

Ballarat Aquatic and Lifestyle Centre

ACTIVE SCHOOLS PROGRAM 2022



www.ballarataquaticcentre.com

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WHY CHOOSE BALC?

At Ballarat Aquatic and Lifestyle Centre, we offer a range of programs to assist school, kindergarten and community groups in Ballarat and surrounding areas achieve their health and wellness goals. All our programs can be modified so your students can benefit from our quality programs while participating in a fun and motivational environment with their classmates. Our programs have a strong focus on inclusion and can be tailored to suit your student's needs for maximum student engagement in a supportive environment.

We have qualified and experienced staff who must update their knowledge and skills regularly. All staff have completed a mandatory police check and hold a current Working With Children check as well as current qualifications relative to their position.

We are committed to supporting the Victorian curriculum with our gymnastics and aquatic programs. Our programs are aligned with the Victorian curriculum reporting system as a demonstration of our commitment to delivering high quality programs.

Our programs focus on creating an inclusive environment to allow all students to thrive. We achieve this by working closely with our groups to understand the students attending and how to best cater for them. We have a strong no student left behind philosophy and can work with groups to ensure all students are engaging in and getting the most out of the programs we offer in a supportive and nurturing environment.

We look forward to welcoming your school to BALC!

Full reporting back to schools
for Swim & Survive program

Fully qualified teachers and
coaches

Free swimming in term booking
for Swim & Survive students

Variable pool depths means
competency in all environments

Over 20 Group Fitness
classes for all abilities

Combine swimming and
gymnastics in the one place

Dedicated group change rooms
for school groups

Fully equipped gymnastics hall
for all abilities



AQUATIC PROGRAMS



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.

The Swim and Survive program is aligned with the National Swimming and Water Safety Framework. The framework supports a structured and continued understanding of swimming and water safety education across Australia by setting out a core structure enabling people to develop skills, knowledge, understanding, attitudes and behaviours they need to enjoy a range of aquatic environments safely.

During your school's aquatic 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 gives your students the opportunity to have more practical experience outside of their scheduled class. This also helps promote healthy and active lifestyles away from the school environment for students and their families.

Upon completion of the program, schools will receive an indication of where each student sits within the competency levels of the Swim and Survive program, allowing teachers to accurately report this information to families.

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



Pricing structure

Fees and charges effective 2022

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. These can be developed in collaboration with the school and support staff to ensure that all students get the most out of the program and the learning outcomes.

Program operations

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

Once we have received the class list, a document 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 the Centre and are changed, we ask that bags are placed in their allocated grandstand bay and students are organised into groups under the grandstand according to their swim teacher.

Teachers **must 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

Our Aquatic Programs team works hard to make sure all students' needs are catered for, including for challenging behaviours. Giving our staff knowledge and understanding of these is essential to ensure safety in the pool hall. These students will be closely worked with so behaviours are managed to make sure of a positive experience for all students.

Our Aquatics Program team expects appropriate student behaviour during lessons due to the nature of the environment students will be in. Where students are being disruptive, they are given three chances to improve their behaviour:

- On the first warning they are told 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 must stand next to the teacher in the pool.
- If their behaviour continues the student is given time out on pool side (no longer than three minutes). The student is then invited back to join the lesson.

If the behaviour continues, a school teacher or parent will be called to remove the student from the water for the rest of the lesson ensuring the safety of all students. Aquatic Programs staff will work with the school to make sure a behavioural plan is in place to support the student to resume lessons the following session.

Change rooms

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

Teaching safe diving skills

As part of their learning experience at BALC, students will gain knowledge and understanding of a number of ways to enter an aquatic environment, including diving.

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

Program availability

The BALC Swim and Survive program has a set number of places available each term. Please see the appendix for session times and booking details. Multiple bookings must be made individually. For example, each individual program number must have a separate booking sheet, showing the grade/s and numbers of students attending that program. If multiple programs are not individually recorded, schools may miss out on available spacing due to high demand.



SIMULATED OPEN WATER PROGRAM

Our Simulated Open Water Program is offered to all students in our Swim and 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 understand their vulnerability in a variety of open water scenarios.

The stations include:

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

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



THEORY WATER SAFETY PROGRAM

The BALC Aquatic Programs team provides a comprehensive theory program, developed as an interactive session to inform students of all ages about the importance of safety and awareness in a variety of open water scenarios.

