

IMPORTANT INFORMATION

- Our school holiday program is included in Swimming and Gymnastics Lesson memberships, with the exception of Rock Wall sessions (\$11.20 per session).
- 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
- 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 15 December 2025**. Bookings for non-members open **9am Wednesday 17 December 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.**



School Holiday Program

20 – 23 JANUARY 2026

	Monday 19 January	Tuesday 20 January	Wednesday 21 January	Thursday 22 January	Friday 23 January
		NINJA DAY	TABLOIDS DAY	GYMNASTICS DAY	WORKSHOP DAY
9:45am – 10:30am	School Holiday Program does not run on this day	Balance Play	Balance Play	Balance Play	Balance Play
10:45am – 11:30am		Balance Play	Balance Play		
11:00am – 11:55am				Beginner Gymnastics	Fundamentals
				Intermediate Gymnastics	Handstands & Cartwheels
				Rock Wall	Rock Wall
12pm – 12:55pm		Beginner Ninja	Tabloids Gymnastics	Beginner Gymnastics	Fundamentals
		Intermediate Ninja		Intermediate Gymnastics	Handstands & Cartwheels
		Rock Wall	Rock Wall	Rock Wall	Rock Wall
1pm – 1:55pm		Beginner Ninja	Tabloids Gymnastics	Beginner Gymnastics	Advanced Tumbling (8+ years, 90mins)
		Intermediate Ninja		Intermediate Gymnastics	
		Rock Wall	Rock Wall	Rock Wall	Rock Wall
2pm – 2:55pm		Advanced Ninja (8+ years, 90 minutes)		Advanced Gymnastics (8+ years, 90 minutes)	
	Rock Wall	Rock Wall			

Balance Play • 18 months to 5 years: an engaging program designed for toddlers developing their fine and gross motor skills. Using songs, rhymes and gymnastic equipment, we foster a love of being active and learning new skills. Combining guided free play and group activities, this is a parent/guardian assisted class (**one child per parent/guardian**) where you are to remain actively involved with your child and within arm's reach. Duration: 45 minutes.

Ninja Gymnastics: combines gymnastics skills and apparatus with ninja and parkour activities; giving students the chance to learn how to run, jump and swing safely. Students will be split into smaller groups on arrival, based on ages and abilities. High intensity session with lots of jumping, rolling, swinging and fun.

- **Beginner Ninja:** 4 – 7 years (55 mins)
- **Intermediate Ninja:** 8 – 12 years (55 mins)
- **Advanced Ninja:** 8+ years for existing students, 12+ years for new students (90 mins)

Tabloid Gymnastics • 4 to 14 years: a circuit style program where gymnasts will work in small groups and work their way around the gym, completing 10-15 mixed 'fun' style activities. Tabloids is designed to pick out our most popular activities, burn some energy and have a great time with friends! Activities will vary but include Gymnastics, Ninja and Circus allowing gymnasts to have a taste of everything we offer! Duration: 55 minutes.

Gymnastics: structured and run the same as our after-school program, gymnasts will work across 3 apparatus working skills specific to their age and ability in a fun, safe and engaging manner. Students will be split into smaller groups on arrival, based on ages and abilities.

- **Beginner Gymnastics:** 4 – 7 years (55 mins)
- **Intermediate Gymnastics:** 8 – 12 years (55 mins)
- **Advanced Gymnastics:** 8+ years for existing students, 12+ years for new students (90 mins)

Workshops: designed to target specific fundamental skills to build on pre-existing knowledge and work towards progressions. A 55 or 90 minute session working on key Gymnastics movements allow for lots of opportunities for practice and feedback to further develop skills. Students will work on a variety of apparatus, specific to the skills included in the workshops. Students will be split into smaller groups on arrival, based on ages and abilities.

- **Fundamentals:** 4 – 7 years (55 mins)
- **Handstand & Cartwheels:** 8 – 12 years (55 mins)
- **Advanced Tumbling:** 8+ years for existing students, 12+ years for new students (90 mins)

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.

For more details about class descriptions, please scan the QR code or visit our website.

