

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.

- 40 minutes playing a fun sport or team game of your choice
- 25 minutes to enjoy your delicious food and cake
- 40 minutes of disco, games, video games or free time
- A dedicated **Party Host**
- **E-invitations** to your guests
- Option to include Mickey and friends' giant Bouncy Castle

### Prefer to cater your own party?

There's a small fridge for your use to keep things fresh.

You can also add a **Small or Large Package** or **Optional Extras** ahead of the party.

*Dietary requests available, pricing may vary.*

### + Small Package Options

\$11 per head (pick one)

- 3 x Nuggets, Hot Chips, Fruitbox & Lollipop
- Mini Hot Dog, Hot Chips, Fruitbox & Lollipop
- 4 x Party Pastries, Hot Chips, Fruitbox & Lollipop

### + Large package options

\$15 per head (pick one)

- 6 x Nuggets, Hot Chips, Fruitbox & Lollipop
- Hot Dog, Hot Chips, Fruitbox & Lollipop

### Want something more?

Optional extras include (additional costs apply).

- Assorted mini pastries
- Seasoned wedges with sour cream & sweet chilli sauce
- Assorted sandwiches
- Mixture of spring rolls OR spinach & ricotta puffs with dipping sauce
- Assorted cakes
- Small or large fruit platter
- Ice cream cake
- and much more!



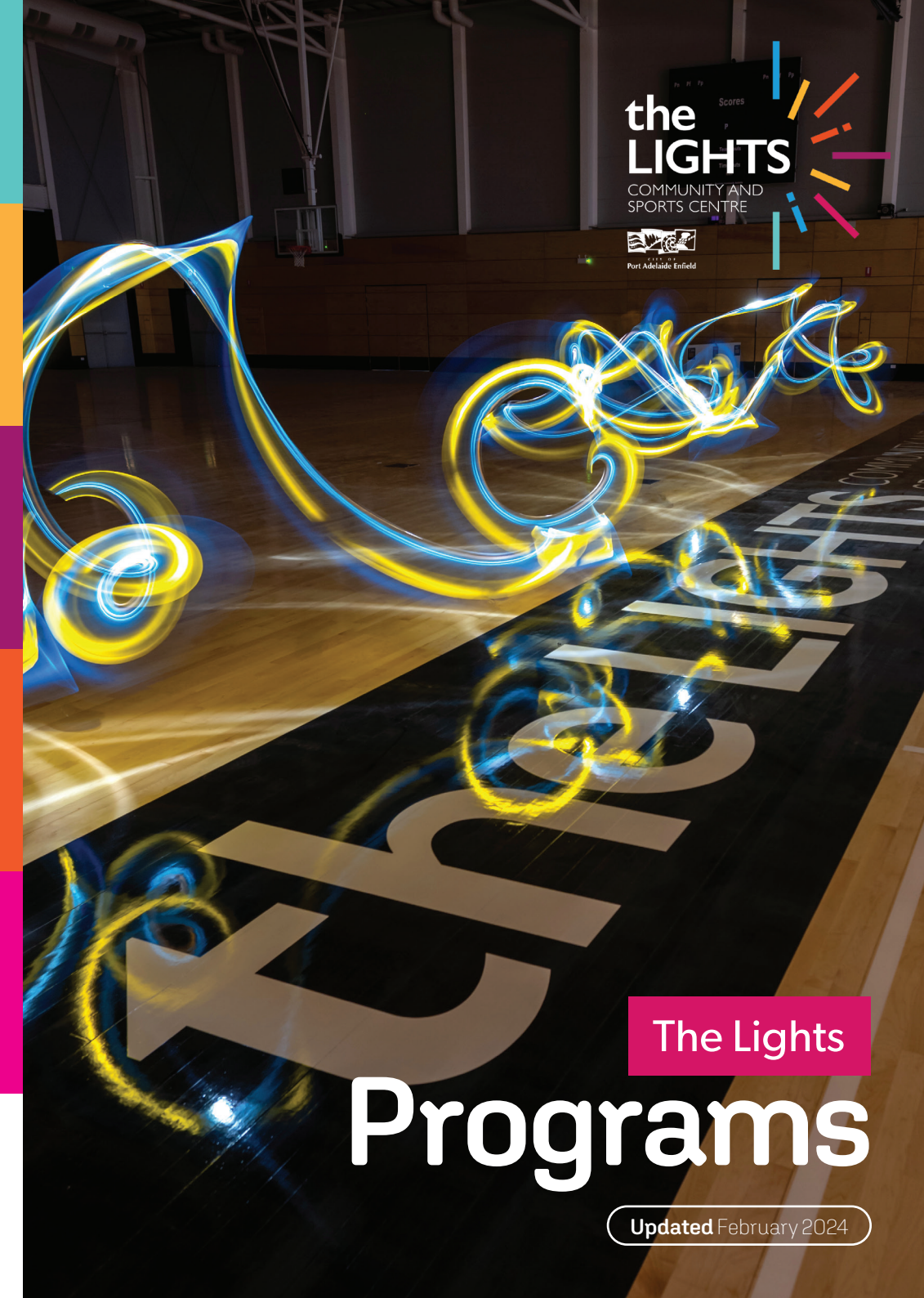
**The Lights Community  
and Sports Centre**

