

Ballarat Aquatic & Lifestyle Centre

# ACTIVE SCHOOLS PROGRAM 2020



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# WHY CHOOSE BALC?

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**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 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 20 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.

Upon completion of the program, schools will receive an indication of where each student sits as per the competency levels within the Swim & Survive program, which is mapped to the Victorian Curriculum. Students will also receive 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

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### Pricing Structure

| Student : Teacher Ratio | Student Fee per 45 Minute Lesson | Student Fee per 60 Minute Lesson |
|-------------------------|----------------------------------|----------------------------------|
| 4 : 1                   | \$11.00                          | \$13.50                          |
| 5 : 1                   | \$9.50                           | \$11.50                          |
| 6 : 1                   | \$8.50                           | \$10.20                          |
| 7 : 1                   | \$7.80                           | \$9.20                           |
| 8 : 1                   | \$7.25                           | \$8.50                           |
| 9 : 1                   | \$6.85                           | \$7.95                           |
| 10 : 1                  | \$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. Flexibility can be arranged where students may have special requirements/needs to be attended to.

### Program Operations

When we have confirmed your program booking, you will be required to provide a class list with students that will be swimming *only*. You will also be required to provide medical and/or behavioural forms for all students participating in the program if necessary.

A weekly 'supervisor roster' will be sent containing a list of swimming groups and their corresponding teacher, plus your grandstand bay and changeroom allocation. Once students have arrived at BALC and are changed, we ask that bags are placed in their allocated grandstand bay and organised into groups under the grandstand according to their swim teacher.

Teachers are required to bring and wear a hi vis safety vest at all times while on pool deck so they are easily identifiable to Swim School staff.

### 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.

## **Discipline Policy**

BALC Swim School expects appropriate student behaviour during lessons. In circumstances where students are being disruptive, they are given three chances to improve their behaviour:

- On the first warning they are told that their behaviour is not appropriate and are given ways to improve it.
- If the behaviour does not improve, they are removed from the activity and are required to stand next to the teacher in the pool.
- If their behaviour continues the student is given time out on pool side (no longer than 3 minutes). The student is then invited back to join the lesson.

If the behaviour continues then a school teacher or parent will be called to remove the student from the water for the remainder of the lesson.

## **Change Rooms**

Schools will be allocated to a specific 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. Multiple bookings must be made individually.



# SIMULATED OPEN WATER PROGRAM

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**Our Simulated Open Water Program is offered 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

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**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 virtual reality, 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 department for more information.



# SWIMMING IN SCHOOLS FUNDING

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**The Swimming in Schools funding package, announced in March 2018, is designed 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.**

This funding will support schools to fulfil the swimming and water safety requirements of Health and Physical Education in the Victorian Curriculum F-10, which expects students will achieve the swimming and water safety skills set out by the Victorian School Water Safety Certificate before leaving primary school. Schools can use the funding for both in-water practical components and in-class theory components.

## Swimming in Schools FAQ

### **How much funding is available to support my school to deliver swimming and water safety programs?**

Funding is allocated based on the number of year 6 enrolments at your school and per student in government specialist schools. \$90 per year 6 student is allocated to primary and secondary schools while \$90 per student is allocated to specialist schools.

Schools have the flexibility to use the funding towards the cost of swimming and water safety education programs to best meet their schools needs e.g. funding can be used to support any year level.

### **How does my school receive the funding?**

Government schools will receive funding through the Student Resource Package (SRP) and Catholic primary schools will receive funding directly from the Catholic Education Commission of Victoria.

### **Can funding be used for transport to and from swimming lessons?**

Yes, funding can go towards the cost of transport.

### **Can schools on-charge the cost of swimming and water safety programs to parents?**

Parents cannot be charged for instruction costs associated with swimming. For further details please refer to the Parent Payments Policy available on the Department of Education website.

### **What knowledge and skills must be identified for students to gain their Victorian Water Safety Certificate?**

The Certificate is awarded when a student can swim 50m continuously, answer water safety-based questions and perform simple rescues.