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 and Survive pool-based program and can be included as part of an Aquatic Programs booking or can be booked as a stand-alone program (price on application). Contact the Aquatic Programs team for more information.

Victorian Water Safety Certificate (VWSC)

By the end of Year 6 it is anticipated that students are able to demonstrate the skills and knowledge in the VWSC. As part of your schools program our staff will assess your students' competencies against the VWSC criteria and apply for students certificates on your behalf.



SWIMMING IN SCHOOLS FUNDING

The Swimming in Schools funding package, introduced in 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. Schools in regional Victoria are allocated \$158 per student.

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?

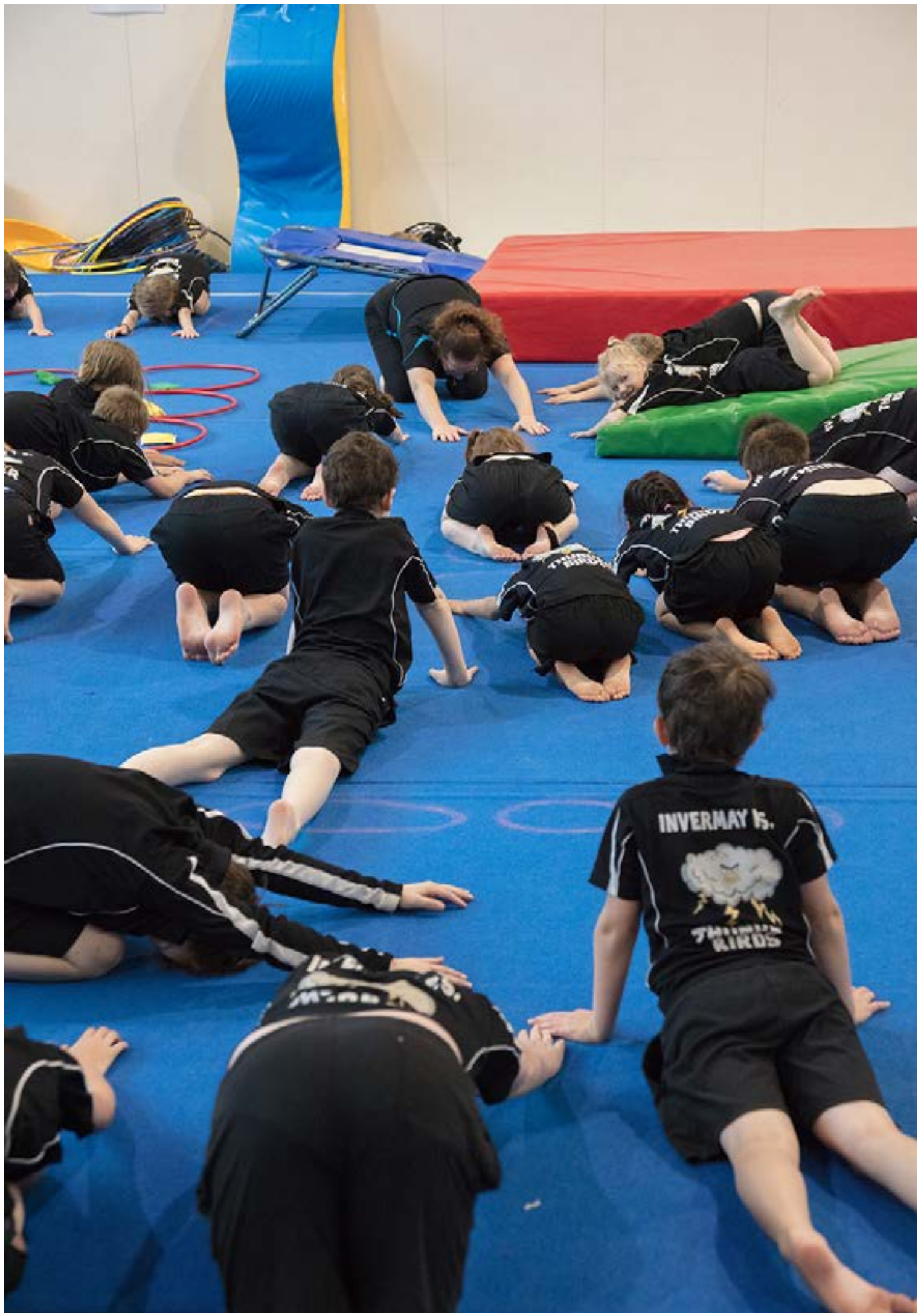
Parents cannot be charged for instruction costs associated with swimming. For further details please refer to the Parent Payments Policy available on the Department of Education website.

