

Ballarat Aquatic & Lifestyle Centre

ACTIVE SCHOOLS PROGRAM 2019



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WHY CHOOSE BALC?

At Ballarat Aquatic & Lifestyle Centre, we offer a range of programs to assist the local Ballarat school community and surrounding areas achieve their health and wellness goals. All our programs can be modified so that your students are able to benefit from our quality programs whilst participating in a fun and motivational environment with fellow class mates.

We provide qualified and experienced staff that are required to update their knowledge and skills regularly. All staff have completed a mandatory police check and hold a current Working With Children accreditation and current qualifications relative to their position.

Our gymnastics and aquatic education programs are committed to supporting the Victorian Curriculum. The BALC Aquatic Education and Gymnastics Program is now aligned with the Victorian Curriculum reporting system as a demonstration of our commitment to delivering quality programs.

We recommend that this booklet is kept as a resource to assist and support your educational program. If you have any queries regarding our programs, services or facilities please do not hesitate to contact us. Contact details can be found on page 23 of this booklet.

We look forward to welcoming your school to BALC!

Full reporting back to schools for Swim & Survive program

Fully qualified instructors and coaches

Free swimming at anytime for Swim & Survive students

Variable pool depths means competency in all environments

Over 15 Group Fitness classes for all abilities

Combine swimming & gymnastics in the one place

Dedicated group change rooms for school groups

All gymnastic equipment used for a holistic experience



1.85m



BALC AQUATIC EDUCATION



Swimming and water safety education is an important life skill that we take seriously. Our programs cater for all ages including infants, children and adults. Our programs are fun and effective and involve both swimming and water safety skills. Swim & Survive is a swimming and water safety initiative of Royal Life Saving that seeks to increase the water safety skills of children to prevent drowning and increase participation in safe aquatic activity.

The Swim & Survive Active program is an aquatic education program for children aged 5 to 14 years. 'Active' is used to emphasise that skills learnt in the program not only save lives, but provide a foundation for participation in a range of aquatic recreation, fitness and sporting activities.

Swim & Survive Active is a swimming and personal aquatic survival program, developing skills across the following strands:

- entries and exits
- underwater skills
- rescue skills
- movement and swimming strokes
- floating and sculling
- survival and lifejacket skills
- water safety knowledge

Swim & Survive Active has three developing awards which focus on development of the foundation skills, and a further seven core awards which focus on building endurance.

During your schools swimming program, participating students will receive a complimentary unlimited swim pass to use throughout the term. Aquatic learning takes time to achieve results, so unlimited access to our pools provides your students the opportunity to gain additional practical experience outside of their scheduled class. A progress report is also provided to inform parents/guardians what skills they have been working on, together with a certificate of participation.

All students participating in our Swim and Survive program receive a complimentary swim pass giving them unlimited swimming anytime throughout the term.

BALC

AQUATIC EDUCATION

Pricing Structure

Student : Teacher Ratio	Student Fee per 30 Minute Lesson	Student Fee per 45 Minute Lesson	Student Fee per 60 Minute Lesson
4 : 1	\$8.50	\$11.00	\$13.50
5 : 1	\$7.50	\$9.50	\$11.50
6 : 1	\$6.85	\$8.50	\$10.20
7 : 1	\$6.35	\$7.80	\$9.20
8 : 1	\$6.00	\$7.25	\$8.50
9 : 1	\$5.70	\$6.85	\$7.95
10 : 1	\$5.50	\$6.50	\$7.50

Ratios

Please note that although schools are able to choose their ratio for the program, we will not exceed a ratio of 10:1. However, flexibility can be arranged where students may have special requirements/needs to be attended to.

Program Operations

Whilst participating in the program you will receive a weekly 'supervisor roster' containing an updated list of swimming groups and corresponding teacher. Once students have arrived at BALC and are ready to commence their lessons, we ask that they are organised into allocated groups under the grandstand according to their swim teacher.

Attire

Please ensure that appropriate swimming attire is worn by students participating in the program. Long hair should be tied back or worn in a swim cap and the use of goggles is optional. A sturdy bag containing a towel and clothing is required.

Change Rooms

Schools will be allocated to a specific group change area. These group change areas will be either the 25m group change rooms or the 50m group change rooms.

Teaching Safe Diving Skills

Learning to swim and to be safe in aquatic environments encompasses many skills. As part of their learning experience at BALC, students will gain knowledge and understanding around a number of ways to enter an aquatic environment, including diving.

Lead-up skills for low-risk dives will be incorporated in our Swim & Survive program. As each student progresses through the diving steps as outlined by AUSTSWIM, they will be assessed by an Aquatic Liaison Officer.

Program Availability

The BALC Swim & Survive program has a set number of places available each term. Please refer to the Appendix at the back of this document for session times and booking details.



Not a big school? No worries!
Our programs cater for all school
and class sizes big or small.

SIMULATED OPEN WATER PROGRAM

The BALC Aquatic Education Team is proud to offer our Simulated Open Water Program to all students in our Swim & Survive Active Program.

