

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 Monday 9 September 2024**. Bookings for non-members open **9am Monday 16 September 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
23 - 26 SEPTEMBER 2024

TIMETABLE

	Monday 23 September	Tuesday 24 September	Wednesday 25 September	Thursday 26 September	Friday 27 September
9:00am - 12:00pm	Swim & Survive 3 Day Intensive Program (Various times throughout the morning)				PUBLIC HOLIDAY No classes run on this day BALC Open 8am - 4pm
9:45am - 10:30am	Balance Play	Balance Play	Balance Play	Balance Play	
10:45am - 11:30am			Balance Play	Balance Play	
11:00am - 11:55am	Gymnastics for All	Tabloid Gymnastics			
	Rock Wall	Rock Wall			
12:00pm - 12:55pm	Gymnastics for All	Ninja Gymnastics	Ninja Gymnastics	Tabloid Gymnastics	
	Rock Wall	Rock Wall	Rock Wall	Rock Wall	
1:00pm - 1:55pm	Ninja Gymnastics	Gymnastics for All	Gymnastics for All	Ninja Gymnastics	
	Rock Wall	Rock Wall	Rock Wall	Rock Wall	
2:00pm - 2:55pm			Gymnastics for All	Gymnastics for All	
			Rock Wall	Rock Wall	
2:00pm - 3:30pm	Tumbling (7-11 Years)	Tumbling (7-11 Years)			
3:30pm - 5:00pm	Teen Gym	Tumbling (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: building on the same content from our regular after school program, continue to develop your gymnastics skills, using a variety of apparatus and covering a wide range of 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 or Glide. 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 Flip, 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 aged 12+ in our 2-hour gymnastics. 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. **Closed-toe sports shoes must be worn to climbing sessions.** Duration: 55 minutes.