# IMPORTANT INFORMATION

- Our school holiday program is included in Swimming and Gymnastics Lesson memberships, with the exception of Rock Wall sessions ($12.10 per session).
- Cost for non-members:
  Balance Play: $9.50 per child, per session
  Gymnastics (55 minutes): $12.10 per child, per session
  Gymnastics (90 minutes): $14.60 per child, per session
  Rock Wall: $12.10 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 for gymnastics.
- Bookings for members open **9am Monday 14 December 2026**. Bookings for non-members open **9am Wednesday 16 December 2026.**
- 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.**

BallaratAquatic & LIFESTYLE CENTRE
CITY OF BALLARAT

# School Holiday Program

19 – 22 January 2027

| | Monday 18 January | Tuesday 19 January | Wednesday 20 January | Thursday 21 January | Friday 22 January |
|---|---|---|---|---|---|
| | | **NINJA DAY** | **WORKSHOP DAY** | **GYMNASTICS DAY** | **TABLOIDS 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 | Balance Play | Balance Play |
| **12pm - 12:55pm** | | Beginner Ninja | Fundamentals | Beginner Gymnastics | Tabloid Gymnastics |
| | | Intermediate Ninja | Handstands & Cartwheels | Intermediate Gymnastics | |
| | | Rock Wall | Rock Wall | Rock Wall | Rock Wall |
| **1pm - 1:55pm** | | Beginner Ninja | Fundamentals | Beginner Gymnastics | Tabloid Gymnastics |
| | | Intermediate Ninja | Handstands & Cartwheels | Intermediate Gymnastics | |
| | | Rock Wall | Rock Wall | Rock Wall | Rock Wall |
| **2pm - 2:55pm** | | Beginner Ninja | Fundamentals | Advanced Gymnastics (8+ years, 90 minutes) | Tabloid Gymnastics |
| | | Intermediate Ninja | Handstands & Cartwheels | | |
| | | Rock Wall | Rock Wall | 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)

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)

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.*