This comprehensive program is structured to provide students the opportunity to experience water safety hazards in a safe pool environment.

Our Simulated Open Water Program consists of a number of stations which incorporate environmental and risk awareness, survival and rescue skills, and an introduction to emergency response. Working through the stations, students have the opportunity to assess their own personal competency and realise their vulnerability in a true open water scenario.

The stations include:

- Underwater swimming
- Slippery banks and understanding accidental entries
- Overturned boat scenario
- Lifejackets: understanding the features of different jackets and when to wear them
- Boogie boards

The program is conducted within our Swim & Survive Active Program, or can be conducted as a stand-alone 2-hour circuit.



DRY WATER SAFETY PROGRAM

The BALC Aquatic Education Team provides a comprehensive theory program, developed as an interactive session to inform students of all ages the importance of safety and awareness around open water.

The program is suitable for Kindergartens, Primary Schools, English Language Schools and community education sessions.

The unique interactive curriculum of the program provides opportunities for participants to learn vital water safety knowledge using magnetic storyboards, interactive role-play and Life Saving Victoria's Everyday Lifesaver app.

We are passionate about spreading the water safety message to as many people as possible. This program supports our Swim & Survive pool-based program and can be included as part of an Aquatic Education booking or can be booked as a stand-alone program (price on application). Contact the BALC Aquatic Education Team for more information.



MORE SUPPORT FOR SWIMMING LESSONS

March 27, 2018

LSV Media

On 27th March 2018 it was announced that Schools across the state would receive more support for swimming lessons as part of the Andrews Labor Government's plan to keep Victorian children safe around water.

Schools will share in an additional \$9.8 million to help contribute to the cost of swimming lessons over the next two years, increasing the support provided to each Year 6 student from \$50 to \$90. Announcing the investment today, Minister for Education James Merlino said the Labor Government is making sure kids can swim in an effort to reduce the number of drowning deaths.

The move will support up to 60,000 students at Government and Catholic Schools to achieve their Victorian School Water Safety Certificate, which includes being able to swim 50m continuously, before leaving primary school.

Along with the \$9.1 million already invested to support schools to deliver swimming and water safety education, schools will be able to determine how they use the funding to best meet the needs of their students.

The Swimming in Schools program aims to increase opportunities for students to learn how to swim, and ensure they develop lifelong skills in swimming and water safety to reduce their risk of drowning and injury.

Minister for Education James Merlino said "We know that swimming can be an expensive skill to learn for some families. But we also know that it is a crucial life skill and that's why we're providing extra funding to ensure it is not a burden on schools."

He said "With 43 drowning deaths in Victoria in between July 2015 and June 2016, the need for water safety to be part of the curriculum is clear. We want to make sure all Victorian children know how to swim and stay safe in the water before they finish primary school."

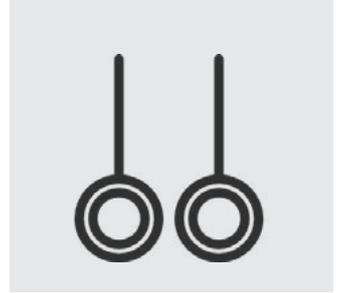
The Victorian Curriculum F-10 requires swimming and water safety programs to be taught as part of Health and Physical Education in the standard curriculum. BALC can help your school fulfil its aquatic education needs - just ask us how!



2016 & 2017
Member Club

INVERMAY P.S.
TWINDY THROS

BALC GYMNASTICS



Programs provided by BALC Gymnastics have been developed by our accredited gymnastics coaches to maximize the benefits it provides to students. This includes encouraging the development of fundamental motor skills used throughout other sports into the future.

Through the program, we focus on building the participants confidence, coordination, creativity and self-discipline, while learning the necessary progressions to develop basic gymnastics skills. Our gymnastics program is directly linked to the Victorian Curriculum and meets a majority of the Movement and Physical Activity statements.

The program, which can be flexibly run in blocks ranging from one to eleven weeks, focuses on correct warm up, stretching and gymnastics techniques. Programs comprise of week to week rotations on different apparatus in the Gymnastics Hall, focusing on all apparatus including floor, beam, bars, vault, parallel bars, trampoline and rings. Students are guided through progressions for many gymnastics skills that promote balance, spatial awareness and co-ordination.

Within the program, the students will participate in team building challenges which foster team work and be involved in games and activities to challenge their movement patterns and strategy. All groups also participate in the 'Tabloids' session in the last week of their program where participants are involved in a giant circuit around the whole gymnastics hall in an exciting and an energetic atmosphere. We encourage supervising teachers or group leaders to actively support the program in whichever way they feel comfortable.



