



Active Life

Exercise and Rehabilitation for over 50's

70 Third Ave
St Peters SA 5069

Contact: Stephen Sim
0417 457 409
tonicrehab@gmail.com

There is a cost involved

A comfortable and social atmosphere. Volunteers to help acclimatize people to the gym. Some cardio mostly resistance exercise. Goal is function not fitness.

Campbelltown Leisure Centre

Netball, Basketball, Volleyball, Soccer, Urban street ball, Rollerblading.
Courts available for casual hire.

Botanic Grove
Campbelltown SA 5074
(PO Box 1, Campbelltown SA 5074)

Contact: Paulene Sailes
8337 6055
psailes@campbelltown.sa.gov.au
www.campbelltown.sa.gov.au

There is a cost involved

Mature Age Badminton Inc.

at Campbelltown Leisure Centre (details above)

Contact: Barry Ebert
8336 2555
bebert@bigpond.net.au

Social badminton for Over 50's who play Monday and Wednesday mornings
9.30-11.30am.
\$4.00 visitors, \$3.00 members