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 Programs team who can help answer your questions and help your school fulfil its aquatic education needs.



GYMNASTICS



Programs provided by our gymnastics team 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 11 weeks, focuses on correct warm up, stretching and gymnastics techniques. Programs comprise 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 coordination.

Within the program, the students will participate in team building challenges which foster team work, and 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 gymnastics hall in an exciting and energetic atmosphere. We encourage supervising teachers or group leaders to actively support the program by engaging with students and supporting their learning through active presence in the session.



Pricing structure

Fees and charges effective 2022

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

Please note: groups of less than 10 permitted, please contact us for pricing.

Ratios

All our gymnastics coaches are fully accredited with Gymnastics Australia and hold a current Working with Children Check. Our programs run with a ratio below or equal to 15:1. We are flexible with ratios and can work with smaller class numbers if needed to make sure we are catering to the needs of all students. This can be discussed at the time of booking.

Program operations

Weekly lessons are run between 11am and 3pm, Monday to Friday.

School holiday programs sessions are available on request.

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 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.

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.

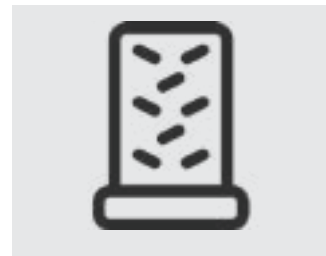
		Week 1	Week 2	Week 3	Week 4	Week 5
5 week program (3 groups of 15)	Warm up	Freeze (basic gymnastics shapes)	Aerobics dance	Pirate game	Traffic game	Dynamic warm up (including aerobics and stretches)
	Program rotation	Beam, floor and tramp, bars	Tramp and bar, floor and rings, vault	Beam, floor and tramp, bars	Tramp and bar, floor and 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 and stretches)	Pirate game	Dynamic warm up
	Program rotation	Beam, floor and tramp, bars	Tramp and bar, floor and rings, vault	Parkour	Beam, floor and 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 and bar, floor and rings, vault	Beam, floor and tramp, bars	Circus and Rhythmic Gymnastics (including silks and trapeze)	Tramp and bar, floor and rings, vault	Tabloids

Programs are linked to the Victorian curriculum and meet a majority of the Movement and Physical Activity statements.



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, spatial awareness 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 harnesses, completing safety checks and encouraging climbers to reach their 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.

Pricing structure

Fees and charges effective 2022

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

Exclusive rock climbing sessions

Up to 12 children per session. A one-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 rock wall.

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 areas.
- 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!







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:

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.
FITBOX₄₅	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.
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.
YOGA	Use 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 RUN	A vigorous, high intensity workout focusing on deep water running. Great for those wanting a fitness challenge, adding variety to their fitness regime, or requiring rehabilitation. Duration: 45 mins. Coordination: Low.

Pricing structure

Fees and charges effective 2022

Location	Cost (per lesson)
Ballarat Aquatic and Lifestyle Centre	\$100
External location	\$120
Virtual cycle	\$80

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 required.

Important notes

- Please note that age limits may apply to certain classes, such as weight-based 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

Group Fitness etiquette must be followed by participants at all times.

- 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

Booking procedure

Bookings for 2022 will be open between **Monday 18 October** and **Friday 29 October**.

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.

Bookings for Group Fitness classes, rock wall sessions, and one-off gymnastics sessions can be made at any time, subject to instructor availability.

[Click here for the online booking forms](#)



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

Once the booking period has closed, 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 and dates.
- Any requirements for your group (as requested by the group organiser).

Multiple department bookings

We encourage 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. For example, you may wish to organise a gymnastics or group fitness class followed by an aquatic program.

If you would like to access more than one department, or have rotating activities, please complete all relevant sections of the booking form. If you have any specific requirement please contact the departments with the contact list on page 23.

Conditions of booking

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 of students who are attending. 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: 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

Once you have started your program and we have final confirmation of numbers, an invoice will be sent to your school for facilities and programs booked. No credits will apply for students not participating after final confirmation has been received unless a medical certificate is provided.

Arrival

On arrival, 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 participating in the aquatic programs will be directed to the school group change rooms in the 25m pool 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 who need an aide/carer.
- Use of specialized equipment or change rooms.

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.