Pricing Structure

No. of Students	Student Fee per 60 Minute Lesson	Student Fee per 90 Minute Lesson	Student Fee per 120 Minute Lesson
10 to 15	\$6.90	\$8.50	\$10.15
16 to 20	\$7.95	\$10.15	\$12.40
21 to 25	\$7.00	\$8.70	\$10.45
26 to 30	\$6.40	\$7.80	\$9.20
31 to 35	\$7.15	\$8.95	\$10.75
36 to 40	\$6.65	\$8.25	\$9.80
41 to 45	\$6.30	\$7.70	\$9.10
46 to 50	\$6.85	\$8.50	\$10.15
51 to 55	\$6.50	\$8.05	\$9.55
56 to 60	\$6.25	\$7.65	\$9.00

Ratios

All BALC Gymnastics coaches are fully accredited in accordance with Gymnastics Australia and hold a current Working with Children Check. Our programs are conducted at a ratio below or equal to 15:1. This is required to be confirmed at the time of booking.

Program Operations

Weekly lessons are conducted between 11:00am and 3:00pm Monday to Friday. Upon completion of the program participants receive a certificate of participation.

Attire

Please ensure that all participants (including supervising teachers/group leaders and aides/carers) in the group are prepared and wearing correct attire as follows:

- Appropriate clothing is to be worn e.g. tracksuit pants, leggings or shorts. All participants are required to have bare feet. Please avoid wearing denim clothing or clothing with zips, buttons and buckles as it limits the apparatus that the participant can use
- All long hair is tied back
- **All jewellery (rings, watches, earrings, necklaces, bracelets etc) is to be removed**
- Bring a water bottle containing water. A water fountain is available to use or to refill water bottles when required.

BALC GYMNASTICS PROGRAM EXAMPLES

These are just two examples of the variety of programs available for one through to eleven weeks that can be adapted to suit your needs.

		Week 1	Week 2	Week 3	Week 4	Week 5
5 Week Program (3 groups of 15)	Warm - Up	Freeze (basic Gymnastics shapes)	Aerobics Dance	Pirate Game	Traffic Game	Dynamic Warm-up (including aerobics & stretches)
	Program Rotation	Beam Floor & Tramp Bars	Tramp & Bar Floor & Rings Vault	Beam Floor & Tramp Bars	Tramp & Bar Floor & Rings Vault	Tabloids

		Week 1	Week 2	Week 3	Week 4	Week 5
10 Week Program (3 groups of 15)	Warm - Up	Freeze (basic Gymnastics shapes)	Aerobics Dance	Dynamic Warm-up (including aerobics & stretches)	Pirate Game	Dynamic Warm-up
	Program Rotation	Beam Floor & Tramp Bars	Tramp & Bar Floor & Rings Vault	Parkour	Beam Floor & Tramp Bars	Team Games
		Week 6	Week 7	Week 8	Week 9	Week 10
		Traffic Game	One Jump, One Run	Dynamic Warm-up	Bush Dance	Dynamic Warm-up
		Tramp & Bar Floor & Rings Vault	Beam Floor & Tramp Bars	Circus & Rhythmic Gymnastics (including silks & trapeeze)	Tramp & Bar Floor & Rings Vault	Tabloids

Programs are directly linked to the Victorian Curriculum and meet a majority of the Movement and Physical Activity statements. Contact us for a copy of our curriculum matching document.



ROCK CLIMBING



Rock climbing is a fantastic sport for children as it quite often challenges their skills and takes them out of their comfort zone. The strength, agility and resilience that rock climbing teaches are excellent building blocks for a range of other sports and physical activities.

Our Gymnastics Hall features a rock climbing wall that is accessible to a wide variety of ages and abilities. There are six automatic belay systems which keep climbers safe on the ascent and the descent. Each of the six walls have at least three different climbing routes which allows climbers to be challenged at their own level. Our rock climbing instructor will assist with securing your harness, completing safety checks and encouraging you to reach your rock climbing potential.

School groups can book the rock wall exclusively or add rock climbing to their gymnastic lessons. A maximum of 12 children can participate in a rock climbing session and there is the option of booking a one-off session or a block of sessions.

Exclusive rock climbing sessions

Up to 12 children per session. A 1-hour session duration is recommended.

Rock climbing sessions within a Gymnastics Program booking

Depending on your group numbers, a variety of options are available. With a larger number of students, the majority of students would participate in the gymnastics program, with a group of 10-12 students utilising the rock wall concurrently. In the proceeding sessions, a new group of students would rock climb, giving every pupil in the booking an experience on the BALC rock wall.

Pricing Structure

No. of Students	Student Fee per 60 Minute Session	Student Fee per 90 Minute Session	Student Fee per 120 Minute Session
1 to 12	\$6.90	\$8.50	\$10.15

Please Note

If rock climbing is included in a Gymnastics Program booking, schools may need to pay for an extra instructor per gymnastics session, depending on the number of students.

Attire

- Clothing that allows students to move freely. E.g. t-shirt, shorts, leggings, tracksuit bottoms
- As the students are wearing a harness, skirts and dresses aren't appropriate clothing
- Closed toe sport shoes (e.g. runners) are to be worn. No sandals, crocs, thongs or slip-on shoes
- Long hair is tied back
- All jewellery and watches are to be removed.

