

# July School Holidays @The Lights

244-270 East Parkway, Lightsvue (cnr. East Parkway & Hampstead Rd)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 11	JULY 12	JULY 13	JULY 14	JULY 15
<b>Mix-Up Sports</b>	<b>Martial Arts</b>	<b>Create Your Own Canvas</b>	<b>Pizza Making + Court time</b>	<b>Spinneroos</b>
10am-12pm	1-2pm	1-2pm	2-3.30pm	12-1pm
Ages 5+	Ages 5-12	Ages 5-12	Ages 5+	Ages 5+
\$10	\$10	\$10	\$15	\$7
JULY 18	JULY 19	JULY 20	JULY 21	JULY 22
<b>Movie + Court time</b>	<b>Shuttle Smash</b>	<b>Glow Gym</b>	<b>Dance Class</b>	<b>Virtual/ Augmented Reality</b>
Court: 10-11am Movie: 11am-12.30pm	11.30am -12.30pm	10am-12pm	11.30am -12.30pm	12-1pm & 1-2pm
Ages 3+	Ages 5-12	Ages 2+	Ages 5-12	Ages VR: 13+ & AR: 5+
\$10	\$7	\$10	\$10	FREE

**Bookings Available online now at [www.thelights.com.au](http://www.thelights.com.au)**

**Got any questions?** Speak with one of our friendly staff on **8405 6670**

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**BOOK NOW:**  
[www.thelights.com.au](http://www.thelights.com.au)

## Week One 11-15 July

### **Mix Up Sports** | Monday 11 July

Try a variety of new and different sports in a fun and structured environment. Our program team will get you moving with a selection of fun sports to try on the day.

### **Martial Arts** | Tuesday 12 July

Are you ready to harness your inner Kung Fu Panda? Join us for a fun filled class suitable for any skill and fitness levels! This session will involve basic martial arts skills and will emphasise the importance of focus and mental resilience.

### **Create Your Own Canvas** | Wednesday 13 July

Ever thought you could be the next Picasso? Or maybe you want to fill that empty space on the wall with a creation of your own? Come along to this session to paint your own canvas. All you need is yourself and some inspiration, we'll provide the rest!

### **Pizza Making** | Thursday 14 July

Join us at Delightful Café in this hands on session, learning the craft behind making your own pizza. For home cooks of all calibres. Plus FREE Court time while you wait for your pizza!

### **Spinneroos** | Friday 15 July

Table Tennis Australia's Junior Program Spinneroos aims to introduce kids to table tennis through engaging and fun activities. This session will involve learning fundamental movement skills & social skills all while introducing children to table tennis. The focus is on FUN.

## Week Two 18-22 July

### **Movie + Court Time** | Monday 18 July

Warm up with some court activity time and movie day with a side of hot chocolate! Hotel Transylvania 4 (PG) After one experiment, Johnny turns into a monster and everyone else becomes human. Now it has to be seen whether they will be able to reverse this experiment!

### **Shuttle Smash** | Tuesday 19 July

Badminton Australia's Shuttle Smash introduces players to the fundamental movement and lifelong skills of badminton through a variety of fun, safe and socially inclusive activities. It combines a range of fun physical activities with learning the technical and tactical elements of the game including hand-eye coordination, stability and balance.

### **Glow Gym** | Wednesday 20 July

Got a favourite superhero or princess? Or just love to dress up? Come dressed as your favorite character and join in a fun filled session of GlowGym. GlowGym has a focus on physical play through structured games, activities and free time. Plus, come and get your face painted!

### **Dance Class** | Thursday 21 July

In this session, kids will learn a short routine with Beat2dance company, which will be performed at the end of the session! All abilities welcome.

### **Virtual/Augmented Reality** | Friday 22 July

Let's have a play with a Virtual Reality headset – play table tennis in another world, pat a dragon and paint in the air! Also, have a play with some Augmented Reality art apps - colour in different characters and bring them to life on our iPads!