

THE CRECHE OPENING TIMES ARE AS FOLLOWS:

Monday	09.30-12.00 hrs
Tuesday	09.30-12.00 hrs
Wednesday	09.30-12.00 hrs
Thursday	09.30-12.00 hrs
Friday	09.30-12.00 hrs

Our crèche team are experienced, qualified and caring. The crèche is OFSTED inspected to ensure we offer the ultimate in child care.

The age range is from 0yrs-School entry.

FOR BOOKING PURPOSES, PLEASE CONTACT RECEPTION PRIOR TO EACH SESSION.

CRECHE PRICES: £3.75 per hour.
Discount Creche cards available for 20 hours (prices available on request)

Please note: If for any reason your child is unable to attend the pre-booked session, please cancel within 24 hours.

A non-cancellation fee of £5 will be incurred if these rules are not adhered to.

Thank you.

ROKO PRE-SCHOOL OPERATES MONDAY TO FRIDAY, TERM TIME ONLY. PLEASE CONTACT CHRIS FOR FURTHER DETAILS.

CLASSES FOR 5-11 yrs:

Mon	Cheer Leader Class(5-15yrs)	17-18.00hrs	St 1
Fri	YogaBugs (£,B) (2-7yrs)	16.15-16.55 hrs	St 1
Fri	YogaBugs (£,B) (7+yrs)	16.55-17.35 hrs	St 1
Sat	Activity Club	09.30-11.30 hrs	AR
	Dance Workshop(£)	13.00-13.45 hrs	St 1 (3-5 yrs)
	Dance Workshop(£)	13.55-14.40 hrs	St 1 (5-7 hrs)
Sun	Activity Club	09.30-11.30 hrs	AR

(£,B) = A payable session & bookable through YogaBugs only (ask at reception or see notices around the club)
AR = Activity Room

- . ALL CLASSES MUST BE BOOKED IN ADVANCE.
- . ALL CLASSES MUST HAVE MORE THAN ONE CHILD TO ALLOW THE CLASS TO GO AHEAD.
- . ALWAYS ARRIVE ON TIME FOR CLASSES AS THE INSTRUCTOR MAY REFUSE YOU ENTRY AFTER THE WARM UP HAS COMMENCED.
- . THE CLUB RESERVES THE RIGHT TO CHANGE INSTRUCTOR AND STYLE OF CLASS IF AND WHEN THE NEED ARISES.
- . ENSURE FOOTWEAR AND CLOTHING ARE APPROPRIATE TO THE ACTIVITIES BEING UNDERTAKEN.
- . ANY PARTICIPANTS MISBEHAVING WILL BE ASKED TO LEAVE THE SESSION FOR THE COMFORT OF THE REST OF THE CLASS.
- . BAGS, COATS AND MOBILE PHONES MUST BE KEPT IN THE LOCKERS PROVIDED IN THE CHANGING AREAS.
- . PLEASE INFORM THE INSTRUCTOR OF ANY INJURIES, MEDICAL PROBLEMS AND CONDITIONS YOU MAY HAVE.

CLASSES FOR 12-15 yrs:

Mon	Cheer leader Class(5-15yrs)	17-18.00hrs	St1
Tue	Spin	17.15-18.00hrs	Spin
Wed	Gym Workout	16.45-17.30hrs	Gym
Thu	20/20 Teen Circuit	16.30-17.15hrs	Spin/Studio
	20 mins studio cycling + toning,agility and balance based exercises		
Sat	Gym Workout	13.00-13.45hrs	Gym

CHILDRENS BIRTHDAY PARTIES AVAILABLE HERE AT ROKO.

UNIQUE CREATE YOUR OWN SERVICE.

Please contact Chris for further details.

Monday	09.00-12.00 hrs	All Pools
	13.00-18.30 hrs	All Pools
Tuesday	09.00-12.00 hrs	All Pools
	13.00-18.30 hrs	All Pools
Wednesday	09.00-12.00 hrs	All Pools
	13.00-18.30 hrs	All Pools
Thursday	09.00-12.00 hrs	All Pools
	13.00-18.30 hrs	All Pools
Friday	09.00-12.00 hrs	All Pools
	13.00-18.30 hrs	All Pools
Saturday	09.00-18.30 hrs	All Pools
Sunday	09.00-18.30 hrs	All Pools

FAMILY SPLASH TIMES:

Wednesday	09.00-12.00 hrs	Main Pool
Saturday	14.00-16.00 hrs	Main Pool
Sunday	14.00-16.00 hrs	Main Pool

AQUA BABIES & TODDLER SESSIONS:

MON	3-18 months	11.00-11.30hrs Splash
MON	18 months-3yrs	11.30-12.00hrs Splash
TUE	3 months-3yrs	11.00-11.30hrs Splash
TUE	3 months-3yrs	14.00-14.30hrs Splash

Prices on application (See reception)

PLEASE NOTE THAT DURING WEEK DAYS AT 12.00-13.00hrs, WE OPERATE AN ADULTS ONLY SESSION. THIS RELATES TO ALL POOLS AND IS AVAILABLE FOR OVER 16 yrs ONLY.

ALL 16yr OLDS AND UNDER MUST VACATE THE POOL BY 18.30hrs, PROMPT.

CHILDREN AGED 13 AND UNDER MUST BE SUPERVISED BY A RESPONSIBLE ADULT.

AT LEAST ONE LANE WILL REMAIN OPEN AT ALL TIMES FOR ADULT LANE SWIMMING.

ROKO SWIMMING LESSONS

PLEASE SEE ADDITIONAL SWIM PLAN LEAFLET FOR DETAILS.

JUL 08-OCT 08