Rock Climbing Rules

- You must be 5 years of age or older to climb.
- A safety briefing must be completed prior to climbing.
- Harnesses must be worn at all times when climbing.
- No climbing without being clipped properly into the auto belay rope and carabiner.
- The first time you climb, practice your descent (approx. 2m) to ensure you are comfortable.
- Do not pull on the auto belay before you let go.
- All climbers must demonstrate proper descent technique to Centre Staff prior to climbing.
- Make sure the area below is clear before you descend.
- All climbers must wear appropriate footwear. No bare foot climbing.
- No food or drink in the climbing and gymnastics area.
- Do not swing on the ropes. NO running or jumping off padded gymnastics equipment, back flips, wrestling, etc.
- Unruly conduct, not following staff directions, or not following the rules of the facility will be cause for removal from the gym. The use of vulgar language or improper conduct is not permitted. Please refrain from yelling or screaming.



Talk to us about combining Rock Climbing with a Gymnastics Program!



BALC GROUP FITNESS



Participating in group fitness programs is an exciting, motivating and fun way to encourage exercise within a group setting. BALC's qualified instructors deliver sessions aimed to improve mobility, flexibility, coordination, motor skills, strength and an increase in cardiovascular fitness.

In keeping up with the latest health and fitness trends, we can deliver the following programs:

LesMILLS BODYCOMBAT	A martial arts inspired cardio class. Powerful combinations of boxing, kickboxing, muay thai, and other styles ensure you get great results from interval training. Duration: 55 minutes. Coordination: Low.
LesMILLS CXWORX	A core training workout that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. Duration: 30 mins. Coordination: Low.
LesMILLS BODYPUMP	A workout to challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast! Duration: 55 mins or BODYPUMP Express 30 mins. Coordination: Low. Must be 16 years of age to participate.
LesMILLS BODYSTEP	An energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Duration: 55 mins or BODYSTEP Express 30 mins. Coordination: Moderate.
LesMILLS BODYBALANCE	A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Duration: 55 mins. Coordination: Low.
FIT 45	If you love variety and a challenge, this is the class for you. This Freestyle, Functional Interval Training class will lift your fitness to the next level. You will be guided through aerobic and resistance training aimed to improve both your cardio and muscular strength and endurance. Duration: 45 mins Coordination: Moderate
LesMILLS RPM	An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. Duration: 45 mins. Coordination: Low.
STAGES FLIGHT	This class will challenge your legs, heart and mind. Ride through a mixture of flat roads, steep inclines and short intense intervals. Ride with heavy resistances and steep gradients to build strength and stamina + ride fast sprints and long flat stretches of road to focus on speed and durability. An overall workout that uses our STAGES power meters and new, state of the art flight software. Duration: 45 mins. Coordination: Low.
metafit.	Metafit is a style of HIIT and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible. It gets results because it; Creates a Metabolic Disturbance. Increases your Resting Metabolic Rate. Increases Fat Burning. Duration 30min. Coordination: Low
KIBOX COMBO	Get the stress out! This freestyle boxing class will keep you guessing and will give you a full body workout using various equipment that incorporates punching techniques, pad work, skipping, running and abdominal work. Duration: 55 mins. Coordination: Moderate.

LOW IMPACT BASICS	Enjoy a fun class that is easy for beginners yet challenging for the tried and true exerciser. Low impact aerobics will boost your energy levels, burn calories, reduce stress and get you in shape. No experience necessary! Duration: 45 mins. Coordination: Low.
Pilates	A class teaching a unique method of body control and conditioning. This class will stretch and strengthen the muscles whilst improving flexibility, stability and balance. Duration: 55 mins. Coordination: Low.
TAI CHI	Tai Chi is a Chinese exercise system that uses slow, smooth, gentle, body movements to achieve a state of relaxation of both body and mind. Great for all ages. Duration: 45 mins. Coordination: Low.
YOGA	Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. Duration: 55 mins. Coordination: Low.
Aqua ACTION	A combination of cardio and resistance training with minimal choreography. Suiting all levels of fitness, you control the intensity making it as easy or as hard as you like. Duration: 45 mins. Coordination: Low.
Aqua MOVERS	A gentle, low impact class in shallow water perfect for those with injuries or limitations. Suitable for all ages and fitness levels. Duration: 45 mins. Coordination: Low.
Water WORKOUT	Increase your cardio fitness and strength with moderate to high intensity. Choreographed routines and a variety of circuits with equipment, line and wall work. A fun session for those seeking a challenge or to improve their fitness. Duration: 45 mins. Coordination: Low.
Gentle WARM WATER	Held in our warm water pool. Designed to increase and maintain mobility and flexibility. Ideal for older adults, those with chronic illness, recovering from injury or with a disability. Duration: 45 mins. Coordination: Low.
Aqua RUN	A vigorous, high intensity workout focusing on deep water running. Great for those wanting a fitness challenge, added variety to their fitness regime or requiring rehabilitation. . Duration: 45 mins. Coordination: Low.