Aquatic Programs

Leanne White | (03) 5329 1677
balcschoolaqed@ballarat.vic.gov.au

Gymnastics

Alex Gay | (03) 5329 1684
alexgay@ballarat.vic.gov.au

Group Fitness

Josh Davidson | (03) 5329 1687
joshdavidson@ballarat.vic.gov.au

Lane bookings and events

Shane Boot | (03) 5334 2499
shaneboot@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

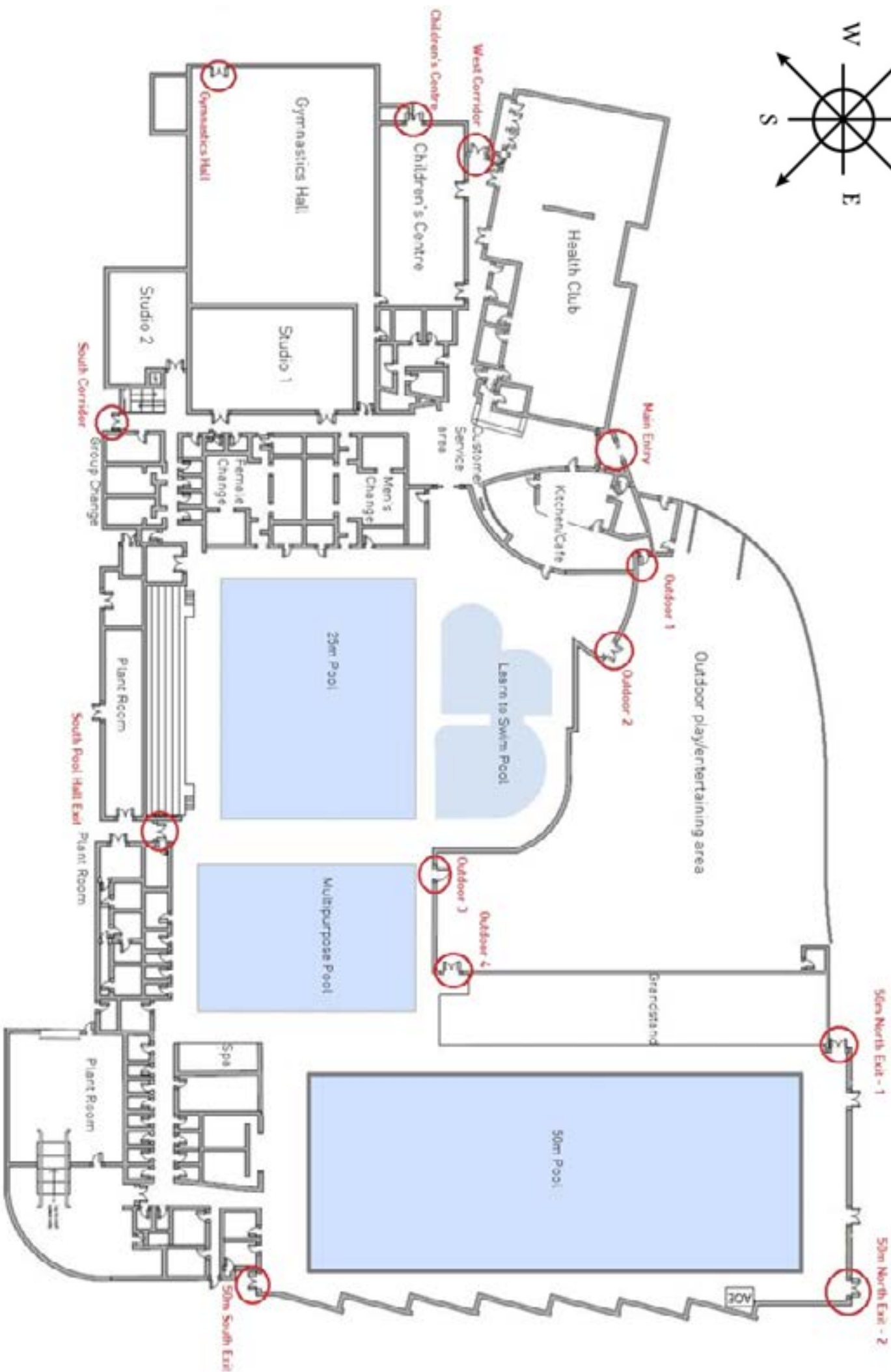
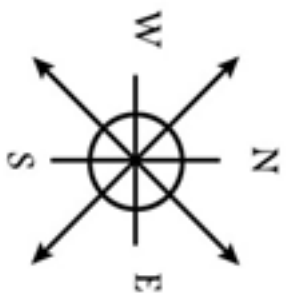
In the unlikely event of either a partial or full evacuation, an announcement will be made to inform staff and patrons of the evacuation. Please note: it's important that all program participants and staff follow the instructions of BALC staff at all times.

