



# ACTIVE SCHOOLS PROGRAM 2024





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# WHY CHOOSE BALC?

**At Ballarat Aquatic & Lifestyle Centre, we offer a range of programs to assist schools, kindergartens 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 &  
gymnastics in the one place

Dedicated group change  
rooms for school groups

Fully equipped gymnastics  
hall for all abilities





PLEASE STORE  
HOOPS HERE

INVERMAY P.S.  
THUNDER  
BIRDS

INVERMAY P.S.  
THUNDER  
BIRDS

INVERMAY P.S.  
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BIRDS



# 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.**

**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.

## **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.



# AQUATIC EDUCATION

## Pricing Structure

Student : Teacher Ratio	Student Fee per 45 Minute Lesson
4 : 1	\$11.60
5 : 1	\$10.00
6 : 1	\$8.95
7 : 1	\$8.25
8 : 1	\$7.60
9 : 1	\$7.20
10 : 1	\$6.85

Fees and charges effective January 2024.

## 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 ratios 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 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.

## **Student Expectations**

- Follow pool rules
- Follow teacher instructions at all times
- Show respect to all staff, teachers and students in the class
- Speak appropriately at all times

## **Behaviour Management**

Our Aquatics Program team works hard to make sure all students' needs are catered for, including 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 must stand with the teacher. They can return to the class when ready.
- If the behaviour does not improve, they are removed from the activity and must sit on the edge of the pool (no more than 3 minutes). The student is then invited back to join the lesson.
- If their behaviour continues the student is given time out on pool side and must wait with a school teacher. The student is encouraged to rejoin the class in the next session.

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 Schools 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 childcare centres, kindergartens, primary schools, English language schools and community education sessions.

The unique interactive curriculum of the program provides opportunities for participants to learn vital water safety knowledge using magnetic storyboards and interactive role-play.

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.



*"Leanne and the team from Ballarat Aquatic & Lifestyle Centre visited our Early Learning Service and were able to adapt their teachings to children between the ages of 2-5 years in an age appropriate & respectful manner. They brought along lots of tactile resources, so children were able to connect their learning and the opportunity to reflect on and build upon previous knowledge. The team were able to provide lots of information and hands on learning to help children to comprehend and understand aspects of water safety"*

Casey Weightman  
Educational Leader  
Journey Early Learning, Sebastopol

# SWIMMING IN SCHOOLS FUNDING

**The Swimming in Schools funding package 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 \$270 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.**

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 1 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, rings, silks and trapeze.

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 have the option to 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 engage with students and support their learning through active presence in the session.

We welcome groups from kinder through to the top-end of high school and can be flexible on needs of the groups attending.





## Pricing Structure

No. of Students	Student Fee per 60 Minute Lesson	Student Fee per 90 Minute Lesson
10 to 15	\$7.25	\$8.95
16 to 20	\$8.40	\$10.65
21 to 25	\$7.35	\$9.15
26 to 30	\$6.75	\$8.25
31 to 35	\$7.50	\$9.40
36 to 40	\$7.00	\$8.70
41 to 45	\$6.65	\$8.15
46 to 50	\$7.20	\$8.95
51 to 55	\$6.85	\$8.50
56 to 60	\$6.60	\$8.10

Please note: groups of less than 10 permitted, and sessions longer than 90 minutes are available. Please contact us for more information and 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 as priced above. We can also cater to smaller group sizes of 10:1 (or others if required). This ratio is recommended for group of kinder or foundation students. Please contact us for pricing.

## Program operations

Weekly lessons are run between 12pm and 3pm, Monday to Friday. Other times available upon request.

School holiday programs sessions are available upon 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. Please avoid wearing denim clothing or clothing with zips, buttons and buckles as it limits the apparatus the participant can use.
- All participants must have bare feed (no socks or tights).
- All long hair must be 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.





# ROCKCLIMBING



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 descent. Each of the six walls have at least three different climbing route grades 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 2024

No. of students	Student fee per 60 minute Session	Student fee per 90 minute session
1 to 12	\$7.25	\$8.95

Rock climbing sessions are charged at a minimum of 10 participants, however you are welcome to bring less.

## 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 must be 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.









# 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:

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## **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.

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## **LES MILLS CORE**

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.

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## **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.**

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## **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.

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## **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.

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## **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.

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## **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.

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## 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.

## FITBOX<sub>45</sub>

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. **Must be 16 years of age to participate.**

## 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

Location	Cost (per lesson)
Ballarat Aquatic and Lifestyle Centre	\$103.50
External location	\$124.20
Virtual cycle	\$80

Fees and charges effective 2024. 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 2024 will be open between **Monday 4 September 2023** and **Friday 6 October 2023**.