Pricing Structure

Location	Cost (per lesson)
BALC	\$100
External	\$120

Price includes qualified instructor. Class ratios apply.

Attire

Please ensure that comfortable and appropriate workout attire is worn at all times, along with runners. A drink bottle and sweat towel is also advised.

Important Notes

- Please note that age limits may apply to certain classes.
- Classes are subject to studio and instructor availability.
- Maximum participant limits are set on some classes due to space and equipment.

GROUP FITNESS ETIQUETTE

- All fitness levels are welcome.
- Please inform your instructor if you are new to exercise or have any pre-existing injuries.
- Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor at the beginning of the class.
- Minimum age of 13 year for all group fitness classes, except BodyPump which is a minimum age of 16 years.
- Please use shelving provided to store personal belongings. Lock away your valuables in the lockers provided in the change areas.
- Appropriate clothing and footwear is required at all times.
- Please bring your own water bottle and towel. Take regular breaks to stay hydrated.
- For the comfort of others, please ensure personal hygiene is maintained and equipment is wiped down when finished.
- Be attentive and turn off mobile phones during class time.
- Follow staff instructions at all times.
- Do NOT drop weights/equipment.

PROGRAM BOOKINGS

Booking Procedure

Bookings for 2019 will be open between **Monday 13th August** and **Friday 31st August 2018**. We encourage all schools to complete the relevant online booking form using the link below to ensure that their preferences are secured. Bookings will still be accepted after this time, however we cannot guarantee your preferences will be available.

[Online Booking Forms - Click Here](#)



All booking forms can be found online at www.ballarataquaticcentre.com/activeschools

Once we have processed your request, you will be sent a booking confirmation email which will contain:

- The tentative number of people participating in the program
- Program details including session times, dates and cost
- Any requirements for your group (as requested by the group organiser).

Multiple Department Bookings

BALC encourages the use of multiple department bookings (particularly when you may wish to consider travel costs) and we can assist with the coordination of these programs. Eg you may wish to organise a gymnastics or group fitness class followed by a swimming lesson.

If you would like to access more than one department, or have rotating activities, please contact one of the departments on the BALC contact list found on page 19 with the details of your booking and we can determine and advise of possible times and dates.

Conditions of Booking

Please note: You will be required to confirm the exact number of children participating in the program no later than three (3) weeks prior to your session, by providing a class list. The booking confirmation email will act as an agreement that the dates will be reserved for your group to attend as specified. In particular, we understand the importance of schools being able to book in advance to plan for the year ahead. Please note that once dates are confirmed they will be reserved, making it difficult to rebook if a cancellation does occur.

Cancellation Policy

Due to high demand for the facilities and programs, all groups will be required to pay the following cancellation fee if a cancellation occurs after the confirmation of programs.

NOTICE GIVEN	FEE INCURRED
Greater than three (3) weeks' notice	20% of full price
Less than three (3) weeks' notice	50% of full price
Less than 24 hours' notice	100% of full price

Invoicing

Upon final confirmation of dates and exact participant numbers, an invoice will be forwarded to your school for facilities and programs booked. No credits will apply for any students not participating after final confirmation has been received unless a medical certificate has been provided.

Arrival

On arrival to BALC you must report to our Customer Service team to confirm and register your attendance. You will then be directed to a suitable waiting area. Please be considerate of other users of our Centre and ensure that participants do not make excessive noise or block walkways and corridors.

Anyone undertaking the BALC Aquatic Education program will be directed to the change rooms in the 25m or 50m pool area prior waiting in the grandstand. Alternately, if you are participating in a gymnastics or group fitness program you will be directed to wait in the viewing area upstairs.

Special Requirements

It's important that we are informed of any special requirements for the group and/or its participants. This can include:

- Important medical information and conditions
- Participants whom require an aide/carer
- An indication of the range of ability of the participants to perform the tasks. E.g. coordination levels, swimming abilities.

BALC CONTACTS

If you would like to find out more about any of the programs listed in this document, please contact the relevant department as listed below.

BALC Aquatic Education	Tamara Hansen • (03) 5330 4116 balcschoolaqed@ballarat.vic.gov.au
BALC Gymnastics	Tess Rooker • (03) 5330 4113 balcschoolgymnastics@ballarat.vic.gov.au
Group Fitness	Megan Lamb • (03) 5330 4122 meganlamb@ballarat.vic.gov.au
Lane Bookings & Events	Kristie Hoskin • (03) 5330 4108 kristiehoskin@ballarat.vic.gov.au
Customer Service Team	(03) 5330 2499 balc@ballarat.vic.gov.au



EMERGENCY INFORMATION

In the event of an emergency, there are two forms of evacuation that may be required:

1. **Partial Evacuation:** Evacuation of designated area within the Centre
2. **Full Evacuation:** Evacuation of the entire Centre

