

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 gets to try all apparatus around the gym. Lots of music - it's a gymnastics party! Duration: 55 minutes.
SUPER HERO SCHOOL 6-16 years	Calling all children with a super power. Using our gymnastics knowledge we will teach you the skills to become a gymnastics super hero. Each successful Super Hero will receive a certificate. Duration: 55 mins.
JUNIOR NINJA WARRIOR 8-16 years	With the recent introduction to Australia of Ninja Warrior, the BALC is giving a taste of this to our gymnasts. Have you got what it takes to complete the Ninja course . Duration: 55 mins
TEAM ACRO 6-12 years	Using acrobatic skills we will teach you all sorts of team based acrobatic balances and pyramids. Duration: 55 mins

Aquatics

INTENSIVE SWIMMING PROGRAM	Levels are skill based, so please speak with our Customer Service team for more information on swimming program levels and times.
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KIDS GROUP FITNESS

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 25th September - Friday 6th October



Aquatics

Intensive Swimming Program: Week 1 -\$50.00 & Week 2-\$62.50.

No charge for Healthy Kids Direct Debit Members, however bookings are essential. Please book your place with our Customer Service team.

MONDAY 25 September	TUESDAY 26 September	WEDNESDAY 27 September	THURSDAY 28 September	FRIDAY 29 PH -No Programs	MONDAY 2 October	TUESDAY 3 October	WEDNESDAY 4 October	THURSDAY 5 October	Friday 6 October
9am onwards Various times dependant on level. INTENSIVE SWIMMING PROGRAM					9am onwards Various time dependant on level. INTENSIVE SWIMMING PROGRAM				

Gymnastics

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

MONDAY 25 September	TUESDAY 26 September	WEDNESDAY 27 September	THURSDAY 28 September	FRIDAY 29 PH -No Programs	MONDAY 2 October	TUESDAY 3 October	WEDNESDAY 4 October	THURSDAY 5 October	Friday 6 October
10AM BALANCE PLAY				Grand Final Public Holiday	10AM BALANCE PLAY				10AM BALANCE PLAY
11AM BALANCE PLAY	11AM TABLOIDS	11AM BALANCE PLAY	11AM TABLOIDS		11AM BALANCE PLAY	11AM TABLOIDS	11AM BALANCE PLAY	11AM TABLOIDS	11AM BALANCE PLAY
12PM TABLOIDS	12PM SUPER HERO SCHOOL	12PM JUNIOR NINJA WARRIOR	12PM TEAM ACRO		12PM TABLOIDS	12PM SUPER HERO SCHOOL	12PM JUNIOR NINJA WARRIOR	12PM TEAM ACRO	12PM TABLOIDS
1PM JUNIOR NINJA WARRIOR	1PM TEAM ACRO	1PM TABLOIDS	1PM SUPER HERO SCHOOL		1PM JUNIOR NINJA WARRIOR	1PM TEAM ACRO	1PM TABLOIDS	1PM SUPER HERO SCHOOL	1PM JUNIOR NINJA WARRIOR

KIDS GROUP FITNESS

Kids Boxing—2pm Thursday 28 September & 1pm Monday 2 October—Studio 1

Hip Hop—2pm Tuesday 26 September & Tuesday 3 October—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 27th September or 4th October** 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