

CAMDEN ACTIVE MONTH

OCT
2026



WSYD
Moving



Health Promotion Service
South Western Sydney
Local Health District

Join Camden and organisations across the community to take part in Camden Active Month! For the whole month of October there will be fun activities for everyone!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Camden War Memorial re-opens! Girls Colour Bash	2 Talk to me Bro Camden Community Walk Macarthur Bulls Soccer Clinic	3 Macarthur Bulls Soccer Clinic parkrun Camden parkrun Mt Annan Free CrossFit Classes Talk to me Bro - Camden Community Catch Up	4 Free CrossFit Classes
5 Labour Day (NSW)	6 Camden Just Walk It Serenity Session - Chair Yoga LAPS RC Track Night	7 Macarthur Bulls Soccer Clinic Gregory Hills Walking Group - Heart Foundation School Holiday Clinics Move to improve 55+ Years Old	8 Rugby League Holiday Clinic Macarthur Bulls Soccer Clinic Water Walking Sessions Kids Yoga	9 Sportability Club Macarthur Bulls Soccer Clinic	10 Oran Park Leisure Centre parkrun Camden parkrun Mt Annan Free CrossFit Classes Talk to me Bro - Camden Community Catch Up	11 Mt Annan Leisure Centre Free CrossFit Classes
12 Healthy Ageing Festival Macarthur Bulls Soccer Clinic	13 Camden Just Walk It WalkSoccer! Mini Olympics Track Night!	14 Gregory Hills Walking Group - Heart Foundation Basketball Serenity Session - Thai Chi	15 Serenity Session - Meditation Water Walking Sessions Basketball Oztag Toddler Yoga	16 Talk to me Bro Camden Community Walk	17 parkrun Camden parkrun Mt Annan Free CrossFit Classes Local Walk App Launch	18 Mindful Yoga Free CrossFit Classes
19	20 Bulls Mums & Daughters Youth EmpowerHER Program Starts Ride to Campbelltown Camden Just Walk It WalkSoccer! Tour with Narellan Men's Shed Track Night!	21 Gregory Hills Walking Group - Heart Foundation Bulls Youth EmpowerHER Program Starts Basketball Move to improve 55+ Years Old	22 Water Walking Sessions Basketball Oztag Tour with Narellan Men's Shed Parent and Bub Yoga	23	24 parkrun Camden parkrun Mt Annan Camden Men's Community Catch Up Free CrossFit Classes	25 Play the Streets of Birling Free CrossFit Classes
26	27 Camden Just Walk It WalkSoccer! Track Night!	28 Basketball Gregory Hills Walking Group - Heart Foundation	29 Water Walking Sessions Basketball Oztag	30 Oztag Talk to me Bro Camden Community Walk	31 parkrun Camden parkrun Mt Annan Free CrossFit Classes Family Halloween ride	