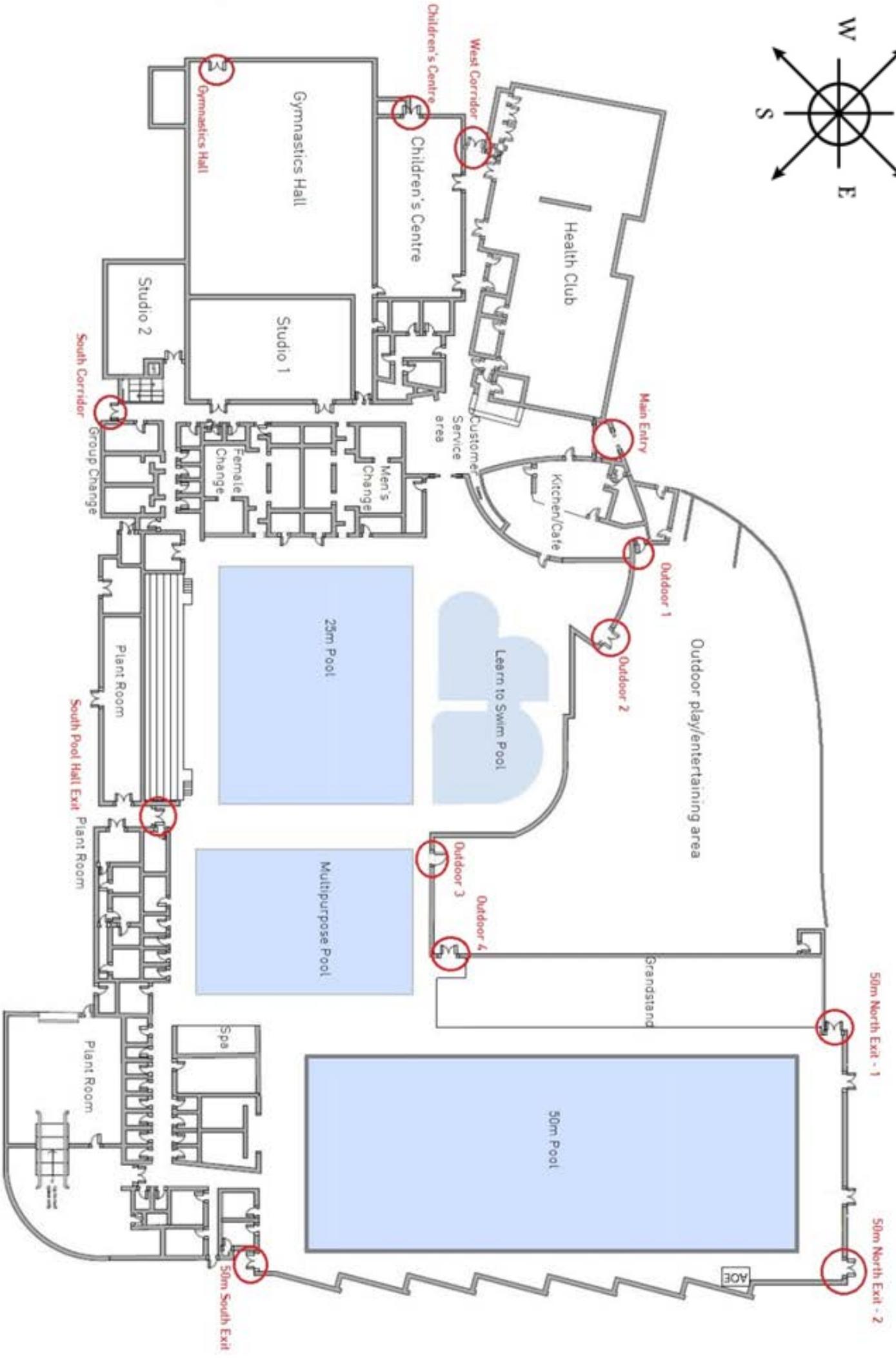
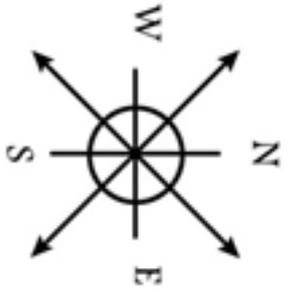
In the unlikely event of either a partial or full evacuation, an announcement will be made to inform staff and patrons of the evacuation. Please note: it's important that all program participants and staff follow the instructions of BALC staff at all times.

Assembly Areas

Assembly areas are outlined as per the table below.

Name	Point/Area
Primary	North West grassed area near Northern car park
Secondary	Hockey fence

Emergency Exits	
Main entry	Outdoor area - doors 1,2,3 and 4
50m Pool North exit - doors 1 & 2	50m Pool South exit
South Pool Hall exit	South Corridor exit
Gymnastics Hall	Children's Centre
West Corridor	



Appendix

Aquatic Education Session Times

SESSION TIMES

Please refer to the tables in this Appendix when completing your booking request form for our Aquatic Education program.

