

the LIGHTS

COMMUNITY AND SPORTS CENTRE



The Lights

Internal Programs

Updated January 2021

Internal Programs

Active Children Programs

TIME	WHAT	WHEN	PRICE
(5 – 12yo) 4:15 – 5pm	Mix Up Sports Our program team will get you moving with a selection of different sports to try each week including Basketball, Badminton, Volleyball, Frisbee Golf and more!	Tuesdays (Starting Feb 2)	\$55 per term
(5 – 12yo) 4 – 5pm	QuickStix Lacrosse - Involve Sessions Quick Stix program is a free-flowing form of lacrosse for students to start learning the game. It is simple to teach and learn, and a perfect sport for primary school children.	Wednesdays (Starting March 3)	\$50 per 5 week program To book: visit www.quickstixlacrosse.com.au
(5 – 10yo) 4:30 – 5:15pm	Just Dance Come get your dance on! Join in on some fun with great music and games and let our dance instructor show you some moves.	Mondays (Starting March 1)	\$45 per 4 week program
9:45 – 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.	Mondays (Starting Feb 1)	\$55 per term
(5 – 10yo) Mixed 12:45 – 1:30pm	Spark Ball - Skill Sessions This is an introductory basketball program for 5-10 year olds, providing both boys and girls a safe and enjoyable basketball experience, with a whole lot of Fun!	Saturdays (Starting Jan 30)	\$55 per term
10:30 – 11:30am	Active Story Time - with PAE Libraries A fun new program offering music and songs, books & stories, group learning activities, movement and social development.	Fridays (Starting Jan 29)	FREE

Includes:
Bouncy Castle!

Group Fitness Classes

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
6:30pm – 7:30pm (Adults)	Yoga Experience new energy and calmness in mind and body! A non-impact class great for strength, flexibility and relaxation.	Wednesdays	\$10 per session
6.30pm - 7.30pm	Zumba: Let's Get Moving! Zumba is great for body mind and mood! perfect for Everybody and every body.	Tuesdays	\$10 per session

To book or
for more info:

Jump Online: thelights.com.au or Ph: 8405 6670
or [f /TheLightsCommunityandSportsCentre](https://www.facebook.com/TheLightsCommunityandSportsCentre)

Social Sports

TIME	WHAT	WHEN	PRICE
Tuesday 10am – 2pm Wednesday 6:30pm – 9:30pm Friday 5pm – 9:30pm Saturday 5:30pm – 8:30pm	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
Sunday 6:30 – 9:30pm	The Lights Social Mixed Volleyball Taking team registrations 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	For all new team registrations please contact Volleyball SA at https://www.volleyballsa.com.au/contact
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 entering a team please contact: competitions@sammna.com.au
6pm – 10:30pm	The Lights Social Basketball and Wheelchair Basketball Competitions 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	To register a social basketball team contact Basketball SA at jenkins@basketballsa.com.au
Friday 6:30pm – 8pm	The Lights Table Tennis Table Tennis is fun, social and inclusive sport welcoming a range of differing skill and intensity levels.	Fridays	\$5.50

Health and Wellbeing Programs

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, Wednesdays and Fridays	\$8

Shine bright
with your

Birthday party

at The Lights

Birthday Party Package

\$16.50 per guest (minimum 15 children)

Our 2-hour birthday party package includes a **NEW BOUNCY CASTLE!** plus:

- 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
- Now with option to include Mickey and friends giant Bouncy Castle (additional \$50)

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 add on **Snack Pack 1 or 2** or **Optional Platters** ahead of the party.

+ Snack Pack 1

\$6 per head (minimum 15 children)

Want us to provide some treats and snacks?

This pack 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

+ Snack Pack 2

\$9 per head (minimum 15 children)

Want us to take care of everything?

This pack includes even more food to keep even the hungriest children satisfied:

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

+ Optional Platters

Additional cost through Delightful Cafe

Want more? Choose from:

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

Ice cream cake is also available.

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