booked by the general public.

Indoor Bowls

Come along and try bowls at The ARC with the friendly group from SA Indoor Bias Bowls Association. All levels and abilities are welcome to join in.

Fridays 9.30am-12noon (39 weeks a year)

Phone: Lorraine on 8395 6963

Email: lhalleden@bigpond.com



Staying Active in Campbelltown

A physical activity guide for the over 60's

Swimming

Heated Indoor Pool

Separate to the Program Pool and family fun zone is the 25m, eight-lane, heated pool, which is available for lap swimming, rehabilitation, club and group bookings. An accessible ramp into the pool enables access for people of all ages and abilities.



Lap Swimming

The 25 metre indoor pool is ideal for lap swimming, providing year-round enjoyment. The pool is highly accessible, featuring ramp and step entry as well as a commitment that two lanes will be available for lap swimmers at all hours of operation.

Sauna and Relaxation Area

Your visit to the ARC Swim Centre wouldn't be complete without post-swim respite in our sauna and generous relaxation area in the pool. Access is included in your pool entry fee.

Learn to Swim

Adult Program – It's never too late to learn to swim or improve your technique. The ARC offers lessons to adults wanting to learn a new skill, conquer a fear or hoping to improve stroke technique. Minimum booking of 4 consecutive weeks is required.

For more information and to enrol contact The ARC on 8366 9350 or email learntoswim@campbelltown.sa.gov.au.

Masters Swimming South Australia

Masters Swimming is an organisation that caters for Adult Swimmers.

Many adult swimmers regularly train by themselves for fitness without any club involvement which can add Fun and Friendship to their training. Masters Swimming can fill this gap.

Tea Tree Gully Kingfishers swim at Tea Tree Gully 'Waterworld' pool, Modbury September to April on Monday, Wednesday and Friday from 6.30pm-7.30pm.

May to September

The ARC Campbelltown pool
Mon and Wed 7.30pm-8.30pm
Friday 7pm-8pm
Saturday 10am-11am

Phone: 0412 626 383

Email: ttingkingfishers@gmail.com

Website: www.ttgsc.org.au/html/masters



Other Local Fitness Programs and Gyms

Active Life – Tonic Rehab

Personalised Exercise Programs for Over 50's
– Exercise Physiology and Rehabilitation.

Location: 2 Newton Road Campbelltown

Times: Monday-Friday 9am-12noon
Wednesday 6pm-8pm
Saturday 11am-1.00pm

Phone: Steve Sim 0415 457 409

Email: tonicrehab@gmail.com

Moving to Music

Moving to Music is a mature dance class suitable for all levels of ability and beginners welcome. Gold coin donation.

Location: St Francis of Assisi Church Hall
Newton Road, Newton

Time: Tuesday 9:30am-10:30am

Phone: Thea Matto 0414 447300

Email: theamatto@gmail.com

Commonwealth Home Support Programs (CHSP)

Chair Yoga

Tuesdays 9.30am-10.30am & 10.45am-11.45am

Aqua Fit

Thursdays 11.30am-12.30pm

Phone Social Options Coordinator for more information and location of activities.

A My Aged Care referral is required.

Phone: 8366 9251



Magill Health & Fitness Centre – University of SA

The Magill gym is open to the general public and caters for people of all ability and fitness levels. It is fully air conditioned and equipped with the latest gym equipment. Personalised fitness programs and private sessions with a personal trainer are available by appointment.

Location: UniSA Magill Campus
E Building, off Bunday Street, Magill

Phone: 8302 2560

Web: unisasport.edu.au/magillgym

Email: magillsportscentre@unisa.edu.au

ACH Group

ACH operate specialised health and wellbeing programs for older people in Campbelltown. Contact ACH direct or visit their website to find what's available.

Location: 163 Montacute Road, Newton

Phone: 1300 22 44 77

Website: www.achgroup.org.au

Staying Active in Campbelltown

A physical activity guide for the over 60's

Other Local Fitness Programs and Gyms

Strength for Life (COTA)

This program is designed for people over 50 and is run by accredited fitness providers. There are locations close to Campbelltown (listed below).