### **Who can I speak to for more information?**

For more details, please contact our Aquatic Education department who can assist with further questions and help your school fulfil its aquatic education needs.





# 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 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.

## 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 ten weeks that can be adapted to suit your needs.

|                                    |                  | Week 1                           | Week 2                          | Week 3                  | Week 4                          | Week 5   |
|------------------------------------|------------------|----------------------------------|---------------------------------|-------------------------|---------------------------------|--|
| 5 Week Program<br>(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<br>(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 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**

| <b>No. of Students</b> | <b>Student Fee per 60 Minute Session</b> | <b>Student Fee per 90 Minute Session</b> | <b>Student Fee per 120 Minute Session</b> |
|------------------------|--|--|---|
| 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:

|                                 |  |
|---------------------------------|--|
| <b>LesMILLS<br/>BODYCOMBAT</b>  | 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.   |
| <b>LesMILLS<br/>CXWORX</b>      | 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.  |
| <b>LesMILLS<br/>BODYPUMP</b>    | 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.  |
| <b>LesMILLS<br/>BODYSTEP</b>    | 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.             |
| <b>LesMILLS<br/>BODYBALANCE</b> | 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.  |
| <b>FIT 45</b>                   | 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  |
| <b>LesMILLS<br/>RPM</b>         | 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.  |
| <b>STAGES<br/>FLIGHT</b>        | 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. |
| <b>FITBOX<sub>45</sub></b>      | 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.   |
| <b>Pilates</b>                  | 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.   |

|                           |   |
|---------------------------|---|
| <b>YOGA</b>               | 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.  |
| <b>Roll &amp; Stretch</b> | A 30 minute class designed to encourage recovery, relieve muscle pain & tension and increase your flexibility, mobility and positively impact your training regime. Using dynamic and static stretching techniques combined with the use of a foam roller to work on releasing trigger points throughout the body. Duration: 30 minutes. Coordination: Low. |
| <b>Aqua ACTION</b>        | 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.   |
| <b>Aqua RUN</b>           | 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

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- 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 years for all group fitness classes, except BodyPump which has 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

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## Booking Procedure

Bookings for 2020 will be open between **Monday 12th August** and **Friday 30th August 2019**. 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\*\*](http://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. E.g. 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 23 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 students 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 students 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 to 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 abilities of the participants to perform the tasks. E.g. coordination levels, swimming abilities.

# BALC CONTACTS

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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.

|                                   |  |
|-----------------------------------|--|
| <b>BALC Aquatic Education</b>     | Juliann Brown • (03) 5330 4116<br>balcschoolaqed@ballarat.vic.gov.au     |
| <b>BALC Gymnastics</b>            | Tess Rooker • (03) 5330 4113<br>balcschoolgymnastics@ballarat.vic.gov.au |
| <b>Group Fitness</b>              | Megan Lamb • (03) 5330 4122<br>meganlamb@ballarat.vic.gov.au             |
| <b>Lane Bookings &amp; Events</b> | Kristie Hoskin • (03) 5330 4108<br>kristiehoskin@ballarat.vic.gov.au     |
| <b>Customer Service Team</b>      | (03) 5330 2499<br>balc@ballarat.vic.gov.au                               |





# EMERGENCY INFORMATION

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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

