



Let your Birthday  
**shine  
bright**  
at The Lights

### 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
- Jugs 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

**the  
LIGHTS**

COMMUNITY AND  
SPORTS CENTRE



Port Adelaide Enfield

The Lights

# Internal Programs

Ready to book? Speak with one of our friendly staff at The Lights on 8405 6670

# Internal Programs

## Health and Wellbeing Programs

TIME	WHAT	WHEN	PRICE
9:30 – 10:30 and 10:30 – 11:30am	<b>Strength for Life</b> 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  Returning June 15	\$8
6am – 7am	<b>We Run the Lights</b> Enjoy expert coaching in a fun group environment with a focus on improving fitness, health and connecting the community. We run the lights is open to beginners, intermediate and advanced runners. The FREE 8 week program runs 25th June until 13th August, Start Anytime!	Thursday  Starting June 25	FREE

## Casual Sports

TIME	WHAT	WHEN	PRICE
<b>Tuesday</b> 10am – 2pm <b>Wednesday ,</b> <b>Friday and</b> <b>Saturday</b> 5pm – 8pm	<b>The Lights Social Badminton</b> All sessions are maximum 60 minutes on-court. Sessions are hourly Pre – booking over the phone is essential. Please bring your own equipment and drink bottle.	Returning June 9	\$5.50
<b>Mon-Sun</b> 9:15am -8:15pm	<b>Casual Basketball</b> All sessions are maximum 60 minutes on-court. Sessions are hourly Pre – booking over the phone is essential. Please bring your own basketball and drink bottle.	Mon-Sun  Returning June 9	\$5.50
10am - 12pm	<b>Pickleball</b> Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Suitable for all ages.	Thursdays  Returning June 11	\$5.00  To Book Ph: 0449264843

For all bookings contact our team at The Lights on 8405 6670  
or via Email: [thelights@cityofpae.sa.gov.au](mailto:thelights@cityofpae.sa.gov.au)

\* Please note that this program may change due to changing COVID-19 restrictions

## Active Children Programs

TIME	WHAT	WHEN	PRICE
9:45am - 10:30am	<b>GlowGym - Active Playgroup</b> The GlowGym has a focus on physical play through structured games, activities and free time.  <b>To book please contact us on 8405 6670</b>	Wednesdays  Returning Term 3	\$5.50

## Group Fitness Classes

TIME	WHAT	WHEN	PRICE
7pm – 8pm	<b>BoxFit</b> BoxFit is a high-intensity, high-energy but mostly high-rewarding boxing class that builds cardiovascular fitness while improving muscular strength and endurance.	Tuesdays  Returning June 9	\$10 per session
6:30pm – 7:30pm (Adults)	<b>Yoga</b> Experience new energy and calmness in mind and body! A non-impact class great for strength, flexibility and relaxation.	Wednesdays  Returning June 17	\$10 per session
10:30 – 11:15am *NEW*	<b>CoreFit</b> Functional focused stability, strength and endurance program designed to promote increased muscle tone and functional mobility through the abdominals, glutes and hamstrings.	Fridays  Starting June 12	\$10 per session

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