Goodlife Health Club Burnside

539 Greenhill Road, Burnside
8333 6700

Dulwich Community Centre, Burnside

8366 4166

Positive Lifestyle Payneham

Payneham Community Centre
374 Payneham Road, Payneham
0412 501 480

Turramurra Recreation Centre

1000 Lower North East Road, Highbury
8397 7433

INEA YMCA Healthworks (Marden)

0428 911 449

INEA YMCA Healthworks (Kensington)

8431 1117

Silver Saints

Active Ageing Exercise Class

Free 1-hour exercise classes reduce the risk of chronic disease, improves mental and physical wellbeing, balance and agility to walk more confidently and safely. The program allows you to meet others in your community whilst exercising.

Location:

Tuesdays 8am – Eastern United Football Club,
267 Lower Athelstone Road, Athelstone

Thursdays 9:30am – Alitara, 629 Lower North
East Road, Campbelltown

Fridays 10am - Alitara, 629 Lower North East
Road, Campbelltown

Phone: Tony 0475 623 506

Fitness with Annette

Fitness with Annette run two classes –
Zumba Gold and Veraflow.

Zumba Gold

A low-intensity fitness class with easy-to-follow zumba choreography that focuses on balance, range of motion and coordination.

Veraflow

A dance-based stretch class with mindfulness. You'll leave feeling taller, stronger, yet relaxed. There is no need to live with pain in your body.

Location: Magill Church of Christ,
61 St Bernards Road, Magill
Time: Monday 6pm (Zumba Gold) and
7pm (VeraFlow)

Cost: \$10 per class

Phone: 0412 670 157

Email: annettej76@hotmail.com

Campbelltown Community Club

Chi Ball – Monday and Friday

Betta Balance Exercise Class – Thursday

Location: Campbelltown Memorial Oval,
Corner Darley and Lower North
East Roads, Paradise

Phone: John 0401 519 258

Website: <https://www.facebook.com/groups/697727278067514>



Campbelltown Clubs and Activities

Bowling

Tranmere Bowling & Tennis Club Inc.
Competition and Social Bowls and Tennis

Location: 1 Kings Grove, Tranmere

Phone: 8431 6197

Email: dnat@tpg.com.au

Website: tranmere.club

Cycling

Lochiel Park Radlers

Group rides usually every month on a Sunday morning with a stop for coffee. Rides on other occasions from time to time (e.g. Barossa Valley, Goolwa/ Victor Harbor). Rides vary in length from a few kilometers to longer rides. All welcome.

Location: Leave from and return to the Lochiel Park Community Garden

Phone: Bevan Bates on 0411 745 727

Website: www.friends.lochielparkcommunity.com.au/events/bike-rides/



Golf

Lochiel Park Golf at Geoff Heath Par 3 Golf Course

Golf course with practice bays, putting green and golf lessons available.
Public Par 3 course – no bookings needed.

Location: James St, Campbelltown

Email: lochielpark@btmgolf.com.au

Phone: 08 8365 2722

Website: www.btmgolf.com.au/lochiel-park-golf-course

Praise Dance 4Health@TP

Rhythmic exercises to Christian music including stretching and balance with simple dance movements to enhance physical fitness, improve blood circulation, strengthening muscles and increase mobility. Praise dance also improves mental wellbeing by reducing stress and building connections with others. Suitable for all ages.

Location: The Pavilion at Thorndon Park,
Hamilton Tce, Paradise

Time: Tues and Thurs, 9.30am-10.45am

Cost: Free - No bookings required

Phone: Amy on 0403 838 571

Language: English, Mandarin & Cantonese

小組名稱：贊美操4Health @ TP

描述：赞美舞操是一种运动,配合圣经的话语及优美的基督教音乐而成。这些锻炼包括收缩, 拉伸, 扭转和平衡以及简单的舞蹈动作, 改善血液循环, 增强肌肉和活动能力, 促进身体健康。赞美操还可以减轻压力并与他人建立良好的关系, 从而改善心理健康, 并可促进一个友好和关怀的社区, 适合所有年龄参加。

