

IMPORTANT INFORMATION

- Our school holiday program is included in Swimming and Gymnastics Lesson memberships, with the exception of Rock Wall sessions.
- Cost for non-members:
 - Balance Play: \$8.80 per child, per session
 - Gymnastics (55 minutes): \$11.20 per child, per session
 - Gymnastics (90 minutes): \$13.50 per child, per session
 - Rock Wall: \$11.20 per child, per session
 - Swim & Survive 3 Day Intensive: \$46.80 per child
- All sessions must be booked online via the BALC online portal at www.ballarataquaticcentre.com.
- Limit of two classes per child, per day for gymnastics; 1 class per child per day for swimming
- Bookings for Members open **9am Monday 8 September 2025**. Bookings for non-members open **9am Monday 15 September 2025**.
- 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.
- **No-Show Policy: if you fail to cancel or do not attend your booked session, your bookings for the rest of the program will be cancelled.**
- 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.**



TIMETABLE

	Monday 22 September	Tuesday 23 September	Wednesday 24 September	Thursday 25 September	Friday 26 September
9am – 12pm	Swim & Survive 3 Day Intensive Program (Various times throughout the morning)				
9:45am – 10:30am	Balance Play	Balance Play	Balance Play	Balance Play	PUBLIC HOLIDAY No classes run on this day BALC 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	Tabloid Gymnastics	Gymnastics for All	Gymnastics for All	Ninja 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	Intermediate & Advanced Tumbling (8-16 Years, 90 minutes)	Intermediate Tumbling (8-12 Years, 90 minutes)	
	Rock Wall	Rock Wall			

Swim & Survive 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. Ages 3+ only.

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 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.

Tumbling (Dance Acro) • Intermediate 8-12 years: Designed for dancers (and gymnasts) to work on basic to intermediate tumbling including handstands, cartwheels, round-off's, front handsprings and walkovers. This class is open to students with basic to intermediate Gymnastics/Acro knowledge who have a basic handstand and cartwheel and/or gymnasts enrolled in our Swing, Flip, Glide or Twist class. Duration: 90 minutes.

Tumbling (Dance Acro) • Advanced 11 to 16 years: Designed for dancers (and gymnasts) to work on intermediate to advanced tumbling including front and back handsprings, front and back tucks and aerials. This class is open to students with intermediate to advanced tumbling skills who can successfully walkover and round-off and/or students enrolled in our Twist or Barani class. 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. **Closed-toe runners must be worn to climbing sessions.** Duration: 55 minutes.