

# July School Holidays @The Lights

244 – 270 East Parkway, Lightsview (cnr. East Parkway & Hampstead Rd)

the  
**LIGHTS**

COMMUNITY AND  
SPORTS CENTRE



**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**

MONDAY 8 JULY AM

## Holiday Extravaganza

**Glow Gym** \$5 per family

Join us for a morning of fun at the Lights! Enjoy glow gym, indoor sports, arts and crafts, jumping castle and more with the whole family.

6 mths - 12 yrs **9.30 - 10.30am**

TUESDAY 9 JULY PM

**Junior Badminton** FREE

Come join us for some fun! Junior badminton is happening during school holidays from 1pm to 3pm, and guess what? It's absolutely free! We will provide the gear, so let's smash and volley our way through a fantastic time together. See you on the court!

Ages 5 - 14 **1 - 3pm**

THURSDAY 18 JULY PM

**Watercolour for Teens** FREE

Come and explore the wonderful world of watercolour!

This FREE workshop for teens aged 12-17 covers the basic techniques needed to create your very own watercolour painting.

Whether you are a complete beginner or already have some experience – all are welcome and encouraged to go with the flow and try something new. All resources for the workshop will be provided.

**Bookings for this program must be done online at:**  
<https://events.humanitix.com/watercolour-for-teens-at-the-lights-community-and-sports-centre>

Ages 12 - 17 **10am - 12pm**

MONDAY 8 JULY PM

## Mighty Movers

**\$5**

Mighty Movers focuses on making fitness fun through a variety of engaging activities that promote physical health and well-being. Kids will participate in exercises such as obstacle courses, team sports, dance routines, and strength training. The goal is to build strength, improve coordination, boost confidence, and instill a love for active living.

Ages 6 - 14 **11am - 12pm**

WEDNESDAY 17 JULY PM

**Junior Table Tennis** FREE

Learn the basics of table tennis or test your skills with a range of games against friendly competition! Join us for an action-packed "Come and Try" session where you'll unleash your inner ping pong champ!

Ages 8 - 14 **11am - 12:30pm  
or 12:30 - 2pm**

FRIDAY 19 JUL AM

**Multiball Interactive Screen** FREE

It's time to dive into the ultimate gaming experience with our Multiball Interactive Screen. Come test your skills on a range of games including: soccer, space invaders, racket sports and more! Bring your friends and join in on the friendly competition!

Ages 6 - 16 **12 - 2pm**

FRIDAY 19 JUL PM

**The Lights Mario Kart** FREE

**Tournament (16 spots)**

Join us at the Lights for an awesome Mario Kart Tournament! Rev up your engines and put your racing skills to the test in this adrenaline-packed event. Whether you're a seasoned pro or a first-time racer, this tournament promises fun and excitement for all.

**Bookings for this program must be done online at:** <https://events.humanitix.com/mario-kart-competition-the-lights-community-and-sports-centre>

Ages 8 - 16 **2 - 4pm**