

IMPORTANT INFORMATION

- Our school holiday program is included in Healthy Kids memberships, with the exception of Rock Wall sessions (\$10 per child, per session).
- Cost for non-members:
 - Balance Play: \$8 per child, per session
 - Gymnastics: \$10 per child, per session
 - Rock Wall: \$10 per child, per session
- All sessions must be booked online via the BALC online portal at www.ballarataquaticcentre.com.
- **Limit of two classes per child, per day**
- Bookings for Healthy Kids members open on Tuesday 4 January 2022 and on Monday 10 January for non-members.
- Non members must pay upfront and in full when making a booking. Members must pay upfront and in full for rock wall sessions.
- Cancellations must be made at least two hours before your session start time, otherwise your payment will be forfeited.
- Cancellations can be made online under the my bookings section of the BALC online portal.
- A booking credit will be applied to your account if you cancel at least two hours before your session start time.
- All sessions run in the Gymnastics Hall.
- Parents/carers of children aged between 5 and 9 years **must** stay in the viewing area.
- Sports shoes must be worn to rock climbing sessions.
- All children aged 12 and older must be fully vaccinated to visit Ballarat Aquatic and Lifestyle Centre.

Ballarat Aquatic and Lifestyle Centre January 2022 school holiday program



Timetable

| | Monday 17 January | Tuesday 18 January | Wednesday 19 January | Thursday 20 January | Friday 21 January |
|-------------------|--------------------|--------------------|----------------------|---------------------|--------------------|
| 9:45am - 10:30am | Balance Play | Balance Play | | Balance Play | |
| 10:45am - 11:30am | | | | Balance Play | |
| 11am - 11:55am | Tabloid Gymnastics | Tumbling (Rebound) | Tabloid Gymnastics | | Ninja Gymnastics |
| 12pm - 12:55pm | Gymnastics for All | Gymnastics for All | Ninja Gymnastics | Tabloid Gymnastics | Gymnastics for All |
| | Rock Wall | Rock Wall | Rock Wall | Rock Wall | Rock Wall |
| 1pm - 1:55pm | Ninja Gymnastics | Gymnastics for All | Gymnastics for All | Ninja Gymnastics | Tabloid Gymnastics |
| | Rock Wall | Rock Wall | Rock Wall | Rock Wall | Rock Wall |
| 2pm - 2:55pm | Tumbling (Rebound) | Ninja Gymnastics | Gymnastics for All | Tumbling (Rebound) | Tabloid Gymnastics |
| | Rock Wall | Rock Wall | Rock Wall | Rock Wall | Rock Wall |

Balance Play • 18 months to 5 years: a parent/guardian assisted (one child per parent/guardian) program with a combination of guided free play and group activities. Duration: 45 minutes.

Gymnastics for All • 4 to 16 years: content is from our regular Monkey see Monkey Do after school program and includes skills from a variety of apparatus and skill levels. Duration: 55 minutes.

Tumbling (Rebound) • 4 to 16 years: from learning to forward roll, handstand and cartwheel right through to handsprings, tucks and complex tumbling skills (depending on skill level) come along and improve your tumbling skills and knowledge. Duration: 55 minutes.

Ninja Gymnastics • 4 to 16 years: combines gymnastics skills and apparatus and includes some ninja and parkour skills! Be prepared for lots of jumping, rolling, swinging and fun! Duration: 55 minutes.

Tabloid Gymnastics • 4 to 16 years: ninja skills, circus, and gymnastics skills with an obstacle course allowing kids to work around the entire gymnastics hall and try of lots of different areas! Duration: 55 minutes.

Rock Wall • 5 to 16 years: Scale new heights on our rock climbing wall! Parents/carers of children between 5 and 9 years **must** stay in the viewing area. Sports shoes must be worn to climbing sessions. Duration: 55 minutes.

What about swimming? Unfortunately, our Swim & Survive intensive program will not be running in January 2022.