

NEW Program Value Pack!

Cant decide which
program to choose?

Our Program Pack is
great value giving your child
entry into **5x sessions for only \$45**
or **2 children for \$80**

*Only 1 x Circuit Breaker or Circus Elements can be included in pack

Choose from the below options:
Yoga for kids, Circus Elements, GlowGym,
Just Dance, SparkBall and Circuit Breaker.

To Book **Ph:** 8405 6670 or
Email: thelights@cityofpae.sa.gov.au

Let us keep the kids entertained these school holidays!

Please check sessions are suited to your child's age.

In order to keep children safe please stay with
children under 9 years.

Please let the Lights know if you are unable to attend
your session as we often have waiting lists.

Bookings are essential for most activities featured.
Contact our friendly team at the Lights to book:
thelights@cityofpae.sa.gov.au

For the latest news and updates visit:
www.thelights@cityofpae.sa.gov.au

The Lights Community and Sports Centre

244 - 270 East Parkway
(Corner Hampstead Road and East Parkway)
Lightsview, SA 5085

08 8405 6670
thelights@cityofpae.sa.gov.au

[f](https://www.facebook.com/thelights) [i](https://www.instagram.com/thelights) thelights.com.au

The Lights

October School Holiday Program 2020



OCTOBER School Holiday Program

For all bookings contact us on 8405 6670

GlowGym Active Playgroup

[ages 2 – 5]

Monday 28 September - 10 – 11:15am

BOOKINGS ESSENTIAL | \$10 per session

Come join in on the fun! The GlowGym has a focus on physical play through structured games, activities and free time.

The value of physical play helps develop coordination skills of hands, feet and eyes while also helping with social development and a wide range of other gross motor skills.

+ Free Bouncy Castle Ride



Yoga for Kids

[ages 5-13]

+ 1hr Court Sport

We all know that yoga is a fantastic workout for us as adults, bringing about both stress-reduction as well as increasing physical strength and flexibility. These same benefits can help our kids too. Book your child into this fun and calming program by contacting us at the Lights.

Ages 5 – 13: 10am – 11am

Plus 1 x free hour on court after your session to play with a range of fun equipment

Friday 2 October

BOOKINGS ESSENTIAL | \$10 per session

Just Dance

[ages 5 – 13]

+ 1hr Court Sport
Including Free Bouncy Castle Ride

Get your dance on with sarah who will show you some moves! This is going to be so much fun with all your favourite songs!

Ages 5 – 8: 10am – 11am

Ages 9 – 13: 11am – 12pm

Plus 1 x free hour on court after your session to play with a range of fun equipment

Friday 9 October

BOOKINGS ESSENTIAL | \$10 per session

SparkBall

Entry Level Mini-Basketball

[ages 5 – 10] + 1hr Court Sport

This is a great introduction to basic basketball skills through drills and games which is the perfect starting point before heading into the Future Stars domestic competition at the Lights.

Ages 5 – 7: 10am – 10:45am

Ages 8 - 10 11am – 11:45am

Plus 1 x free hour on court after your session to play with a range of fun equipment

Wednesday 30 September and 7 October

BOOKINGS ESSENTIAL | \$10 per session
or \$15 for Both per person

Circus Elements

[ages +6] + 1hr Court Sport

Let the kids be entertained in the holidays with a fun and quirky introduction and juggling performance. Students will then be given step by step instructions on how to use 3 or more circus props. For example juggling, flower sticks, plate spinning, balance sticks, hoola hoops & hand held stilts.

Plus 1 x free hour on court after your session to play with a range of fun equipment

Thurs 1 October 10am – 11am

BOOKINGS ESSENTIAL | \$19 Including Lunch

Circuit Breaker

Obstacle inspired kids program

[ages 8-12]

It's time to get active with our fun 'obstacle' inspired kids program called 'Circuit Breaker'.

In this 2 hour experience kids between the ages of 8 and 12 will catch, throw, crawl, run and so much more through this one of a kind obstacle course. Participate in fun group activities, team building challenges and improve motor skills, balance and fitness.

Thursday 8 October 10:30am – 12:30pm

BOOKINGS ESSENTIAL | \$19 Including Lunch

2 hours of
Lock-in FUN



Including Lunch
from Delightful
Cafe

Add this to a
programs pack for

max value!