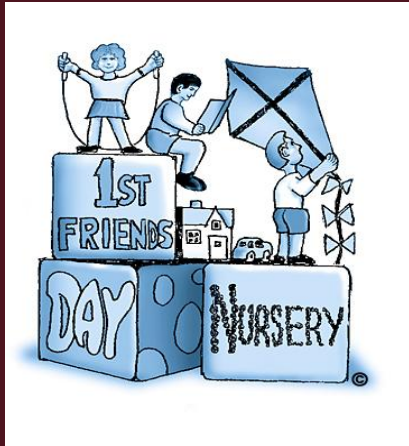


junior activities

Roko Gillingham



Updated May 2012



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roko
HEALTH CLUBS

NURSERY & CRÈCHE

1st Friends Day Nursery has been an established provider of quality childcare and education since 2002 and is a fully OFSTED and Early Years registered day care nursery provision open to children aged 0 to 5yrs. It is open to children of members and non members offering times to suit from an hour session to a full day.

NURSERY	0 – 1	2 – 3	4 – 5
Full Day	£36	£35	£33
Per Week	£150	£145	£140

CRÈCHE		
Per Hour	£4	7am – 12pm
	£3	1pm – 7pm

All prices are inclusive of meals.

OPENING TIMES

7am to 7pm Monday to Friday.

We will open on Saturday's if there is sufficient demand, please let us know.

We are closed Bank Holidays and for Christmas week.

For more information on 1st Friends Day Nursery & Crèche please call 01634 382330 or visit our website www.1stfriends.net

JUNIOR ACTIVITIES

Monday

07.00 - 19.00	Crèche (€)	(0-5)	1 st Friends
16.15 - 17.00	Kids Zumba	(4-8)	2 Rebecca
16:15 - 17:00	Teen Gym	(11-15)	Gym

Tuesday

07.00-19.00	Crèche (€)	(0-5)	1 st Friends
16.15 -17.00	Fit Kids	(4-10)	2 Lou
17.00 -17.45	Teen I.C.E	(11-15)	3 Chris

Wednesday

07.00 - 19.00	Crèche (€)	(0-5)	1 st Friends
16.15 - 17.00	Yoga Bugs	(3-6)	2 Lou

Thursday

07.00 - 19.00	Crèche (€)	(0-5)	1 st Friends
16.30 – 17.15	Junior Zumba	(9-15)	2 Rebecca

Saturday

13.30 - 14.30	Razz Minis (€)	(4-5)	1 Razz Team
14.45 - 17.10	Razz Juniors(€)	(6-8)	1 Razz Team
14.30 - 17.30	Razz Inters (€)	(9-11)	2 Razz Team
14.30 - 17.30	Razz Seniors(€)	(12+)	3 Razz Team

RULES OF CHILD USAGE

Children aged 0-15 must be supervised by an adult at all times.

Children aged 0-15 may use the Club leisure facilities, including the changing rooms until 6.30pm and the Club Lounge until 8.00pm.

Roko supervise children within Junior Activity classes, but cannot take any responsibility for supervision of children before the start of the class or once children have exited the class. Parents must therefore be immediately on hand at all times to supervise their children.

Children aged 0-15 are not permitted to use the fitness arena, sauna, spa or steam room at anytime.

Children must use the same sex changing rooms after their 7th birthday.

No person under the age of 18 may use the sunbeds.

Special evening time extensions may be made for family events and will be displayed on the clubs notice boards.

ACTIVITY DESCRIPTION

Fit Kids - Uses playful activities to improve motor skills, co-ordination and confidence. All children should bring a drink with them and wear suitable footwear. For ages 4-10 years.

Teen I.C.E. - 'Be your own Hero' in this indoor cycling experience class specifically tailored for older children. For ages 11-15 years.

Kids ZUMBA - Introduce the world of Latin & International rhythms to your children. This 45 minute workout combines high energy motivating music with easy to follow kid friendly moves.

Teen Gym - The perfect opportunity for your teen to start using the CV equipment. Meet at the gym desk.

Razzamataz Theatre Schools – Medway

Razzamataz will be back from 10th September 2011. Discounted places are available to Roko Club Members (subject to availability)

If you would like to learn more about Razz Medway or enrol your son / daughter, please contact Hayley on 01634 893524 or via email at medway@razzamataz.co.uk. Visit our website at www.razzamataz.co.uk

1st Friends Day Nursery – Arts & Crafts

During all School Holidays 1st Friends runs a weekday morning Arts & Crafts session see in Club for full details.

PLEASE NOTE

All classes should be booked through reception (01634 233348) up to 7 days in advance. Members who arrive to the class without a booking, unfortunately, cannot be guaranteed a place.

Classes for under 16's have limited spaces so all attendees must be booked, non-members can only book on the day of the class.

Please see the Junior Activities board and the main Junior Activities leaflet for full details of all Junior Activities at Roko Gillingham.

CHILDREN'S SWIMMING POOL TIMES

Friday	8am to 8.00pm
All other days	8am to 6.30pm

Pool Splash Sessions

Friday	5.30pm to 6.30
Saturday	1pm to 2pm
Sunday	11am to 1pm

The main area of the pool on Saturday's and Sunday's and children's pool on Friday's will have a variety of floats available for these fun sessions.

Family Friday's & Family Sunday's

Family Friday's & Family Sunday's with splash sessions, junior gym usage and family meal deals in the Club Lounge.

Children aged 13 to 15 years can use the gym CV equipment on Family Friday's 4pm to 8pm and Family Sunday's 11am to 3pm with parental supervision after they have had a Junior fitness consultation with the gym team.

Parents must accompany their child for the Junior fitness consultation. A yellow wrist band must be worn by all junior gym users which confirms that they have had a Junior fitness consultation and these are provided at Reception for each visit.

Pool Splash Sessions are on Friday's 5.30pm to 6.30pm, Saturday's 1pm to 2pm and Sunday's 11am to 1pm.

The main area of the pool on Saturday's and Sunday's and children's pool on Friday's will have a variety of floats available for these fun sessions.

Membership Category

Junior membership is for ages 5 to 15 years and is £16.95 per month with no additional charges for the majority of activities. Infant membership is for ages 0 to 4 and is free.

A £10 admin fee is payable to start all Junior and Infant memberships.

Children aged 0 to 15 years must be supervised by an adult at all times.

For more details and to book your Junior classes and Junior fitness consultation please see Reception or call on 01634 233348.