赞美操的创始人-台湾音乐老师吴美云, 从美国退休后于2003年回到台湾, 她在68岁时开始了赞美操第一集。目前, 赞美操已广泛传播到许多国家/地区。

位置：天堂乐园区, 汉密尔顿路, 桑顿公园的亭子。

時間：星期二和星期四上午9.30 – 上午10.45

費用：免費-無需預訂 – 要瞭解更多信息, 歡迎來參加我們的贊美操。

聯繫人：艾米 Amy 0403 838 571

语言：英文, 中文和广东话



Staying Active in Campbelltown

A physical activity guide for the over 60's

Campbelltown Clubs and Activities

Tennis Clubs

Athelstone Tennis Club

Senior and junior competition, social tennis and Ladies Wednesday group. Coaching available.

Location: Torrens Valley Sportsfield,
Schulze Rd off Range Rd, Paradise

Phone: 0419 034 303

Email: clarkstennis@gmail.com

Website: clarkstennis.com.au

Campbelltown Tennis Club

Competition, masters and social tennis.

Location: Emery Rd, Campbelltown

Phone: 042 068 236

Email: enquiries@campbelltowntc.org.au

Website: www.campbelltowntc.org.au

Hectorville Tennis Club

Play social or competition tennis on the weekend or midweek in a fun and friendly environment.

Location: 31 Fisher Street, Magill

Phone: Jon Davis 0439 849 780

Email: hectorvilletennis@gmail.com

Website: www.heccies.org.au/tennis

Rostrevor Tennis Club Inc.

Senior, social and ladies mid week tennis.

Location: 42 Jenkins Ave, Rostrevor

Phone: 8337 4403

Email: rostrevortennisclubsecretary@gmail.com

Website: www.rostrevortennisclub.com.au

Tranmere Bowling & Tennis Club Inc.

Competition and Social Bowls and Tennis

Location: 1 Kings Grove, Tranmere

Phone: 8431 6197

Email: dnat@tpg.com.au

Website: tranmere.club

Tennis Courts for Hire

Daly Oval Tennis Courts

Location: 31 Fisher Street, Magill

Phone: Jon Davis 0439 849 780

Email: hectorvilletennis@gmail.com

Website: www.heccies.org.au/tennis

Council Owned Tennis Facilities

- Free for public use
- Toilets
- Playground
- BBQ facilities

Contact Council for more information.

Phone: 8366 9222

Email: mail@campbelltown.sa.gov.au

Website: www.campbelltown.sa.gov.au

Locations:

Lorne Avenue Tennis Courts

27 Balmoral Ave, Magill.

Lovell Reserve

Ryan Avenue, Athelstone.

Nightingale Reserve

Woodforde Rd, Magill.



Campbelltown Clubs and Activities

Table Tennis

Athelstone Table Tennis Club Inc.

Senior practice & social players
Mondays 8pm-9:30pm

Location: Foxfield Oval Hall
Maryvale Rd, Athelstone

Phone: 8337 7125 or 0411 755 707

Email: acarr@shd.com.au

Website: www.nehta.org.au/clubs/athelstone-table-tennis-club/

East Adelaide Table Tennis Club

Location: Newton Sports Complex
Cnr Stradbroke Rd and
Whites Lane, Newton

Phone: 08 8365 9519

Email: eastadelaide TTC@gmail.com

Website: www.eastadelaide TTC.com.au



Lochiel Parkrun

Lochiel Parkrun is a free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!. Enjoyment is the key and you are welcome to join in whatever your pace. Held every Saturday at 8am and after the event enjoy a post parkrun coffee in the Geoff Heath Golf Shop.

Location: Geoff Heath Golf
James Street, Campbelltown

Time: Saturday 8am

Website: www.parkrun.com.au/lochiel

Yoga

Yoga improves strength and flexibility, improves posture and balance and is suitable for people of all ages and fitness levels.

Yoga with Flo

Mixed age yoga classes which include: breathing techniques, postures, meditation, and relaxation.