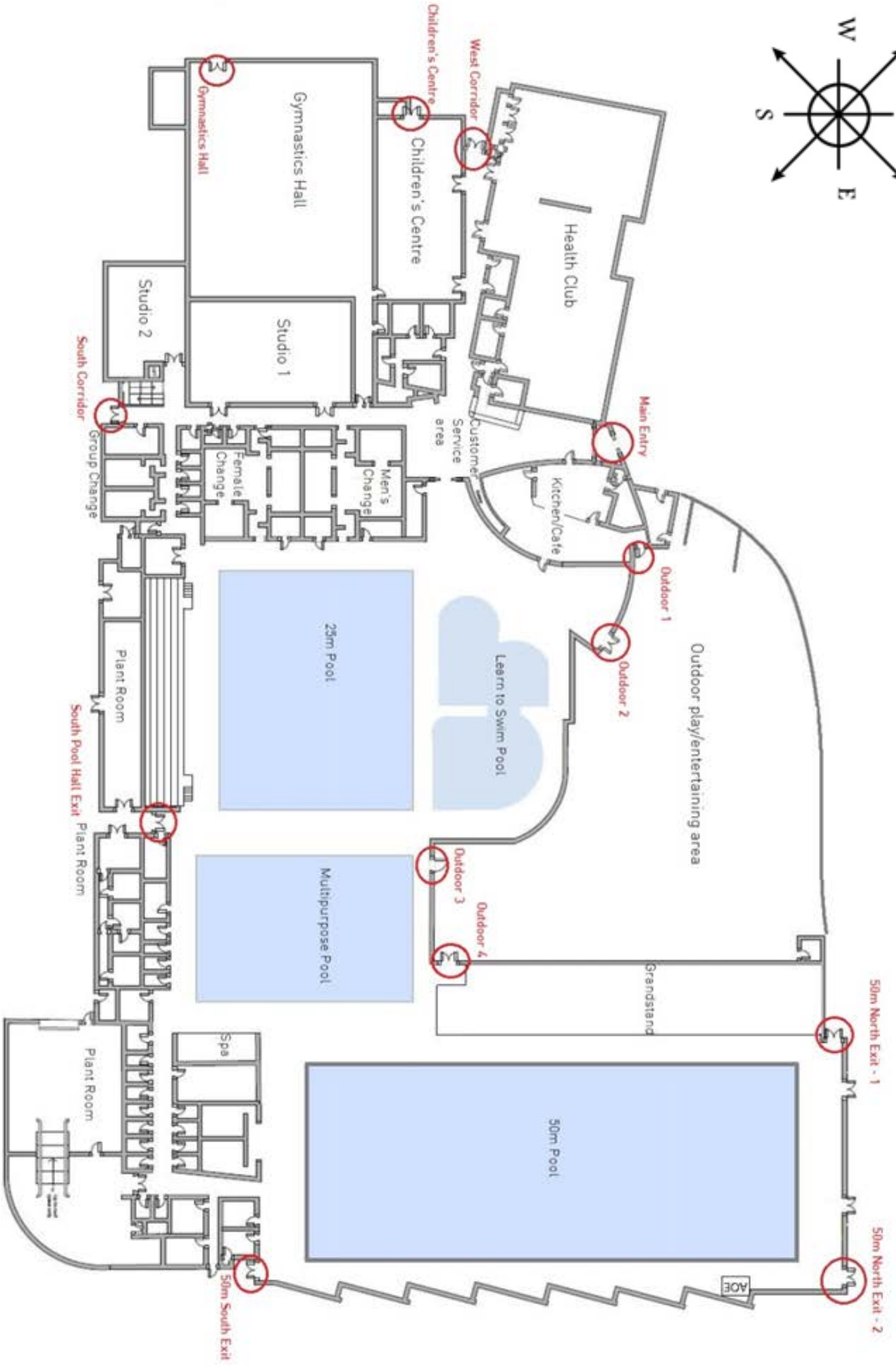
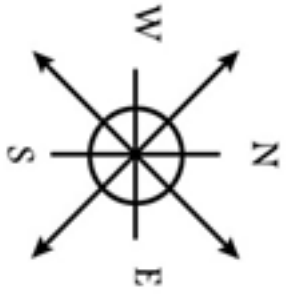
In the unlikely event of either a partial or full evacuation, an announcement will be made to inform staff and patrons of the evacuation. Please note: it's important that all program participants and staff follow the instructions of BALC staff at all times.

## 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

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**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.

**Intensive classes** run each day at the same time during the last week of Term 2 & 3 and during the first week of Term 4.

