

Gymnastics

BALANCE PLAY Walking-5 years	A one-on-one class for pre-school children with a parent or carer. The program includes gross and fine motor skill activities and promotes self confidence through fun. Duration: 45 minutes. Please note that school aged children are not permitted in the Gymnastics Hall during a Balance Play session.
TABLOIDS 4-16 years	Fast and fun, the Gymnastics Hall is broken up into a number of different stations and each participant get to try all apparatus around the gym. Lots of music - it's a gymnastics party! Duration: 55 minutes.
MISSION GYMPOSSIBLE 6-16 years	Calling all spies and secret agents! Come along and see if you have what it takes to complete the mission. There will be a variety of gymnastics activities with a spy-based challenge. Each successful spy will receive a certificate. Duration: 55 mins.
PARKOUR 8-16 years	An alternative to general gymnastics, Parkour provides a way to use the participant's body to traverse obstacles in an effective fluid manner. Duration: 55 mins
ACRO 6-12 years	Acrobatics Beginner incorporates partner balances as well as forward rolls, cartwheels and handstands. Acro is a floor based form of gymnastics usually to music. Duration: 55 mins

Aquatics

INTENSIVE PROGRAM	Levels are skill based, so please speak with our Customer Service team for more information on swimming program levels and times.
INFLATABLE FUN	Inflatable will be available in the learn to swim pool.
Gladiator Pole	Set up in our 25m pool, battle your friends to see who remains on the gladiator pole the longest.

KIDS GROUP FITNESS

Awesome Aqua 10-16 years	Get wet, get fit...awesome fun & games to cool tunes. Suitable for ages 10-16 years. Duration: 45 min
HIP HOP 5-15 years	This street dance inspired class will combine breaking, locking and popping in a fun safe environment. Duration: 45 mins.
Kids Boxing 10-16 years	Put on your gloves! This class will get the kids skipping, running & punching bags. Focusing on non-contact exercises, this will teach you the basic skills of boxing in a fun, controlled and safe environment. Suitable for 10-16 years. Duration 45 minutes



School Holiday Program

Loads of fun things to do!

FREE for Healthy Kids Members

Monday 3rd to Friday 14th July

Aquatics

Intensive Program: One Week \$62.50, two weeks \$125. No charge for Healthy Kids Members, however bookings are essential. Please book your place with our Customer Service team. Bookings not required for inflatable fun or Gladiator Pole - casual admission fee applies.

SUNDAY 2	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SUNDAY 9	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	Friday 14
1pm-3pm SMALL INFLATABLE	9am onwards Various times dependant on level. INTENSIVE SWIMMING PROGRAM					1pm-3pm SMALL INFLATABLE	9am onwards Various time dependant on level. INTENSIVE SWIMMING PROGRAM				
	12.30-2.30PM MONDAY—WEDNESDAY—FRIDAY GLADIATOR POLE TUESDAY—THURSDAY SMALL INFLATABLE						12.30-2.30PM MONDAY—WEDNESDAY—FRIDAY GLADIATOR POLE TUESDAY—THURSDAY SMALL INFLATABLE				

\$6.20 per casual class. No charge for Healthy Kids Members, however bookings are essential
Book your place with our Customer Service team. Maximum of two classes per child per day.

Gymnastics

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
<p style="text-align: center;">GYMNASTIC CENTRE CLOSURE</p> <p>Unfortunately the gymnastics centre is unavailable Monday 3rd until Sunday 9th July due to maintenance. Please see AQUATICS AND KIDS GROUP FITNESS for activities your children can do during this week</p>									9am CRAWL PLAY
					10AM BALANCE PLAY				10AM BALANCE PLAY
					11AM BALANCE PLAY	11AM TABLOIDS	11AM BALANCE PLAY	11AM TABLOIDS	11AM BALANCE PLAY
					12PM TABLOIDS	12PM MISSION GYM POSSIBLE	12PM PARKOUR	12PM ACRO	12PM TABLOIDS
					1PM PARKOUR	1PM ACRO	1PM TABLOIDS	1PM MISSION GYM POSSIBLE	1PM PARKOUR

KIDS GROUP FITNESS

Awesome Aqua—11.30am Tuesday 4th July & Friday 14th July—25m Pool

Kids Boxing—2pm Thursday 6 July & 1pm Monday 10 July—Studio 1

Parkour—1.30pm Monday 3 July and Wednesday 5 July—Studio 1

Hip Hop—2pm Tuesday 4 July & Tuesday 11 July—Studio 1

\$6.20 per casual class. No Charge for Healthy Kids, however bookings are essential.

Children's Centre

Book your child into the BALC Children's Centre on

Wednesday 12 July and they will venture to the

Gymnastics Hall from **10am to 11am**

for a fun **FREE Balance Play** session with our Gymnastics coaches!

Crèche fees apply