Locations:

Time: Tuesday 6:30-8pm

Location: Newstead Methodist Hall
24 Gardiner Avenue, St Morris

Time: Wednesday 9:30-11am

Location: Magill Guide Hall
19 St Bernards Rd, Magill

Website: <https://www.yogawithflo.me/>

Yoga Indra

Yoga classes including gentle/seniors, beginners and intermediate.

Classes are held Tuesday, Friday and Saturday.

Location: Campbelltown Uniting Church, 607
Lower North East Road, Campbelltown

Phone: 0421 584 615

Email: jane@yogaindra.com.au

Website: www.yogaindra.com



Staying Active in Campbelltown

A physical activity guide for the over 60's

Free Outdoor Gym Equipment

Did you know that there are outdoor gyms in Campbelltown?

All are free to use – check out the one closest to you. Or try them all!

www.campbelltown.sa.gov.au/recreation-and-leisure/gymequipment

Charlesworth Park

Reserve Road, Campbelltown

Equipment available for sit ups, push ups, cross training, chest presses, shoulder presses and lat pull downs.

Grandview Grove Reserve

Grandview Grove, Magill

Equipment available for leg press, pull downs, chest press, leg raises, pull ups, body pulls, push ups, sit ups, body twists and stretching.

Horwood Avenue Reserve

Horwood Avenue, Rostrevor

Equipment available for lat pull downs, body pulls, leg presses, chest presses, chin ups, sit ups, and body twisting.

Lochiel Park

Lochiel Parkway, Campbelltown

Equipment available for shuttle jumps, balancing, sit ups, step ups, chin ups, seated dips, push ups and stretching.

Milpara Fitness Park

147 St Bernards Road, Rostrevor

Equipment available for cycling, butterfly press, elliptical, shoulder press, lat pull down and ab swings.

Oakdale Avenue Reserve

Oakdale Avenue, Newton

Equipment available for climbing, cross training, stepping, sit ups, shoulder presses, lat pull downs, chin ups, balancing and rowing.

The Gums Reserve

Shakespeare Avenue, Tranmere

Equipment available for trunk rotations, trunk side bends, pull ups, back extensions, cross training and dips.

Thorndon Park

Hamilton Terrace, Paradise

Equipment available for pull ups, cycling, stretching, leg press, body twist, body pulls & push ups, chest press, pull downs, elliptical, shoulder mobility and step ups.



If you would like to know how to use the equipment or need advice on how to modify exercises, please contact Council on **8366 9222** and we can arrange a free group session with a qualified Personal Trainer (minimum 6 people per group).

Heart Foundation Walking (HFW) Groups

We have three HFW groups in Campbelltown. These groups are free to join and a fantastic way to get started with walking. Heart Foundation Walking Groups are a great way to meet new people and look after your health. Beginners are welcome and it's free.



Where	When	Starting Point	Contact the Walk Organiser
Thorndon Park Paradise (Brilliant Support Walking Group)	Mon & Wed 8am	Through gates to BBQ area	Jill: 0411 498 848
Linear Park (Leisurely on Linear)	Tues & Wed 8:30am	Lochiel Park Golf at Geoff Heath Par 3 Golf Course Carpark	Corinne: 0413 486 539 (Tuesday) Heather: 0413 718 581 (Thursday)
Linear Park (Walkers in Paradise)	Tues & Thurs 6am	Silkes Road Bridge Carpark	Carolyn: 0409 365 549
Pepper Street Arts Centre (Magill Walkers)	Thurs 9am	Rear of Arts Centre	Susan: 0405 365 549

Please note all groups will leave at the designated time so please ensure you are 5 minutes early!

If none of the above walking groups suit you... why don't you grab some friends and start your own walking group?

For more information please contact Council on 8366 9222.

Staying Active in Campbelltown

A physical activity guide for the over 60's

Social Clubs which include physical activities

Campbelltown Community Club

Social and recreational activities, including tailored programs for older people or those undergoing post-operative rehabilitation.