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, 30th August 2019.

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

Wednesday 29 January - Friday 27 March 2020

Public Holidays - Monday 9 March 2020 (Labour Day)

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| Program Number | Dates               | Day       | Time              | Maximum number of sessions |
|----------------|---------------------|-----------|-------------------|----------------------------|
| 1              | 3rd Feb - 23rd Mar  | Monday    | 11:45am - 12:30pm | 7                          |
| 2              | 3rd Feb - 23rd Mar  | Monday    | 12:30pm - 1:15pm  | 7                          |
| 3              | 3rd Feb - 23rd Mar  | Monday    | 1:15pm - 2:00pm   | 7                          |
| 4              | 3rd Feb - 23rd Mar  | Monday    | 2:00pm - 2:45pm   | 7                          |
| 5              | 4th Feb - 24th Mar  | Tuesday   | 11:45am - 12:30pm | 8                          |
| 6              | 4th Feb - 24th Mar  | Tuesday   | 12:30pm - 1:15pm  | 8                          |
| 7              | 4th Feb - 24th Mar  | Tuesday   | 1:15pm - 2:00pm   | 8                          |
| 8              | 4th Feb - 24th Mar  | Tuesday   | 2:00pm - 2:45pm   | 8                          |
| 9              | 29th Jan - 25th Mar | Wednesday | 11:45am - 12:30pm | 9                          |
| 10             | 29th Jan - 25th Mar | Wednesday | 12:30pm - 1:15pm  | 9                          |
| 11             | 29th Jan - 25th Mar | Wednesday | 1:15pm - 2:00pm   | 9                          |
| 12             | 29th Jan - 25th Mar | Wednesday | 2:00pm - 2:45pm   | 9                          |
| 13             | 30th Jan - 26th Mar | Thursday  | 11:45am - 12:30pm | 9                          |
| 14             | 30th Jan - 26th Mar | Thursday  | 12:30pm - 1:15pm  | 9                          |
| 15             | 30th Jan - 26th Mar | Thursday  | 1:15pm - 2:00pm   | 9                          |
| 16             | 30th Jan - 26th Mar | Thursday  | 2:00pm - 2:45pm   | 9                          |
| 17             | 31st Jan - 27th Mar | Friday    | 11:45am - 12:30pm | 9                          |
| 18             | 31st Jan - 27th Mar | Friday    | 12:30pm - 1:15pm  | 9                          |
| 19             | 31st Jan - 27th Mar | Friday    | 1:15pm - 2:00pm   | 9                          |
| 20             | 31st Jan - 27th Mar | Friday    | 2:00pm - 2:45pm   | 9                          |



# Term 2

Tuesday 14 April - Friday 26 June 2020

Public Holidays - Monday 8th June 2020 (Queen's Birthday)

