

IMPORTANT INFORMATION

- Our school holiday program is included in Swimming and Gymnastics Lesson 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
- All sessions must be booked online via the BALC online portal at www.ballarataquaticcentre.com.
- Limit of two classes per child, per day.
- Bookings for Members open **9am Monday 6 January 2025**. Bookings for non-members open **9am Monday 13 January 2025**.
- 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.**



TIMETABLE

	Monday 20 January	Tuesday 21 January	Wednesday 22 January	Thursday 23 January	Friday 24 January
9:45am - 10:30am	Balance Play	Balance Play	Balance Play	Balance Play	Balance Play
10:45am - 11:30am	Balance Play	Balance Play			
11:00am - 11:55am			Ninja Gymnastics	Tabloid Gymnastics	Tabloid Gymnastics
			Rock Wall	Rock Wall	Rock Wall
12pm - 12:55pm	Tabloid Gymnastics	Gymnastics for All	Gymnastics for All	Ninja Gymnastics	Gymnastics for All
	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	Ninja Gymnastics	Intermediate Tumbling (8-12 Years, 90 minutes)	Intermediate & Advanced Tumbling (8-16 Years, 90 minutes)	
	Rock Wall	Rock Wall			
3pm - 4:30pm	Teen Gym				

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.

LOOKING FOR SWIMMING? BALC will be running the 2025 VICSWIM Program at Eureka and Buninyong Outdoor Pools in January 2025. Head to the VICSWIM website for more details and to book: vicswim.com.au