

#### Package 1

\$16.50 per guest (minimum 15 children)

#### Prefer to cater your own party?

With this package, you can bring your own food for the occasion. There's a small fridge for your use to keep things fresh. You can also order optional platters ahead of the party.

#### Package 3

\$9 per head (minimum 15 children)

#### Want us to take care of everything?

Package 3 includes even more food to keep even the hungriest children satisfied:

- Sandwiches
- Sliders
- Nuggets
- Hot chips
- Lolly bags
- lugs of cordial and water



## Our 2-hour birthday party package includes:

E-invitations to your guests

A dedicated party host and party room 40 minutes playing a fun sport or team game of your choice

40 minutes of disco, giant games, video games, or free time

25 minutes to enjoy your delicious food and cake

#### Package 2

\$6 per head (minimum 15 children)

#### Want us to provide some treats and snacks?

Package 2 has a selection of freshly made hot and cold snacks and drinks, including:

- Assorted sandwiches
- Mini hot dogs
- Hot chips
- Lolly bags
- Jugs of cordial and water

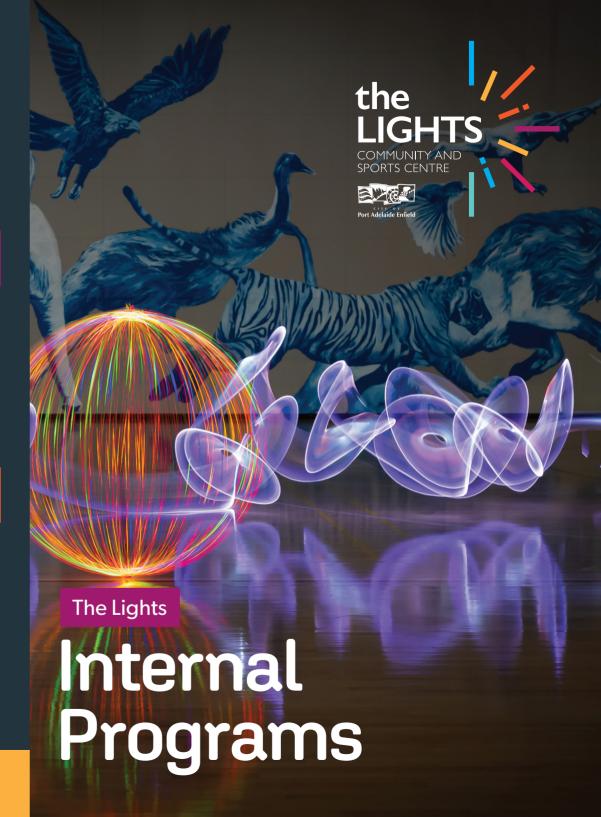
#### **Optional Platters**

\$35 each

#### Want more? Choose from:

- Seasoned wedges with sour cream and sweet chilli
- Assorted sandwiches
- Mixture of spring rolls, samosas and spinach and ricotta puffs with dipping sauce
- Assorted cakes
- Dip platter
- Fruit salad platter

Ice cream cake is also available for just \$25



# **Internal Programs**

## **Health and Wellbeing Programs**

TIME	WHAT	WHEN	PRICE
9:30am – 11:30am	WiseMoves for Women WiseMoves for Women is a workshop series for women aimed at building wellbeing by creating opportunity to connect, learn, be active, take notice, give back, eat well and sleep well.	Thursdays	To book, please contact: vanessa.gaston gardner@cityofpae sa.gov.au
9:30 – 10:30 and 10:30 – 11:30am	Strength for Life The Strength for Life program is a low cost strength and fitness training for Over 50s, aimed to improve your overall strength and fitness and quality of life.	Mondays and Wednesdays	\$8

## **Social Sports**

TIME	WHAT	WHEN	PRICE
Tuesday 10am – 2pm Wednesday 7pm – 9:45pm Friday 6pm – 9:45pm Saturday 5pm – 9:45pm	The Lights Social Badminton Badminton is a fun, social and inclusive sport welcoming a range of differing skill and intensity levels.	Tuesdays, Wednesdays, Fridays and Saturdays	\$5.50
<b>Sunday</b> 6:30 – 9:30pm	The Lights Social Mixed Volleyball Taking expression of interests for The Lights Social Mixed Volleyball competition on Sunday evenings. A fun and enjoyable opportunity to meet new people and develop new and existing skills of the game.	Sunday Evenings	If you are interested in playing please contact: cgvolleyball club@gmail.com
6:30pm – 10:30pm	The Lights Social Mixed Netball Powered by SAMMNA Social mixed netball competition powered by SAMMNA – the peak body in South Australia for Men's and Mixed Netball. Get you team in now!	Thursday evenings	If you are interested in enter- ing a team please contact: compe- titions@sammna. com.au
6pm – 10:30pm	The Lights Social Basketball and Wheelchair Basketball Competitons Powered by BSA Social basketball is a great way to keep fit, develop new or existing skills, engage in teamwork and socialise in an enjoyable and relaxed environment.	Tuesday evenings	If you are interested in entering a team please contact The Lights team
Monday 8pm – 10pm Friday 6pm – 9pm	The Lights Table Tennis  Table Tennis is fun, social and inclusive sport welcoming a range of differing skill and intensity levels.	Mondays and Fridays	\$5.50

## Active Children Programs (Bookings Only)

TIME	WHAT	WHEN	PRICE
4pm – 4:45pm	I'm a Fit Kid I'm a Fit Kid has been inspiring junior primary schools with fun, functional and energetic fitness solutions.	Thursdays	\$90 per term
(6-7yo) 4pm – 4:45pm (8-10yo) 5pm – 5:45pm	Light It Up An inclusive, structured fun kids sports program introducing kids 6-10 to a range of different sports including Basketball, Netball, Volleyball, Soccer, Badminton, Athletics, T-Ball, Cricket, Tennis and AFL. Each Term we focus on 3 different sports that focus on Throwing, Hitting and Kicking changing it up every 3 weeks help- ing your child stay engaged each week!	Wednesdays	First Session Free! \$90 per term
(5–7yo) 4 – 4:45pm (8–10yo) 4:45–5:30pm	Just Dance Come get your dance on! Our dance instructor will show you some moves.	Mondays	First Session Free! \$90 per term
9:45am - 10:30am	GlowGym - Active Playgroup 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.	Wednesdays	First Session Free! \$55 per term
	To book please contact us at the Lights on		

### Group Fitness Classes (only \$10 a class!)

8405 6670 or email: thelights@cityofpae.sa.gov.au

TIME	WHAT	WHEN	PRICE
7pm-8pm	BoxFit BoxFit is a high-intensity, high-energy but mostly high-rewarding boxing class that builds cardiovascular fitness while improving muscular strength and endurance.	Tuesdays	\$10 per session
6pm – 7pm (Adults)	Yoga Experience new energy and calmness in mind and body! A non-impact class great for strength, flexibility and relaxation.	Mondays and Wednesdays	\$10 per session
10:30 – 11:15am (Ages up to 2yo)	Mums N Bubs Fantastic opportunity for mums (and dads) of all ages to participate in physical activity and mindfulness in a supportive and relaxing environment while keeping bub entertained.	Fridays	\$10 per session