

# SUMMER SCHOOL HOLIDAYS

WHAT'S ON AT BALC  
THESE SCHOOL HOLIDAYS



## ACTIVE KIDS ZONE

### ROCK CLIMBING

Max 8 children per session

	Monday 7th	Wednesday 9th	Friday 11th	Monday 14th	Wednesday 16th	Friday 18th
<b>Session Times</b>	10am 11am 12pm	10am 11am 12pm	10am 11am 12pm	10am 11am 12pm	10am 11am 12pm	10am 11am 12pm

### OBSTACLE CHALLENGE

Max 30 children per session

- All sessions run in the gymnastics hall.
- Rock Climbing and Obstacle Challenge sessions will run concurrently.
- Ages 5-15 years.
- Cost - \$8 per 1 hour session.
- Parents/carers must remain in the viewing area for all children aged 5-9 years.
- Sports shoes must be worn to rock climbing sessions.
- Bookings are essential and must be made in Centre with full payment. No phone bookings available.

## MASK MAKING OF CURIOUS CREATURES

**Tuesday 8th January 10am - 4pm**

Join the Ballarat Libraries for a fun day of Mask Making at the Ballarat Aquatic & Lifestyle Centre! This is a drop-in program with no bookings required. Ages 5-12 years. Cost - FREE.

## INFLATABLE FUN THESE HOLIDAYS

Inflatables will run across the January School Holidays at various times at BALC, Eureka, Buninyong & Black Hill outdoor pools. Check our website and Facebook page for more details about these sessions. Use of the inflatables is FREE with the cost of admission.

[www.ballarataquaticcentre.com](http://www.ballarataquaticcentre.com)

Facebook - @BallaratAquaticandLifestyleCentre

TURN OVER FOR HEALTHY KIDS SCHOOL HOLIDAY PROGRAM >>

# HEALTHY KIDS SCHOOL HOLIDAY PROGRAM

## MONDAY

● ● 21st January ● ●

## TUESDAY

● ● 22nd January ● ●

## WEDNESDAY

● ● 23rd January ● ●

## THURSDAY

● ● 24th January ● ●

## FRIDAY

● ● 25th January ● ●

Swim & Survive will run each day of the school holidays program. Various times throughout the morning from 9am onwards.

9am: Crawl Play

10am: Balance Play

11:30am: Gym for All

11:30am: Rock Climbing\*

1pm: Ninja Warriors

1pm: Rock Climbing\*

2pm: Tabloids

2pm: Rock Climbing\*

10am: Balance Play

11:30am: Tabloids

11:30am: Rock Climbing\*

1pm: Gym for All

1pm: Rock Climbing\*

2pm: Circus & Rhythmic

2pm: Rock Climbing\*

10am: Balance Play

11:30am: Ninja Warrior

11:30am: Rock Climbing\*

1pm: Gympossible

1pm: Rock Climbing\*

2pm: Gym for All

2pm: Rock Climbing\*

9am: Crawl Play

10am: Balance Play

11:30am: Gym for All

11:30am: Rock Climbing\*

1pm: Tabloids

1pm: Rock Climbing\*

2pm: Circus & Rhythmic

2pm: Rock Climbing\*

10am: Balance Play

11:30am: Gympossible

11:30am: Rock Climbing\*

1pm: Gym for All

1pm: Rock Climbing\*

2pm: Tabloids

2pm: Rock Climbing\*

### Intensive Swim & Survive Program

Swim and Survive is a comprehensive swimming and water safety initiative of Royal Life Saving. Levels are skill based, so please see Customer Service for bookings and times.

### Crawl Play • 8 weeks - walking

Introduces babies to movement in a safe environment using songs, rhymes and gymnastics equipment. Duration: 45 minutes. Location: Gymnastics Hall.

### Balance Play • walking - 5 years

This class provides free play and organised circuits to promote gymnastics through play. Each child must be accompanied by a responsible adult on the gymnastics floor. Duration: 45 minutes. Location: Gymnastics Hall.

### Gym For All • 4 - 15 years

Gymnasts will rotate around the different apparatus in the Gymnastics Hall learning and improving gymnastic skills. Ideal for new or current gymnasts. Duration: 50 minutes. Location: Gymnastics Hall.

### Tabloids • 5 - 15 years

Participants will get to experience 10-12 fun stations around the gymnastics hall that uses all of the gymnastics apparatus. Add some music and it's a gymnastics party! Duration: 50 minutes. Location: Gymnastics Hall.

### Circus and Rhythmic • 5 - 15 years

A fun twist on general gymnastics where participants will learn circus and rhythmic skills using hand apparatus (i.e. scarves, hoops, ribbons). Duration: 50 minutes. Location: Gymnastics Hall.

### Ninja Warrior • 8 - 15 years

Test your skills on our very own 'Ninja Warrior' style obstacle course around the gymnastics hall. Can you conquer the ninja mountain? Duration: 50 minutes. Location: Gymnastics Hall.

### Mission Gympossible • 5 - 15 years

Can you crack the code in this gymnastics style mission? Get active and find the clues along the way. Is it impossible or Gympossible? Duration: 50 minutes. Location: Gymnastics Hall.

### Rock Climbing • 5 - 15 years

Scale new heights on our rock climbing wall! Parents/carers must remain in the viewing area for children aged 5-9 years. Sports shoes must be worn to climbing sessions. Duration: 50 minutes. Location: Gymnastics Hall.

**\*All Rock Climbing sessions are \$8 per session for members and non-members.**

You don't have to be a Healthy Kids Member to book into our School Holidays Program! All non-members must book in Centre with a member of our Customer Service Team with upfront payment required in full. Intensive Swim & Survive Program: \$62.50 per child. Gymnastics Classes: \$6.20 per casual class. Max 2 classes per child per day.