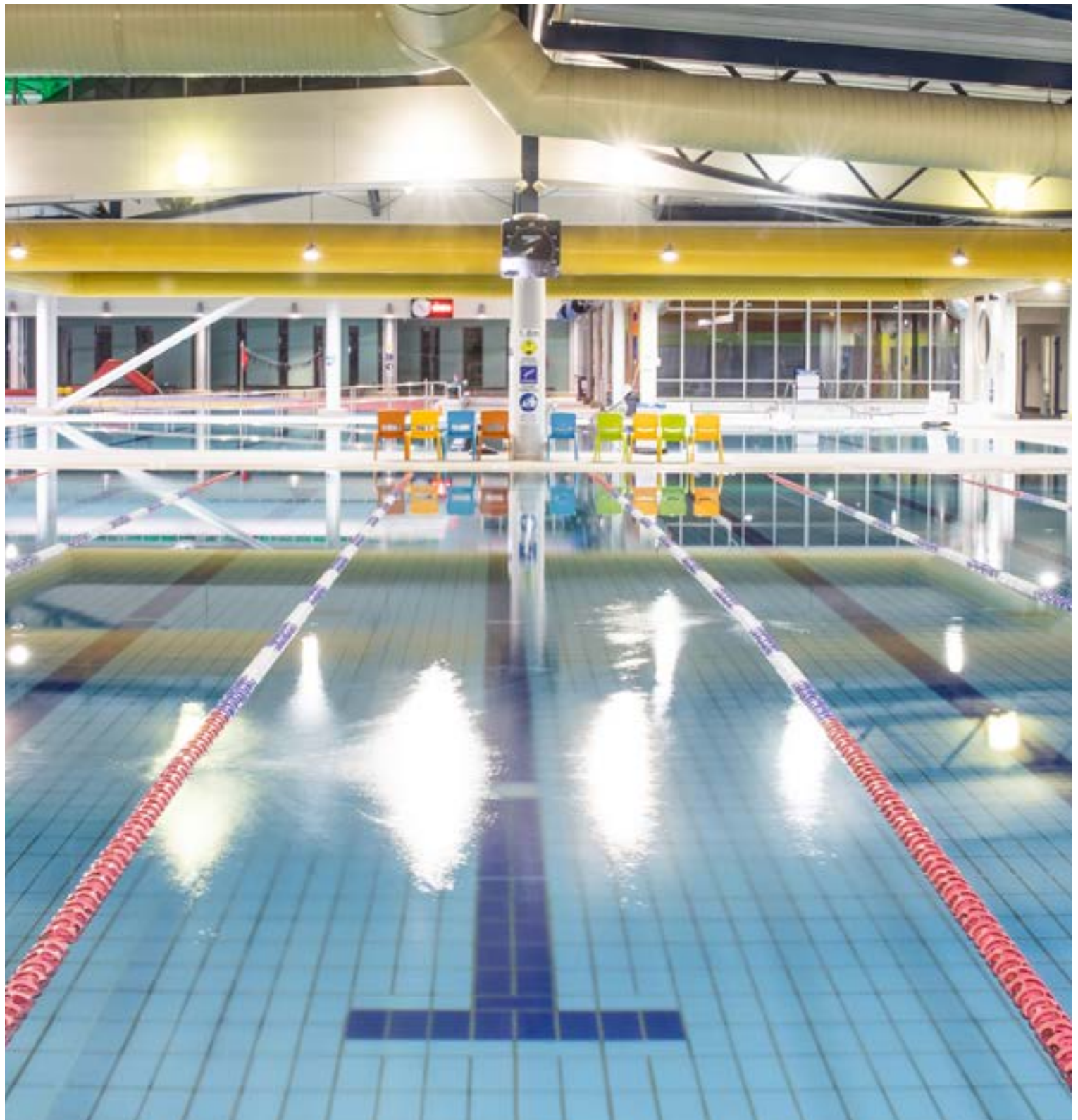
Emergency assembly areas and exits

Emergency assembly areas and exits are outlined in the tables 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 and 2	50m Pool south exit
South Pool Hall exit	South corridor exit
Gymnastics Hall	Children's Centre
West corridor	





Appendix

Aquatic Programs session times

SESSION TIMES

Please refer to the tables in this appendix when completing your booking request form for our aquatic programs.