Monday: Bingo

Tuesday: Carpet Bowls

Thursday: Betta Balance Exercise

Mon & Fri: Chi Ball Method

Location: Campbelltown Memorial Oval Sports Facility, Cnr Darley Road & Lower North East Road, Paradise

Phone: 8336 2601 or 0401 519 258

Email: johnfk5@bigpond.com



www.facebook.com/
groups/697727278067514

Campbelltown Over 50s Fun Club

Social and recreational activities for the over 50s.

Wednesday: Club day (Bowls, cards, bus trips and special lunches)

Location: Campbelltown Function Centre, 172 Montacute Road, Rostrevor

Phone: Lena 8336 8884
Kathy 0403 776 748

U3A (University of the Third Age Campbelltown)

U3A offers social and recreational activities for people aged over 50 who are working less than 20 hours per week.

Classes run from Monday to Friday and include QiGong Shibashi, Yoga 2 Tai Chi Bone Density exercises, Balance and Bones exercises and Walking.

Location: Marchant Community Centre
338 Gorge Rd, Athelstone

Phone: 8337 7940

Website: www.u3acampbelltownsa.org.au

Email: campbelltownu3asa@bigpond.com

A Prospectus is available from the U3A Office at the Marchant Community Centre and at the Campbelltown Library

Do you need a Buddy?

If you would like to attend any of the activities in this guide, but are feeling a little unsure, please let us know and we can arrange a "Buddy" to come along with you. Going to something new for the first time can be a bit daunting, so that's where having someone to go with helps.

If you would like to know more about finding a buddy, please contact Council on 8366 9222.

Senior Citizen Clubs

Social and recreation activities for older people, including bingo, indoor bowls, cards, lunches and outings.

Magill Senior Citizens Club Inc.

Social and recreational activities in a pleasant and friendly environment.

We welcome new members and visitors. Phone to book a "Come and Try" bowling session with a fun and friendly group. It's easy and suitable for all levels and abilities.

Magill Senior Citizens Hall

79 St Bernards Rd, Magill

Treasurer: 0414 911 905

Clubrooms: 8337 9188

Tuesday: Carpet Bowls

Wednesday: Carpet Bowls

Friday: Bingo

If you don't want to bowl (or bingo) you can come in and play pool or cards.

For Special Events information give us a call.

Email: magillseniors@gmail.com

Secretary: 0418626138

Do you enjoy being outdoors?

Did you know that being outside improves our wellbeing and mental health? We have beautiful parks and walking trails right here in Campbelltown. Check out the following groups if you enjoy the outdoors and being in nature.

Campbelltown Landcare Group

Supported by Council, the group is involved in the revegetation of local reserves and preservation of local native species. Activities include planting native trees, shrubs and ground covers, seed collecting and weeding as well as working with schools and other Landcare groups. The general community planting sessions are on Sunday mornings from April-November.

Location: Working within Wadmore Park

Maryvale Rd, Athelstone
10 Bluegum Court, Athelstone

Phone: 0412 020 140

Email: campbelltown.landcare@gmail.com

 www.facebook.com/campbelltown.landcare

The Gums Landcare Group

Preserving and rehabilitating programs together with information and activity sessions

Location: The Gums Reserve

Shakespeare Avenue, Tranmere

Phone: Gerry Butler 0407 972 149

Marina Walker 0415 418 637

Email: gbutler@landcares.asn.au
marinarwalker@outlook.com

 www.facebook.com/The-Gums-Landcare-Group-105161127676057

Athelstone Community Garden

The garden includes communal garden beds, fruit trees, herb hedges, raised garden beds (available for lease by individual or groups) and composting bays. The garden is open to all members of the community to either lease their own garden plot or to be involved in garden activities and working bees.

Gardening mornings are held in the first and third Saturday mornings each month, from 9.30am - 12pm. All welcome.

Location: Padulesi Park, Athelstone

Phone: Katrina 0401 120 378

Email: katrinarspencer@gmail.com

Website: www.campbelltown.sa.gov.au

 www.facebook.com/athelstone-community-garden-at-padulesi-park

Friends of Black Hill Morialta

Join a passionate group of volunteers making a significant difference in our conservation parks! We work collaboratively with the National Parks and Wildlife Service to improve habitat for many threatened species, including the nationally endangered Southern Brown Bandicoot and the Mount Lofty Ranges Chestnut-rumped Heathwren.