Due to the popularity of our swimming program, schools will be asked to select their preferred session times, indicated by the **Program Number** for each term.

Maximum number of sessions a school will have each term will vary due to term length and public holidays.

You will be notified by email of your confirmed booking after the close of bookings on Friday, 31st August 2018.

If you have any questions, please do not hesitate to contact a member of the Aquatic Education Team. Details can be found on page 23 of the Active School Program booklet.

Term 1

Monday 4 February - Friday 5 April 2019

Public Holidays - Monday 11 March 2019 (Labour Day)

Program Number	Dates	Day	Time	Maximum number of sessions
1	4th Feb – 1st April	Monday	10:45am – 11:45am	8
2	4th Feb – 1st April	Monday	11:45am – 12:30pm	8
3	4th Feb – 1st April	Monday	12:30pm – 1:15pm	8
4	4th Feb – 1st April	Monday	1:15pm – 2:00pm	8
5	4th Feb – 1st April	Monday	2:00pm – 2:45pm	8
6	5th Feb – 2nd April	Tuesday	10:45am – 11:45am	9
7	5th Feb – 2nd April	Tuesday	11:45am – 12:30pm	9
8	5th Feb – 2nd April	Tuesday	12:30pm – 1:15pm	9
9	5th Feb – 2nd April	Tuesday	1:15pm – 2:00pm	9
10	5th Feb – 2nd April	Tuesday	2:00pm – 2:45pm	9
11	6th Feb – 3rd April	Wednesday	10:45am – 11:45am	9
12	6th Feb – 3rd April	Wednesday	11:45am – 12:30pm	9
13	6th Feb – 3rd April	Wednesday	12:30pm – 1:15pm	9
14	6th Feb – 3rd April	Wednesday	1:15pm – 2:00pm	9
15	6th Feb – 3rd April	Wednesday	2:00pm – 2:45pm	9
16	7th Feb – 4th April	Thursday	10:45am – 11:45am	9
17	7th Feb – 4th April	Thursday	11:45am – 12:30pm	9
18	7th Feb – 4th April	Thursday	12:30pm – 1:15pm	9
19	7th Feb – 4th April	Thursday	1:15pm – 2:00pm	9
20	7th Feb – 4th April	Thursday	2:00pm – 2:45pm	9
21	8th Feb – 5th April	Friday	10:45am – 11:45am	9
22	8th Feb – 5th April	Friday	11:45am – 12:30pm	9
23	8th Feb – 5th April	Friday	12:30pm – 1:15pm	9
24	8th Feb – 5th April	Friday	1:15pm – 2:00pm	9
25	8th Feb – 5th April	Friday	2:00pm – 2:45pm	9

*Please note the 10:45am - 11:45am session may be utilised as either two 30 minute sessions or one 60 minute session.

Term 2

Tuesday 23 April - Friday 28 June 2019

Public Holidays - Monday 22nd April (Easter Monday), Thursday 25th April (ANZAC Day),
Monday 10th June (Queen's Birthday)

Program Number	Dates	Day	Time	Maximum number of sessions
26	23rd April - 25th June	Tuesday	10:45am - 11:45am	10
27	23rd April - 25th June	Tuesday	11:45am - 12:30pm	10
28	23rd April - 25th June	Tuesday	12:30pm - 1:15pm	10
29	23rd April - 25th June	Tuesday	1:15pm - 2:00pm	10
30	23rd April - 25th June	Tuesday	2:00pm - 2:45pm	10
31	24th April - 26th June	Wednesday	10:45am - 11:45am	10
32	24th April - 26th June	Wednesday	11:45am - 12:30pm	10
33	24th April - 26th June	Wednesday	12:30pm - 1:15pm	10
34	24th April - 26th June	Wednesday	1:15pm - 2:00pm	10
35	24th April - 26th June	Wednesday	2:00pm - 2:45pm	10
36	26th April - 28th June	Friday	10:45am - 11:45am	10
37	26th April - 28th June	Friday	11:45am - 12:30pm	10
38	26th April - 28th June	Friday	12:30pm - 1:15pm	10
39	26th April - 28th June	Friday	1:15pm - 2:00pm	10
40	26th April - 28th June	Friday	2:00pm - 2:45pm	10
41	29th April - 24th June	Monday	10:45am - 11:45am	8
42	29th April - 24th June	Monday	11:45am - 12:30pm	8
43	29th April - 24th June	Monday	12:30pm - 1:15pm	8
44	29th April - 24th June	Monday	1:15pm - 2:00pm	8
45	29th April - 24th June	Monday	2:00pm - 2:45pm	8
46	2nd May - 27th June	Thursday	10:45am - 11:45am	9
47	2nd May - 27th June	Thursday	11:45am - 12:30pm	9
48	2nd May - 27th June	Thursday	12:30pm - 1:15pm	9
49	2nd May - 27th June	Thursday	1:15pm - 2:00pm	9
50	2nd May - 27th June	Thursday	2:00pm - 2:45pm	9

*Please note the 10:45am - 11:45am session may be utilised as either two 30 minute sessions or one 60 minute session.