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 gymnastics, rock wall or group fitness sessions can be made at any time, subject to instructor availability, however we recommended booking ahead of time.

[\*\*Online Booking Form - Click Here\*\*](#)



A booking form can be found online at [www.ballarataquaticcentre.com/activeschools](http://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 24.

## 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.**

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Aquatic Programs

Shane Boot | (03) 5329 1659  
shaneboot@ballarat.vic.gov.au

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Gymnastics

Alex Gay | (03) 5330 4141  
alexgay@ballarat.vic.gov.au

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Group Fitness

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

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Lane bookings and events

Shane Boot | (03) 5329 1659  
shaneboot@ballarat.vic.gov.au

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Customer Service team

(03) 5334 2499  
balc@ballarat.vic.gov.au

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# EMERGENCY INFORMATION

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

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

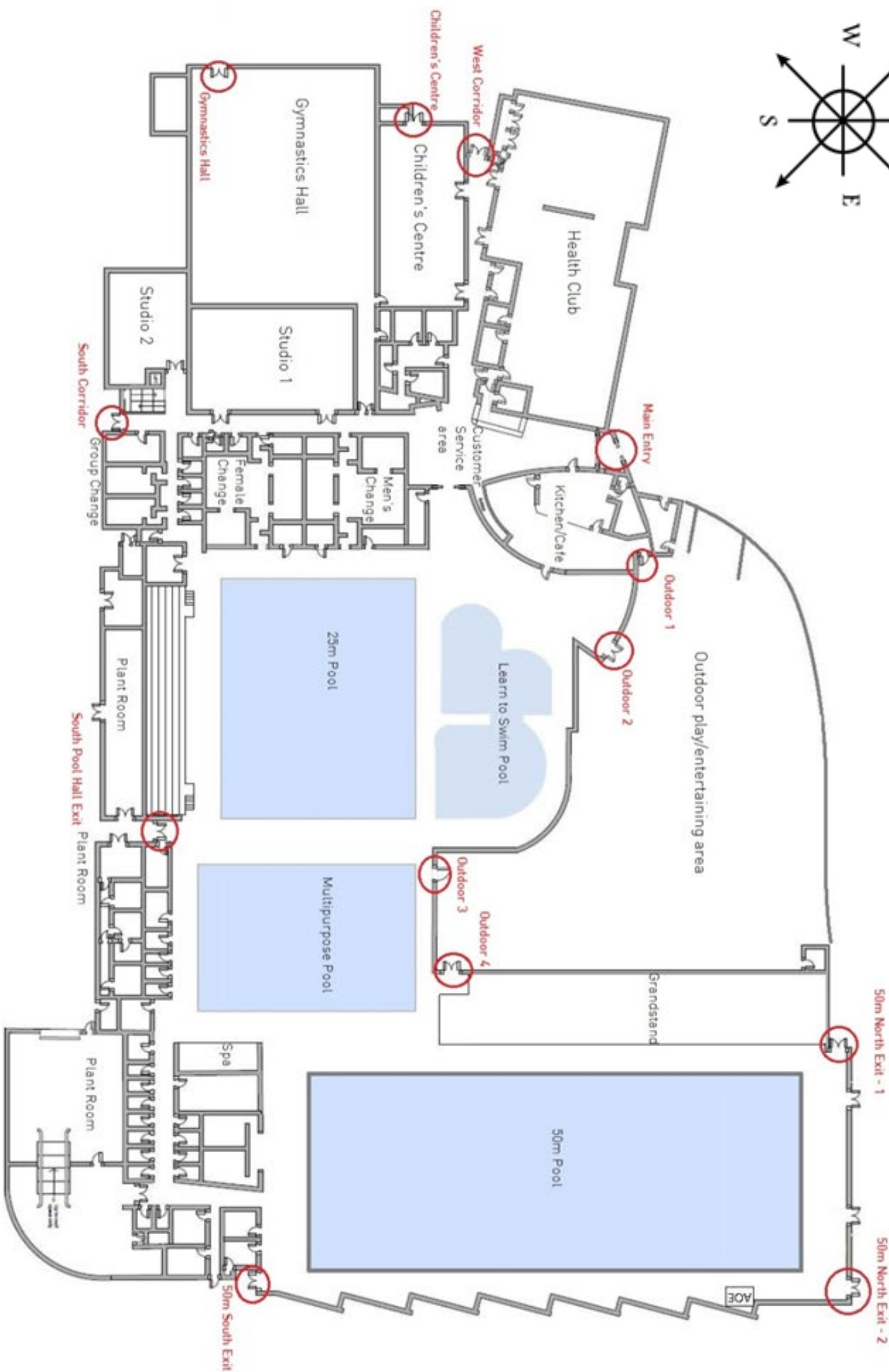
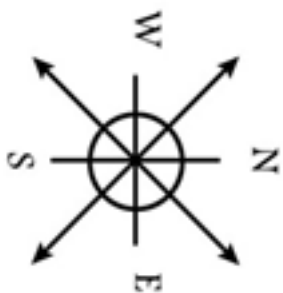
In the unlikely event of either a partial or full evacuation, an announcement will be made to inform staff and patrons of the evacuation. Please note: it's important that all program participants and staff follow the instructions of BALC staff at all times.