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

The program number you select determines the day, date and time of your school's attendance. If you are selecting multiple program numbers, you will need to complete a separate online booking form for each program.

Intensive classes run each day at the same time during the last week of Term 2 and Term 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 within two weeks of bookings closing - before 12 November 2021.

If you have any questions, please do not hesitate to contact a member of the Aquatic Programs team. Details can be found on page 23 of this booklet.

Term 1

Monday 31 January – Friday 8 April 2022

Public holiday: Labor Day – Monday 14 March

Program number	Dates	Day	Time	Maximum number of sessions
1	31 January – 4 April	Monday	11:45am – 12:30pm	9
2	31 January – 4 April	Monday	12:30pm – 1:15pm	9
3	31 January – 4 April	Monday	1:15pm – 2pm	9
4	31 January – 4 April	Monday	2pm – 2:45pm	9
5	1 February – 5 April	Tuesday	11:45am – 12:30pm	10
6	1 February – 5 April	Tuesday	12:30pm – 1:15pm	10
7	1 February – 5 April	Tuesday	1:15pm – 2pm	10
8	1 February – 5 April	Tuesday	2pm – 2:45pm	10
9	2 February – 6 April	Wednesday	11:45am – 12:30pm	10
10	2 February – 6 April	Wednesday	12:30pm – 1:15pm	10
11	2 February – 6 April	Wednesday	1:15pm – 2pm	10
12	2 February – 6 April	Wednesday	2pm – 2:45pm	10
13	3 February – 7 April	Thursday	11:45am – 12:30pm	10
14	3 February – 7 April	Thursday	12:30pm – 1:15pm	10
15	3 February – 7 April	Thursday	1:15pm – 2pm	10
16	3 February – 7 April	Thursday	2pm – 2:45pm	10
17	4 February – 8 April	Friday	11:45am – 12:30pm	10
18	4 February – 8 April	Friday	12:30pm – 1:15pm	10
19	4 February – 8 April	Friday	1:15pm – 2pm	10
20	4 February – 8 April	Friday	2pm – 2:45pm	10

Term 2

Tuesday 26 April – Friday 24 June

Public holidays: ANZAC Day – Monday 25 April | Queen's Birthday – Monday 13 June

Program number	Dates	Day	Time	Maximum number of sessions
21	2 May – 6 June	Monday	11:45am – 12:30pm	6
22	2 May – 6 June	Monday	12:30pm – 1:15pm	6
23	2 May – 6 June	Monday	1:15pm – 2pm	6
24	2 May – 6 June	Monday	2pm – 2:45pm	6
25	26 April – 14 June	Tuesday	11:45am – 12:30pm	8
26	26 April – 14 June	Tuesday	12:30pm – 1:15pm	8
27	26 April – 14 June	Tuesday	1:15pm – 2pm	8
28	26 April – 14 June	Tuesday	2pm – 2:45pm	8
29	27 April – 15 June	Wednesday	11:45am – 12:30pm	8
30	27 April – 15 June	Wednesday	12:30pm – 1:15pm	8
31	27 April – 15 June	Wednesday	1:15pm – 2pm	8
32	27 April – 15 June	Wednesday	2pm – 2:45pm	8
33	28 April – 16 June	Thursday	11:45am – 12:30pm	8
34	28 April – 16 June	Thursday	12:30pm – 1:15pm	8
35	28 April – 16 June	Thursday	1:15pm – 2pm	8
36	28 April – 16 June	Thursday	2pm – 2:45pm	8
37	29 April – 17 June	Friday	11:45am – 12:30pm	8
38	29 April – 17 June	Friday	12:30pm – 1:15pm	8
39	29 April – 17 June	Friday	1:15pm – 2pm	8
40	29 April – 17 June	Friday	2pm – 2:45pm	8
Intensive 41	20 June – 24 June	Mon – Fri	11:45am – 12:30pm	5
Intensive 42	20 June – 24 June	Mon – Fri	12:30pm – 1:15pm	5
Intensive 43	20 June – 24 June	Mon – Fri	1:15pm – 2pm	5
Intensive 44	20 June – 24 June	Mon – Fri	2pm – 2:45pm	5