244 - 270 East Parkway  
(Corner Hampstead Road and East Parkway)  
Lightsview, SA 5085

08 8405 6670  
thelights@cityofpae.sa.gov.au

Facebook Instagram thelights.com.au

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



The Lights

# Programs

Updated February 2024

# Programs

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

## Active Kids Programs Term based

WHAT	WHEN	PRICE
<b>GlowGym</b> 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.	<i>Ages 6 months – 5 years</i> <b>Mondays</b> 9.30 – 10.30am	Casual booking \$7 or Full term <b>\$60</b> (pro-rated)  Bookings Essential
<b>SparkBall</b> 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!	<i>Ages 5 – 10</i> <b>Tues</b> 4.30 – 5.15pm <b>Sat</b> 2.30 – 3.15pm & 3.30 – 4.15pm  <i>Ages 5 – 7</i> <b>Sat</b> 1.30 – 2.15pm	
<b>Shuttle Smash</b> Shuttle Smash introduces players to the fundamental movement and lifelong skills of badminton through a variety of fun, safe and socially inclusive activities and game.	<i>Ages 5 – 10</i> <b>Wednesdays</b> 4.30 – 5:30pm	
<b>Junior Volleyball Program</b> The lights junior volleyball program aims to introduce kids to volleyball through fun and engaging activities. This program develops fundamental movement skills, with a focus on fun.	<i>Ages 5 – 10</i> <b>Thursdays</b> 4.30 – 5.30pm	
<b>Kids Social Badminton</b> Practice, play, and make new friends in our unstructured sessions for kids only. No coaching, just pure fun! Bookings open 7 days in advance. Running throughout the school term. Limited spots available, so book early.	<b>Wednesday nights</b> 5.30 – 6.30pm	\$5.50 per player
<b>All Inclusive Sports Club</b> Come along to make new friendships that transcend abilities, boost confidence and overall well-being that happens when families play together. This program is for school aged children living with disability and their families.	<i>Ages 5 – 13</i> <b>Wednesday</b> 4 – 5pm	\$15 a session - per family
<b>Active Storytime</b> A fun program offering music and songs, books & stories, group learning activities, movement and social development.	<i>Ages 3 – 5</i> <b>Fridays</b> 10.30 – 11.30am	FREE
<b>Youth Night</b> Come and join in on our FREE Youth Night. This is a place where you can hang out, try new activities, meet new people and get involved in what happening at The Lights!	<i>Ages 12 – 17</i> <b>One Friday a month</b> 4.30 – 6pm	FREE Contact: <a href="mailto:thelights@cityofpae.sa.gov.au">thelights@cityofpae.sa.gov.au</a>
<b>Birthday Parties</b> Available on Sundays and during school holidays.	Subject to availability	Prices vary Contact. <a href="mailto:thelights@cityofpae.sa.gov.au">thelights@cityofpae.sa.gov.au</a>