This is the most common form of volunteering with our organisation. It involves joining us at one (or many) of our scheduled habitat restoration events being hosted in one of our 3 conservation parks.

Phone: 8336 5275
President Paul Farmer
Secretary John Fleming

Staying Active in Campbelltown

A physical activity guide for the over 60's

Campbelltown Community Orchard

The Campbelltown Community Orchard was established in 2016 by local people working in close partnership with Campbelltown Council. The Community Orchard is currently a Council volunteer program with the view that one day it will be completely community led and run. The Community Orchard has up to 37 fruit and nut trees that are looked after by a group of volunteers who come together for regular working bee sessions:

- Every third Sunday of the month
10am-12noon
- Monday afternoon, 3.30-5pm
(2 weeks after a Sunday session)

Helping out in the Community Orchard involves spreading mulch, pruning trees, netting trees, weeding, watering, learning and sharing skills, harvesting fruit as well as food, fun, friends and laughter!

Location: Behind Reservoir Road Reserve, Reservoir Road, Paradise

Phone: 8366 9222

Email: mail@campbelltown.sa.gov.au

Website: www.campbelltown.sa.gov.au



[www.facebook.com/
CampbelltownLocalFoodProjects](https://www.facebook.com/CampbelltownLocalFoodProjects)



Lochiel Park Community Garden

Produce is grown individually by members who lease a small plot or communally. Membership of the garden is open to anyone in 'reasonable walking distance' of the garden (to reduce food miles). You don't have to have a plot in order to become a member, but you do have to be a member before you are entitled to a plot. Please contact us for more information and plot availability.

Location: 1018 Lochiel Parkway, Campbelltown

Phone: 0411 150 599.

Email: lpcg5074@gmail.com.

Website: garden.lochielparkcommunity.com.au

Campbelltown Garden Interest Group

A monthly community based group for all garden lovers!

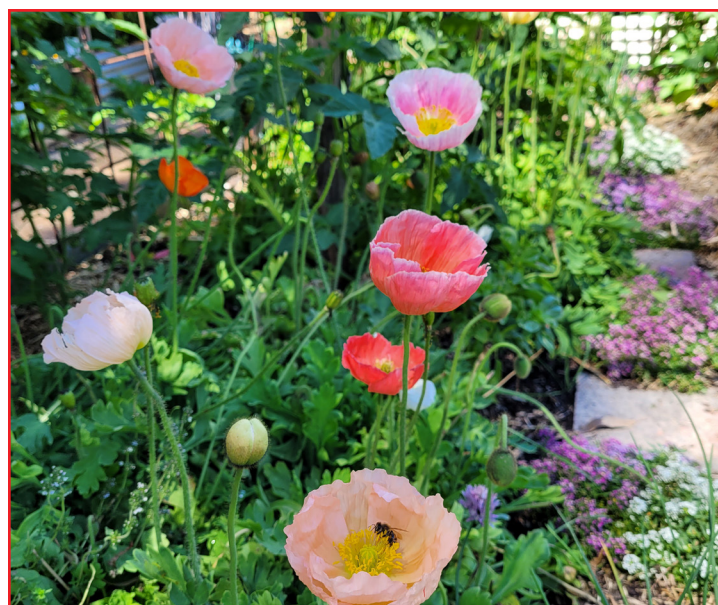
A great opportunity to meet like-minded people, swap seeds and plant cuttings, share gardening information and just talk all thing gardening. Sometimes the group organizes visits to inspirational gardens and guest speakers.

