

IMPORTANT INFORMATION

- Our school holiday program is included in Healthy Kids memberships, with the exception of Rock Wall sessions (\$10.60 per child, per session).
- Cost for non-members:
 - Balance Play: \$8.40 per child, per session
 - Gymnastics: \$10.60 per child, per session
 - Rock Wall: \$10.60 per child, per session
 - Teen Gymnastics: \$12.80 per child, per session
 - Swim & Survive 3-Day Intensive: \$44.40 per child
- All sessions must be booked online via the BALC online portal at www.ballarataquaticcentre.com. Non-members who would like to enrol in our Swim & Survive 3-Day Intensive can book by calling BALC on 5334 2499.
- Limit of two classes per child, per day.
- Bookings for Healthy Kids members open 9am Monday 8 January 2024. Bookings for non-members open 9am Monday 15 January 2024.
- 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' tab on 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.
- For all gymnastics classes, parents/guardians of children aged under 10 years must stay in the viewing area.
- **IMPORTANT! Closed-toe sports shoes must be worn to rock climbing sessions.**
- For all swimming lessons, parents/guardians must abide by our Watch Around Water policy. Parents/guardians must remain in the aquatic area of the centre at all times. Children under 5 must wear a PINK armband. Children under 10 must wear a YELLOW armband.



SCHOOL HOLIDAY PROGRAM

22 - 25 JANUARY 2024

TIMETABLE

	Monday 22 January	Tuesday 23 January	Wednesday 24 January	Thursday 25 January	Friday 26 January
9:00am - 12:00pm	Swim & Survive 3 Day Intensive Program (Various times throughout the morning)				
9:45am - 10:30am	Balance Play	Balance Play	Balance Play	Balance Play	Australia Day Public Holiday No classes run on this day. BALC will be open 8am - 4pm.
10:45am - 11:30am	Balance Play		Balance Play		
11:00am - 11:55am		Tabloid Gymnastics		Tabloid Gymnastics	
		Rock Wall		Rock Wall	
12pm - 12:55pm	Gymnastics for All	Gymnastics for All	Ninja Gymnastics	Tabloid Gymnastics	
	Rock Wall	Rock Wall	Rock Wall	Rock Wall	
1pm - 1:55pm	Ninja Gymnastics	Gymnastics for All	Gymnastics for All	Gymnastics for All	
	Rock Wall	Rock Wall	Rock Wall	Rock Wall	
2pm - 2:55pm	Ninja Gymnastics	Ninja Gymnastics	Gymnastics for All	Ninja Gymnastics	
	Rock Wall	Rock Wall	Rock Wall	Rock Wall	
3pm - 4:30pm			Teen Gym		

Swim & Survive 3 Day Intensive Program Our intensive program is a great opportunity for children to strengthen and accelerate their skills. Students enrol in a 30 minute lesson that is run at the same time each day for 3 consecutive days. Places are limited and not guaranteed.

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.

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.

Teen Gymnastics: Build on more complex skills including tumbling, bars, beams and more. Open to gymnasts in our 2-hour gymnastics program or advanced gymnasts aged 13+ years. Duration: 90 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. **IMPORTANT: Sports shoes must be worn to climbing sessions.** Duration: 55 minutes.

Inflatables will run across the January school holidays at various times at BALC. Check our website and socials for more details about these sessions in the coming weeks!

www.ballarataquaticcentre.com

Facebook: @BallaratAquaticandLifestyleCentre

Instagram: @bale_ballarat