## Assembly Areas

Assembly areas are outlined as per the table below.

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

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







# AQUATIC EDUCATION SESSION TIMES

# SESSION TIMES

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

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

**Intensive classes** run each day at the same time during the last week of Term 2 and during the first week of Term 3 & 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 6 October 2023**.

If you have any questions, please do not hesitate to contact a member of the Aquatic Education Team. Details can be found on page 24 of the Active School Program booklet.



# TERM 1

Monday 29 January - Thursday 28 March 2024

Public Holidays - Monday 11 March 2024

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Program Number	Dates	Day	Time	Maximum number of sessions
1	19th Feb - 25th March	Monday	11.45am - 12.30pm	5
2	19th Feb - 25th March	Monday	12.30pm - 1.15pm	5
3	19th Feb - 25th March	Monday	1.15pm - 2.00pm	5
4	19th Feb - 25th March	Monday	2.00pm - 2.45pm	5
5	20th Feb - 26th March	Tuesday	11.45am - 12.30pm	6
6	20th Feb - 26th March	Tuesday	12.30pm - 1.15pm	6
7	20th Feb - 26th March	Tuesday	1.15pm - 2.00pm	6
8	20th Feb - 26th March	Tuesday	2.00pm - 2.45pm	6
9	21st Feb - 27th March	Wednesday	11.45am - 12.30pm	6
10	21st Feb - 27th March	Wednesday	12.30pm - 1.15pm	6
11	21st Feb - 27th March	Wednesday	1.15pm - 2.00pm	6
12	21st Feb - 27th March	Wednesday	2.00pm - 2.45pm	6
13	22nd Feb - 28th March	Thursday	11.45am - 12.30pm	6
14	22nd Feb - 28th March	Thursday	12.30pm - 1.15pm	6
15	22nd Feb - 21st March	Thursday	1.15pm - 2.00pm	5
16	22nd Feb - 21st March	Thursday	2.00pm - 2.45pm	5
17	23rd Feb - 22nd March	Friday	11.45am - 12.30pm	5
18	23rd Feb - 22nd March	Friday	12.30pm - 1.15pm	5
19	23rd Feb - 22nd March	Friday	1.15pm - 2.00pm	5
20	23rd Feb - 22nd March	Friday	2.00pm - 2.45pm	5

# TERM 2

Monday 15 April - Friday 28 June 2024

Public Holidays - Thursday 25 April 2024, Monday 10 June 2024

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Program Number	Dates	Day	Time	Maximum number of sessions
21	15th April - 17th June	Monday	11.45am - 12.30pm	9
22	15th April - 17th June	Monday	12.30pm - 1.15 pm	9
23	15th April - 17th June	Monday	1.15pm - 2.00pm	9
24	15th April - 17th June	Monday	2.00pm - 2.45pm	9
25	16th April - 18th June	Tuesday	11.45am - 12.30pm	10
26	16th April - 18th June	Tuesday	12.30pm - 1.15pm	10
27	16th April - 18th June	Tuesday	1.15pm - 2.00pm	10
28	16th April - 18th June	Tuesday	2.00pm - 2.45pm	10
29	17th April - 19th June	Wednesday	11.45am - 12.30pm	10
30	17th April - 19th June	Wednesday	12.30pm - 1.15pm	10
31	17th April - 19th June	Wednesday	1.15pm - 2.00pm	10
32	17th April - 19th June	Wednesday	2.00pm - 2.45pm	10
33	18th April - 20th June	Thursday	11.45am - 12.30pm	9
34	18th April - 20th June	Thursday	12.30pm - 1.15pm	9
35	18th April - 20th June	Thursday	1.15pm - 2.00pm	9
36	18th April - 20th June	Thursday	2.00pm - 2.45pm	9
37	19th April - 21st June	Friday	11.45am - 12.30pm	10
38	19th April - 21st June	Friday	12.30pm - 1.15pm	10
39	19th April - 21st June	Friday	1.15pm - 2.00pm	10
40	19th April - 21st June	Friday	2.00pm - 2.45pm	10
Intensive 41	24th June - 28th June	Mon - Fri	11.45am - 12.30pm	5
Intensive 42	24th June - 28th June	Mon - Fri	12.30pm - 1.15pm	5
Intensive 43	24th June - 28th June	Mon - Fri	1.15pm - 2.00pm	5
Intensive 44	24th June - 28th June	Mon - Fri	2.00pm - 2.45pm	5