Term 3

Monday 11 July – Friday 16 September

Program number	Dates	Day	Time	Maximum number of sessions
45	11 July – 5 September	Monday	11:45am – 12:30pm	9
46	11 July – 5 September	Monday	12:30pm – 1:15pm	9
47	11 July – 5 September	Monday	1:15pm – 2pm	9
48	11 July – 5 September	Monday	2pm – 2:45pm	9
49	12 July – 6 September	Tuesday	11:45am – 12:30pm	9
50	12 July – 6 September	Tuesday	12:30pm – 1:15pm	9
51	12 July – 6 September	Tuesday	1:15pm – 2pm	9
52	12 July – 6 September	Tuesday	2pm – 2:45pm	9
53	13 July – 7 September	Wednesday	11:45am – 12:30pm	9
54	13 July – 7 September	Wednesday	12:30pm – 1:15pm	9
55	13 July – 7 September	Wednesday	1:15pm – 2pm	9
56	13 July – 7 September	Wednesday	2pm – 2:45pm	9
57	14 July – 8 September	Thursday	11:45am – 12:30pm	9
58	14 July – 8 September	Thursday	12:30pm – 1:15pm	9
59	14 July – 8 September	Thursday	1:15pm – 2pm	9
60	14 July – 8 September	Thursday	2pm – 2:45pm	9
61	15 July – 9 September	Friday	11:45am – 12:30pm	9
62	15 July – 9 September	Friday	12:30pm – 1:15pm	9
63	15 July – 9 September	Friday	1:15pm – 2pm	9
64	15 July – 9 September	Friday	2pm – 2:45pm	9
Intensive 65	12 Sept – 17 Sept	Mon – Fri	11:45am – 12:30pm	5
Intensive 66	12 Sept – 17 Sept	Mon – Fri	12:30pm – 1pm	5
Intensive 67	12 Sept – 17 Sept	Mon – Fri	1:15pm – 2pm	5
Intensive 68	12 Sept – 17 Sept	Mon – Fri	2pm – 2:45pm	5

Term 4

Monday 3 October – Tuesday 20 December

Public holiday: Melbourne Cup Day – Tuesday 1 November

Program number	Dates	Day	Time	Maximum number of sessions
Intensive 69	3 October – 7 October	Mon – Fri	11:45am – 12:30pm	5
Intensive 70	3 October – 7 October	Mon – Fri	12:30pm – 1:15pm	5
Intensive 71	3 October – 7 October	Mon – Fri	1:15pm – 2pm	5
Intensive 72	3 October – 7 October	Mon – Fri	2pm – 2:45pm	5
73	10 Oct – 19 Dec	Monday	11:45am – 12:30pm	11
74	10 Oct – 19 Dec	Monday	12:30pm – 1:15pm	11
75	10 Oct – 19 Dec	Monday	1:15pm – 2pm	11
76	10 Oct – 19 Dec	Monday	2pm – 2:45pm	11
77	11 Oct – 20 Dec	Tuesday	11:45am – 12:30pm	10
78	11 Oct – 20 Dec	Tuesday	12:30pm – 1:15pm	10
79	11 Oct – 20 Dec	Tuesday	1:15pm – 2pm	10
80	11 Oct – 20 Dec	Tuesday	2pm – 2:45pm	10
81	12 Oct – 14 Dec	Wednesday	11:45am – 12:30pm	10
82	12 Oct – 14 Dec	Wednesday	12:30pm – 1:15pm	10
83	12 Oct – 14 Dec	Wednesday	1:15pm – 2pm	10
84	12 Oct – 14 Dec	Wednesday	2pm – 2:45pm	10
85	13 Oct – 15 Dec	Thursday	11:45am – 12:30pm	10
86	13 Oct – 15 Dec	Thursday	12:30pm – 1:15pm	10
87	13 Oct – 15 Dec	Thursday	1:15pm – 2pm	10
88	13 Oct – 15 Dec	Thursday	2pm – 2:45pm	10
89	14 Oct – 16 Dec	Friday	11:45am – 12:30pm	10
90	14 Oct – 16 Dec	Friday	12:30pm – 1:15pm	10
91	14 Oct – 16 Dec	Friday	1:15pm – 2pm	10
92	14 Oct – 16 Dec	Friday	2pm – 2:45pm	10



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