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| Program Number | Dates                  | Day       | Time              | Maximum number of sessions |
|----------------|------------------------|-----------|-------------------|----------------------------|
| 21             | 20th April - 15th June | Monday    | 11:45am - 12:30pm | 8                          |
| 22             | 20th April - 15th June | Monday    | 12:30pm - 1:15pm  | 8                          |
| 23             | 20th April - 15th June | Monday    | 1:15pm - 2:00pm   | 8                          |
| 24             | 20th April - 15th June | Monday    | 2:00pm - 2:45pm   | 8                          |
| 25             | 14th April - 16th June | Tuesday   | 11:45am - 12:30pm | 10                         |
| 26             | 14th April - 16th June | Tuesday   | 12:30pm - 1:15pm  | 10                         |
| 27             | 14th April - 16th June | Tuesday   | 1:15pm - 2:00pm   | 10                         |
| 28             | 14th April - 16th June | Tuesday   | 2:00pm - 2:45pm   | 10                         |
| 29             | 15th April - 17th June | Wednesday | 11:45am - 12:30pm | 10                         |
| 30             | 15th April - 17th June | Wednesday | 12:30pm - 1:15pm  | 10                         |
| 31             | 15th April - 17th June | Wednesday | 1:15pm - 2:00pm   | 10                         |
| 32             | 15th April - 17th June | Wednesday | 2:00pm - 2:45pm   | 10                         |
| 33             | 16th April - 18th June | Thursday  | 11:45am - 12:30pm | 10                         |
| 34             | 16th April - 18th June | Thursday  | 12:30pm - 1:15pm  | 10                         |
| 35             | 16th April - 18th June | Thursday  | 1:15pm - 2:00pm   | 10                         |
| 36             | 16th April - 18th June | Thursday  | 2:00pm - 2:45pm   | 10                         |
| 37             | 17th April - 19th June | Friday    | 11:45am - 12:30pm | 10                         |
| 38             | 17th April - 19th June | Friday    | 12:30pm - 1:15pm  | 10                         |
| 39             | 17th April - 19th June | Friday    | 1:15pm - 2:00pm   | 10                         |
| 40             | 17th April - 19th June | Friday    | 2:00pm - 2:45pm   | 10                         |
| Intensive 41   | 22nd June - 26th June  | Mon - Fri | 11:00am - 12:00pm | 5                          |
| Intensive 42   | 22nd June - 26th June  | Mon - Fri | 12:00pm - 1:00pm  | 5                          |
| Intensive 43   | 22nd June - 26th June  | Mon - Fri | 1:00pm - 2:00pm   | 5                          |
| Intensive 44   | 22nd June - 26th June  | Mon - Fri | 2:00pm - 3:00pm   | 5                          |

# Term 3

Monday 13 July - Friday 18 September 2020

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| <b>Program Number</b> | <b>Dates</b>          | <b>Day</b> | <b>Time</b>       | <b>Maximum number of sessions</b> |
|-----------------------|-----------------------|------------|-------------------|-----------------------------------|
| 45                    | 13th July - 7th Sept  | Monday     | 11:45am - 12:30pm | 9                                 |
| 46                    | 13th July - 7th Sept  | Monday     | 12:30pm - 1:15pm  | 9                                 |
| 47                    | 13th July - 7th Sept  | Monday     | 1:15pm - 2:00pm   | 9                                 |
| 48                    | 13th July - 7th Sept  | Monday     | 2:00pm - 2:45pm   | 9                                 |
| 49                    | 14th July - 8th Sept  | Tuesday    | 11:45am - 12:30pm | 9                                 |
| 50                    | 14th July - 8th Sept  | Tuesday    | 12:30pm - 1:15pm  | 9                                 |
| 51                    | 14th July - 8th Sept  | Tuesday    | 1:15pm - 2:00pm   | 9                                 |
| 52                    | 14th July - 8th Sept  | Tuesday    | 2:00pm - 2:45pm   | 9                                 |
| 53                    | 15th July - 9th Sept  | Wednesday  | 11:45am - 12:30pm | 9                                 |
| 54                    | 15th July - 9th Sept  | Wednesday  | 12:30pm - 1:15pm  | 9                                 |
| 55                    | 15th July - 9th Sept  | Wednesday  | 1:15pm - 2:00pm   | 9                                 |
| 56                    | 15th July - 9th Sept  | Wednesday  | 2:00pm - 2:45pm   | 9                                 |
| 57                    | 16th July - 10th Sept | Thursday   | 11:45am - 12:30pm | 9                                 |
| 58                    | 16th July - 10th Sept | Thursday   | 12:30pm - 1:15pm  | 9                                 |
| 59                    | 16th July - 10th Sept | Thursday   | 1:15pm - 2:00pm   | 9                                 |
| 60                    | 16th July - 10th Sept | Thursday   | 2:00pm - 2:45pm   | 9                                 |
| 61                    | 17th July - 11th Sept | Friday     | 11:45am - 12:30pm | 9                                 |
| 62                    | 17th July - 11th Sept | Friday     | 12:30pm - 1:15pm  | 9                                 |
| 63                    | 17th July - 11th Sept | Friday     | 1:15pm - 2:00pm   | 9                                 |
| 64                    | 17th July - 11th Sept | Friday     | 2:00pm - 2:45pm   | 9                                 |
| <b>Intensive 65</b>   | 14th Sept - 18th Sept | Mon - Fri  | 11.00am - 12.00pm | 5                                 |
| <b>Intensive 66</b>   | 14th Sept - 18th Sept | Mon - Fri  | 12.00pm - 1.00pm  | 5                                 |
| <b>Intensive 67</b>   | 14th Sept - 18th Sept | Mon - Fri  | 1.00pm - 2.00pm   | 5                                 |
| <b>Intensive 68</b>   | 14th Sept - 18th Sept | Mon - Fri  | 2.00pm - 3.00pm   | 5                                 |

