



the  
LIGHTS

COMMUNITY AND  
SPORTS CENTRE



CITY OF  
Port Adelaide Enfield

The Lights

# Inclusive Activities

Updated October 2022

# Inclusive Activities

**The Lights Community & Sports Centre is a vibrant place where people connect, learn and participant in activities that improve their physical and mental wellbeing.**

We focus on providing enhanced health, fitness, and wellbeing opportunities by creating a positive environment for those living with disabilities. Individuals can get moving and be involved in a variety of fun and engaging activities. As a fully inclusive Community Centre, we welcome everybody to the centre and encourage you to enquire to discuss your needs and the services available at the Lights.

**Inclusive activities at The Lights include:** 3 x 3 Inclusive Basketball League, GlowGym, Active Story Time, Shine Bright at The Lights, Walking Netball, School Holiday activities, social sports and health & well-being programs.

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## **Pushing Performance**

Pushing Performance, located at the Lights Sports and Community Centre are Adelaide's leading team in health, wellness, Fitness and ability. The team at Pushing Performance provides a customised environment that is positive, motivating and promotes a healthy lifestyle. All services are delivered face to face, hands on and customised to the needs of the individual. With specialist coaches the team thrives on changing lives for the better and ultimately lay the foundations for a brighter future.

**Contact:** Simon Lucas **Ph:** 1300 000 348  
**e:** [trainer@pushingperformance.com.au](mailto:trainer@pushingperformance.com.au)

To book or  
for more info:

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

### **One Culture Support Services**

One Culture offer a range of inclusive sports programs for people living with disabilities or special needs. They run Futsal, Basketball, Tennis, Pickleball and Powerchair Football Programs throughout the school terms. One Culture also provides support work to assist participants to attend sports programs or individualised training.

**Contact:** One Culture Support Services **Ph:** (08) 7080 3894  
**e:** [info@oneculturegroup.org](mailto:info@oneculturegroup.org)

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### **SANFL Wheelchair Football**

Wheelchair Football is an exciting, fast-paced, skilful, and highly tactical sport where mixed teams of five take the court. Players with and without disability are encouraged to play in this inclusive game.

**Contact:** Nathan Pepper **Ph:** 0422 089 865 **e:** [nathan.pepper@sanfl.com.au](mailto:nathan.pepper@sanfl.com.au)

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### **Walking Football**

Walking football is a variant of association football that is aimed to be inclusive and involved with football if, due to a lack of mobility or for other reason, they are not able to play the traditional game.

**Contact:** Walking Football **Ph:** 0412 950 599  
**e:** [walkingfootballadelaide@yahoo.com](mailto:walkingfootballadelaide@yahoo.com)

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### **Wheelchair Basketball**

The South Australian Wheelchair Basketball Association promotes and supports the sport of wheelchair basketball for South Australians from junior and social programs through to elite teams in the National Wheelchair Basketball League, allied with the West Adelaide Bearcats Basketball club and Basketball SA.

**Contact:** SA Wheelchair Basketball **e:** [sawheelchairbasketball@gmail.com](mailto:sawheelchairbasketball@gmail.com)





THE LIGHTS

# Inclusive 3x3 basketball league

Powered by One Culture and Adelaide Pride Basketball Club

Featuring two teams of three basketball players, teams will compete in half-court games. The rules are very simple and designed to make it fast, spectacular and exciting.

Individuals and teams encouraged to register. Come along, bring your friends and give it a go! For players living with disabilities over the age of 12.

**WHERE** Friday Nights at The Lights

**WHEN** League starts Oct 21

**TIME** 5 – 8pm



To register  
scan QR code or visit:  
[oneculturesupportservices.org/  
registration-form-sa](http://oneculturesupportservices.org/registration-form-sa)



Contact the Lights for more information on 8405 6670 or [thelights@cityofpae.sa.gov.au](mailto:thelights@cityofpae.sa.gov.au)