Term 3

Monday 15 July - Friday 20 September 2019

Program Number	Dates	Day	Time	Maximum number of sessions
51	15th July - 16th Sept	Monday	10:45am - 11:45am	10
52	15th July - 16th Sept	Monday	11:45am - 12:30pm	10
53	15th July - 16th Sept	Monday	12:30pm - 1:15pm	10
54	15th July - 16th Sept	Monday	1:15pm - 2:00pm	10
55	15th July - 16th Sept	Monday	2:00pm - 2:45pm	10
56	16th July - 17th Sept	Tuesday	10:45am - 11:45am	10
57	16th July - 17th Sept	Tuesday	11:45am - 12:30pm	10
58	16th July - 17th Sept	Tuesday	12:30pm - 1:15pm	10
59	16th July - 17th Sept	Tuesday	1:15pm - 2:00pm	10
60	16th July - 17th Sept	Tuesday	2:00pm - 2:45pm	10
61	17th July - 18th Sept	Wednesday	10:45am - 11:45am	10
62	17th July - 18th Sept	Wednesday	11:45am - 12:30pm	10
63	17th July - 18th Sept	Wednesday	12:30pm - 1:15pm	10
64	17th July - 18th Sept	Wednesday	1:15pm - 2:00pm	10
65	17th July - 18th Sept	Wednesday	2:00pm - 2:45pm	10
66	18th July - 19th Sept	Thursday	10:45am - 11:45am	10
67	18th July - 19th Sept	Thursday	11:45am - 12:30pm	10
68	18th July - 19th Sept	Thursday	12:30pm - 1:15pm	10
69	18th July - 19th Sept	Thursday	1:15pm - 2:00pm	10
70	18th July - 19th Sept	Thursday	2:00pm - 2:45pm	10
71	19th July - 20th Sept	Friday	10:45am - 11:45am	10
72	19th July - 20th Sept	Friday	11:45am - 12:30pm	10
73	19th July - 20th Sept	Friday	12:30pm - 1:15pm	10
74	19th July - 20th Sept	Friday	1:15pm - 2:00pm	10
75	19th July - 20th Sept	Friday	2:00pm - 2:45pm	10

*Please note the 10:45am - 11:45am session may be utilised as either two 30 minute sessions or one 60 minute session.

Term 4

Monday 7 October - Friday 20 December 2019

Public Holidays - Friday 8th November (Ballarat Show Day - TBC)

Program Number	Dates	Day	Time	Maximum number of sessions
76	7th Oct – 16th Dec	Monday	10:45am – 11:45am	11
77	7th Oct – 16th Dec	Monday	11:45am – 12:30pm	11
78	7th Oct – 16th Dec	Monday	12:30pm – 1:15pm	11
79	7th Oct – 16th Dec	Monday	1:15pm – 2:00pm	11
80	7th Oct – 16th Dec	Monday	2:00pm – 2:45pm	11
81	8th Oct – 17th Dec	Tuesday	10:45am – 11:45am	11
82	8th Oct – 17th Dec	Tuesday	11:45am – 12:30pm	11
83	8th Oct – 17th Dec	Tuesday	12:30pm – 1:15pm	11
84	8th Oct – 17th Dec	Tuesday	1:15pm – 2:00pm	11
85	8th Oct – 17th Dec	Tuesday	2:00pm – 2:45pm	11
86	9th Oct – 18th Dec	Wednesday	10:45am – 11:45am	11
87	9th Oct – 18th Dec	Wednesday	11:45am – 12:30pm	11
88	9th Oct – 18th Dec	Wednesday	12:30pm – 1:15pm	11
89	9th Oct – 18th Dec	Wednesday	1:15pm – 2:00pm	11
90	9th Oct – 18th Dec	Wednesday	2:00pm – 2:45pm	11
91	10th Oct – 19th Dec	Thursday	10:45am – 11:45am	11
92	10th Oct – 19th Dec	Thursday	11:45am – 12:30pm	11
93	10th Oct – 19th Dec	Thursday	12:30pm – 1:15pm	11
94	10th Oct – 19th Dec	Thursday	1:15pm – 2:00pm	11
95	10th Oct – 19th Dec	Thursday	2:00pm – 2:45pm	11
96	11th Oct – 20th Dec	Friday	10:45am – 11:45am	10
97	11th Oct – 20th Dec	Friday	11:45am – 12:30pm	10
98	11th Oct – 20th Dec	Friday	12:30pm – 1:15pm	10
99	11th Oct – 20th Dec	Friday	1:15pm – 2:00pm	10
100	11th Oct – 20th Dec	Friday	2:00pm – 2:45pm	10

*Please note the 10:45am - 11:45am session may be utilised as either two 30 minute sessions or one 60 minute session.



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