First Tuesday of the month, 11am-12noon

Location: Campbelltown Library
171 Montacute Rd, Rostrevor

Phone: Anna 04222 14664

Email: balassnerose@gmail.com



Athelstone

Torrens Valley Sportsfield Schultz Road	Athelstone Tennis Club	Page 8
Wadmore Park – Maryvale Road	Campbelltown Landcare Group	Page 13
Marchant Community Centre – 338 Gorge Road	U3A	Page 12
Padulesi Park – Victoria Avenue	Athelstone Community Garden	Page 13
Black Hill & Morialta – 88 Addison Avenue	Friends of Black Hill & Morialta	Page 13
Foxfield Oval Hall – Maryvale Road	Athelstone Table Tennis Club	Page 9
Athelstone Recreation Reserve, 267 Lower Athelstone Road	Eastern United Football Club	Page 6

Campbelltown

The ARC Campbelltown – 531 Lower North East Road	The ARC Campbelltown	Pages 3-4
Active Life Tonic Rehab – 2 Newton Road	Active Life Tonic Rehab	Page 5
Campbelltown Tennis Club – Emery Road	Campbelltown Tennis Club	Page 8
Campbelltown Uniting Church – 607 Lower North East Road	Yoga Indra	Page 9
Charlesworth Park – Reserve Road	Outdoor Fitness Equipment	Page 10
	Lochiel Park Golf	Page 7
Lochiel Park Golf at Geoff Heath Par 3 Golf Course – James Street	Heart Foundation Walking	Page 11
	Park Run	Page 9
	Lochiel Park Radlers	Page 7
Lochiel Park Community Garden – Lochiel Park Drive	Community Garden	Page 14
Lochiel Park – Lochiel Parkway	Outdoor Fitness Equipment	Page 10

Hectorville

Hectorville Sports Club – 31 Fisher Street	Hectorville Tennis Club	Page 8
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Magill

Daly Oval Tennis Courts – Fisher Street		Page 8
Hectorville Tennis Club – 31 Fisher Street	Hectorville Tennis Club	Page 8
Magill Girl Guides	Yoga with Flo	Page 9
Lorne Avenue Tennis Courts – 27 Balmoral Avenue		Page 8
Magill Senior Citizens Hall – 76 St Bernards Road	Magill Senior Citizens Club	Page 12
Nightingale Reserve Tennis Courts – Woodforde Road		Page 8
Uni SA Magill Campus – Bundy Street	Magill Health and Fitness Centre Uni SA	Page 5
Magill Church of Christ	Fitness with Annette	Page 6

Newton

St Francis of Assisi Church Hall – Newton Road	Moving to Music	Page 5
163 Montacute Road	ACH Group	Page 5
Newton Sports Complex – Cnr Stradbroke Rd and Whites Lane	East Adelaide Table Tennis Club	Page 9
Oakdale Avenue Reserve – Oakdale Aveune	Outdoor Fitness Equipment	Page 10

Paradise

Torrens Valley Sportsfield – Schulze Road off Range Road	Athelstone Tennis Club	Page 8
Behind Reservoir Road Reserve, Reservoir Road	Campbelltown Community Orchard	Page 14
Campbelltown Memorial Oval – Cnr Darley and Lower North East Roads	Campbelltown Community Club	Page 12
	Heart Foundation Walking	Page 11
Thorndon Park – Hamilton Crescent	Praise Dance 4Health@TP	Page 7
	Outdoor Fitness Equipment	Page 10

Rostrevor

Milpara ACH – 147 St Bernards Road	Outdoor Fitness Equipment	Page 10
Rostrevor Tennis Club – 43 Jenkins Avenue	Rostrevor Tennis Club	Page 8
172 Montacute Road – (behind Council Building)	Outdoor Fitness Equipment	Page 10
Campbelltown Function Centre – 172 Montacute Road	Over 50s Fun Club (Function Centre)	Page 12
ArtHouse – Campbelltown Library	Campbelltown Gardening Interest Group	Page 14

Tranmere

Tranmere Bowling & Tennis Club – 1 Kings Grove	Tranmere Bowling & Tennis Club	Page 8
The Gums Reserve – Shakespeare Avenue	The Gums Landcare Group	Page 13
	Outdoor Fitness Equipment	Page 10



172 Montacute Road, Rostrevor SA 5073 • 8366 9222
www.campbelltown.sa.gov.au

If your group's details listed in this booklet need updating, or if your Campbelltown-based activity is not listed in this guide and you would like to be added, please send us the details to activeageing@campbelltown.sa.gov.au