# TERM 3

Monday 15 July - Friday 20 September 2024

Public Holidays - AFL Grand Final TBC (Friday)

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Program Number	Dates	Day	Time	Maximum number of sessions
Intensive 45	15th July - 19th July	Mon - Fri	11.45am - 12.30pm	5
Intensive 46	15th July - 19th July	Mon - Fri	12.30pm - 1.15pm	5
Intensive 47	15th July - 19th July	Mon - Fri	1.15pm - 2.00pm	5
Intensive 48	15th July - 19th July	Mon - Fri	2.00pm - 2.45pm	5
49	22nd July - 16th Sept	Monday	11.45am - 12.30pm	9
50	22nd July - 16th Sept	Monday	12.30pm - 1.15pm	9
51	22nd July - 16th Sept	Monday	1.15pm - 2.00pm	9
52	22nd July - 16th Sept	Monday	2.00pm - 2.45pm	9
53	23rd July - 17th Sept	Tuesday	11.45am - 12.30pm	9
54	23rd July - 17th Sept	Tuesday	12.30pm - 1.15pm	9
55	23rd July - 17th Sept	Tuesday	1.15pm - 2.00pm	9
56	23rd July - 17th Sept	Tuesday	2.00pm - 2.45pm	9
57	24th July - 18th Sept	Wednesday	11.45am - 12.30pm	9
58	24th July - 18th Sept	Wednesday	12.30pm - 1.15pm	9
59	24th July - 18th Sept	Wednesday	1.15pm - 2.00pm	9
60	24th July - 18th Sept	Wednesday	2.00pm - 2.45pm	9
61	25th July - 19th Sept	Thursday	11.45am - 12.30pm	9
62	25th July - 19th Sept	Thursday	12.30pm - 1.15pm	9
63	25th July - 19th Sept	Thursday	1.15pm - 2.00pm	9
64	25th July - 19th Sept	Thursday	2.00pm - 2.45pm	9
65	26th July - 20th Sept	Friday	11.45am - 12.30pm	9
66	26th July - 20th Sept	Friday	12.30pm - 1.15pm	9
67	26th July - 20th Sept	Friday	1.15pm - 2.00pm	9
68	26th July - 20th Sept	Friday	2.00pm - 2.45pm	9

# TERM 4

Monday 7 October - Friday 20 December 2024

Public Holidays - Tuesday 5 November

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Program Number	Dates	Day	Time	Maximum number of sessions
Intensive 69	7th Oct - 11th Oct	Mon - Fri	11:00am - 12:00pm	5
Intensive 70	7th Oct - 11th Oct	Mon - Fri	12:00pm - 1:00pm	5
Intensive 71	7th Oct - 11th Oct	Mon - Fri	1:00pm - 2:00pm	5
Intensive 72	7th Oct - 11th Oct	Mon - Fri	2:00pm - 3:00pm	5
73	14th Oct - 16th Dec	Monday	11:45am - 12:30pm	10
74	14th Oct - 16th Dec	Monday	12:30pm - 1:15pm	10
75	14th Oct - 16th Dec	Monday	1:15pm - 2:00pm	10
76	14th Oct - 16th Dec	Monday	2:00pm - 2:45pm	10
77	15th Oct - 17th Dec	Tuesday	11:45am - 12:30pm	9
78	15th Oct - 17th Dec	Tuesday	12:30pm - 1:15pm	9
79	15th Oct - 17th Dec	Tuesday	1:15pm - 2:00pm	9
80	15th Oct - 17th Dec	Tuesday	2:00pm - 2:45pm	9
81	16th Oct - 18th Dec	Wednesday	11:45am - 12:30pm	10
82	16th Oct - 18th Dec	Wednesday	12:30pm - 1:15pm	10
83	16th Oct - 18th Dec	Wednesday	1:15pm - 2:00pm	10
84	16th Oct - 18th Dec	Wednesday	2:00pm - 2:45pm	10
85	17th Oct - 19th Dec	Thursday	11:45am - 12:30pm	10
86	17th Oct - 19th Dec	Thursday	12:30pm - 1:15pm	10
87	17th Oct - 19th Dec	Thursday	1:15pm - 2:00pm	10
88	17th Oct - 19th Dec	Thursday	2:00pm - 2:45pm	10
89	18th Oct - 13th Dec	Friday	11:45am - 12:30pm	9
90	18th Oct - 13th Dec	Friday	12:30pm - 1:15pm	9
91	18th Oct - 13th Dec	Friday	1:15pm - 2:00pm	9
92	18th Oct - 13th Dec	Friday	2:00pm - 2:45pm	9





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