

IMPORTANT INFORMATION

- Our school holiday program is included in Healthy Kids memberships, with the exception of Rock Wall sessions.
- Cost for non-members:
 - Balance Play: \$8.60 per child, per session
 - Gymnastics (55 minutes): \$10.90 per child, per session
 - Gymnastics (90 minutes): \$13.20 per child, per session
 - Rock Wall: \$10.90 per child, per session
 - Swim & Survive 3-Day Intensive: \$45.60 per child
- All sessions must be booked online via the BALC online portal at www.ballarataquaticcentre.com. Non-members who would like to enrol in our Swim & Survive 3-Day Intensive can book by calling BALC on 5334 2499.
- Limit of two classes per child, per day.
- Bookings for Healthy Kids members open **9am Tuesday 18 June 2024**. Bookings for non-members open **9am Monday 24 June 2024**.
- 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.
- 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.**
- For all swimming lessons, parents/guardians must abide by our Watch Around Water policy. Parents/guardians must remain in the aquatic area of the centre at all times. Children under 5 must wear a PINK armband. Children under 10 must wear a YELLOW armband.



SCHOOL HOLIDAY PROGRAM

2 - 12 JULY 2024

TIMETABLE

| | Monday 1 July | Tuesday 2 July | Wednesday 3 July | Thursday 4 July | Friday 5 July |
|-------------------|--|----------------------|-----------------------|--------------------|--------------------|
| 9:00am - 12:00pm | Swim & Survive 3 Day Intensive Program (Various times throughout the morning) | | | | |
| | Monday 8 July | Tuesday 9 July | Wednesday 10 July | Thursday 11 July | Friday 12 July |
| 9:45am - 10:30am | Balance Play | Balance Play | Balance Play | Balance Play | Balance Play |
| 10:45am - 11:30am | Balance Play | Balance Play | Balance Play | | |
| 11:00am - 11:55am | | | | Tabloid Gymnastics | Tabloid Gymnastics |
| | | | | Rock Wall | Rock Wall |
| 12pm - 12:55pm | Gymnastics for All | Tabloid Gymnastics | Ninja Gymnastics | Tabloid Gymnastics | Ninja Gymnastics |
| | Rock Wall | Rock Wall | Rock Wall | Rock Wall | Rock Wall |
| 1pm - 1:55pm | Ninja Gymnastics | Gymnastics for All | Gymnastics for All | Gymnastics for All | Gymnastics for All |
| | Rock Wall | Rock Wall | Rock Wall | Rock Wall | Rock Wall |
| 2pm - 2:55pm | Ninja Gymnastics | Gymnastics for All | Gymnastics for All | | |
| | Rock Wall | Rock Wall | Rock Wall | | |
| 3pm - 4:30pm | Teen Gym | Tumbling (11+ Years) | Tumbling (7-11 Years) | | |


Swim & Survive 3 Day 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.


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 Monkey see Monkey Do 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 7-11 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+ 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.

Teen Gymnastics: • 12+ years: Build on more complex skills including tumbling, bars, beams and more. Open to gymnasts in our 2-hour gymnastics program or advanced gymnasts aged 12+ years. 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. **Sports shoes must be worn to climbing sessions.** Duration: 55 minutes.