## Social Sports

WHAT	WHEN	PRICE
<b>Badminton</b> Badminton is a fun, social and inclusive sport welcoming a range of differing skill and intensity levels. Sessions are 1.5 hours.	<b>Tues</b> 11am – 2pm <b>Wed</b> 6.30 – 9.30pm <b>Fri</b> 5pm – 9.30pm <b>Sat</b> 5.30 – 8.30pm <i>Bookings open 48 hrs in advance</i>	\$5.50 per person or 10-visit pass available for <b>\$45</b>
<b>Walking Basketball</b> Walking basketball is an inclusive sport open to anyone over 16, regardless of skill level. It offers a low-impact, highly social experience where teams are formed on-site. Each session includes a coach/referee from Basketball SA to assist with rules and skills, making it a welcoming environment for all.	<b>Tuesdays</b> 6.30 – 7.30pm During school term	<b>\$8 per session</b> or 10-visit pass for \$72
<b>Walking Netball</b> Walking Netball is a modified version of traditional netball and is appropriate for any age or fitness level. Enjoy this exciting chance to play social netball at your own (walking) pace.	<b>Wednesdays</b> 10.30 – 11.30am	\$8 per person or 10-visit pass available for <b>\$72</b>
<b>Pickleball at Clearview</b> Join us at Clearview Bowling Club for Pickleball!! Enjoy a social and drop-in atmosphere where you can come and try something new while meeting new people. Whether you're a seasoned player or completely new to the game, our sessions are all about having fun and embracing the thrill of trying something different. See you on the court!	<b>Thursdays</b> 6.30pm – 8.30pm	\$5.50 per session
<b>Table Tennis</b> Table Tennis is fun, social and inclusive sport welcoming a range of differing skill and intensity levels.	<b>Fridays</b> 6 – 8pm	\$5.50 per person or 10-visit pass available for <b>\$45</b>
<b>Casual Hoop Shooting</b>	Subject to availability	\$5.50 per person or 10-visit pass available for <b>\$45</b>
<b>Private Court Hire</b>	Price available on request. Subject to availability.	

All timetables subject to change. For more information on any of the above programs running at The Lights Community & Sports Centre, email [thelights@cityofpae.sa.gov.au](mailto:thelights@cityofpae.sa.gov.au) or call 8405 6670

## Health & Wellbeing

WHAT	WHEN	PRICE
<b>Strength For Life</b> The Strength for Life program is a low cost health and fitness training class for over 50's, aimed to improve your overall strength and quality of life.	<b>Mon &amp; Wed</b> 8.30am, 9.30am, 10.30am  <b>Fridays</b> 9.30am, 10.30am	\$8 per person or 10-visit pass available for <b>\$72</b> <i>Bookings Essential</i>
<b>Walking Group</b> Did you know regular walking can lower the risk of heart disease by 30%? Come and join us for a leisurely stroll around Lightsvue, meeting at The Lights. All fitness levels and ages welcome.	<b>Tuesdays</b> 9.30am	FREE, registrations via: <a href="mailto:thelights@cityofpae.sa.gov.au">thelights@cityofpae.sa.gov.au</a>
<b>Living Well at the Lights</b> A series of workshops and activities aimed at building wellbeing by creating opportunities to connect, learn, be active, take notice, give back & eat and sleep well.	<b>Thursdays</b> 9.30 – 11.30am	FREE, registrations via: <a href="mailto:thelights@cityofpae.sa.gov.au">thelights@cityofpae.sa.gov.au</a>
<b>Connect @ The Lights</b> One on one consultations helping you establish strategies to support and improve your physical health and wellbeing.	By appointment	FREE, registrations via: <a href="mailto:thelights@cityofpae.sa.gov.au">thelights@cityofpae.sa.gov.au</a>

## Active Wellbeing

<b>Zumba</b> Zumba is great for body mind and mood! Perfect for everybody and every body.	<b>Mondays</b> 6.30pm – 7.30pm	\$10 per session or 10-visit pass available for <b>\$90</b>
<b>Pilates Flow</b> Pilates Flow is a workout that combines the fundamentals of Pilates, Yoga and Tai Chi. Come and enjoy elements of strength training, flexibility, and mind body balance in one fun and dynamic workout.	<b>Thursdays</b> 6.30pm – 7.30pm	
<b>Yoga</b> Experience new energy and calmness in mind and body! A non-impact class great for strength, flexibility, and relaxation.	<b>Wednesdays</b> 6.30pm – 7.30pm	
<b>Tai-Chi</b> Unlock a world of balance, relaxation, and inner harmony. Whether you are a beginner or have some experience. This is the perfect opportunity to explore the wonders of Tai-Chi.	<b>Sundays</b> 10.30am – 11.30am	

For more group fitness training options, please speak to the friendly team at Pushing Performance (located within the Lights) or contact [trainer@pushingperformance.com.au](mailto:trainer@pushingperformance.com.au) or call 1300 000 FIT. For more information visit [www.pushingperformance.com.au](http://www.pushingperformance.com.au)