# Term 4

Monday 5 October - Friday 18 December 2020

Public Holidays - Friday 6th November 2020 (Ballarat Show Day - TBC)

| Program Number | Dates               | Day       | Time              | Maximum number of sessions |
|----------------|---------------------|-----------|-------------------|----------------------------|
| Intensive 69   | 5th Oct - 9th Oct   | Mon - Fri | 11:00am - 12:00pm | 5                          |
| Intensive 70   | 5th Oct - 9th Oct   | Mon - Fri | 12:00pm - 1:00pm  | 5                          |
| Intensive 71   | 5th Oct - 9th Oct   | Mon - Fri | 1:00pm - 2:00pm   | 5                          |
| Intensive 72   | 5th Oct - 9th Oct   | Mon - Fri | 2:00pm - 3:00pm   | 5                          |
| 73             | 12th Oct - 14th Dec | Monday    | 11:45am - 12:30pm | 10                         |
| 74             | 12th Oct - 14th Dec | Monday    | 12:30pm - 1:15pm  | 10                         |
| 75             | 12th Oct - 14th Dec | Monday    | 1:15pm - 2:00pm   | 10                         |
| 76             | 12th Oct - 14th Dec | Monday    | 2:00pm - 2:45pm   | 10                         |
| 77             | 13th Oct - 15th Dec | Tuesday   | 11:45am - 12:30pm | 10                         |
| 78             | 13th Oct - 15th Dec | Tuesday   | 12:30pm - 1:15pm  | 10                         |
| 79             | 13th Oct - 15th Dec | Tuesday   | 1:15pm - 2:00pm   | 10                         |
| 80             | 13th Oct - 15th Dec | Tuesday   | 2:00pm - 2:45pm   | 10                         |
| 81             | 14th Oct - 16th Dec | Wednesday | 11:45am - 12:30pm | 10                         |
| 82             | 14th Oct - 16th Dec | Wednesday | 12:30pm - 1:15pm  | 10                         |
| 83             | 14th Oct - 16th Dec | Wednesday | 1:15pm - 2:00pm   | 10                         |
| 84             | 14th Oct - 16th Dec | Wednesday | 2:00pm - 2:45pm   | 10                         |
| 85             | 15th Oct - 17th Dec | Thursday  | 11:45am - 12:30pm | 10                         |
| 86             | 15th Oct - 17th Dec | Thursday  | 12:30pm - 1:15pm  | 10                         |
| 87             | 15th Oct - 17th Dec | Thursday  | 1:15pm - 2:00pm   | 10                         |
| 88             | 15th Oct - 17th Dec | Thursday  | 2:00pm - 2:45pm   | 10                         |
| 89             | 16th Oct - 18th Dec | Friday    | 11:45am - 12:30pm | 9                          |
| 90             | 16th Oct - 18th Dec | Friday    | 12:30pm - 1:15pm  | 9                          |
| 91             | 16th Oct - 18th Dec | Friday    | 1:15pm - 2:00pm   | 9                          |
| 92             | 16th Oct - 18th Dec | Friday    | 2:00pm - 2:45pm   | 9                          |





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