

Swimming lessons

Roko Gillingham

Updated April 2012



**your health,
your club**

Roko Gillingham
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roko
HEALTH CLUBS

Monday

16.00-16.30	Stage 1-2	C/Pool
16.30-17.00	Stage 2-3	C/Pool
17.00-17.30	Stage 4-5	Lane
17.30-18.00	Stage 5-6	Lane
18.00-18.30	Stage 7-8	Lane

Tuesday

16.00-16.30	Stage 1-2	C/Pool
16.30-17.00	Stage 3	C/Pool
17.00-17.30	Stage 3/4	C/Pool
17.30-18.00	Stage 4	Lane
18.00-18.30	Stage 5	Lane

Wednesday

16.00-16.30	Stage 1	C/Pool
16.30-17.00	Stage 2	C/Pool
17.00-17.30	Stage 3	C/Pool
17.00-17.30	Stage 4	C/Pool
17.30-18.00	Stage 4-5	Lane
17.30-18.00	Stage 5-6	Lane

Thursday

12.30-13.00	Parent & Toddler (6-12 mths)	C/Pool
13.00-13.30	Parent & Toddler (1-2 yrs)	C/Pool
13.30-14.00	Parent & Toddler (2-3 yrs)	C/Pool
14.00-14.30	Ducklings (3-4 yrs)	C/Pool
16.00-16.30	Stage 1-2	C/Pool
16.30-17.00	Stage 2/3	C/Pool
17.00-17.30	Stage 4-5	Lane
17.30-18.00	Stage 1-2	C/Pool
18.00-18.30	Stage squad	Lane

Friday

16.00-16.30	Stage 1-2	C/Pool
16.30-17.00	Stage 2	C/Pool
17.00-17.30	Stage 3	C/Pool
17.30-18.00	Stage 4	Lane
18.00-18.30	Stage 5/6	Lane
18.30-19.00	Stage 6-7	Lane

Saturday

08.30-09.00	Stage 1-2	C/Pool
09.00-09.30	Stage 3/4	C/Pool
09.30-10.00	Stage 4	C/Pool
10.00-10.30	Stage 5	Lane
10.40-11.10	Stage 5	Lane
11.10-11.40	Stage 1-2	C/Pool
11.40-12.10	Stage 6-7	Lane
12.10-12.40	Squad	Lane

Notes:

C/Pool = Children's Splash Pool

Swim Levels: - The higher the swim level, the more advanced the swimming lesson will be

Roko Gillingham offers both child group swimming lessons and 1-to-1 or 2-to-1 swimming lessons for adults and children using the ASA National Teaching Plan.

Adult 1-to-1 & 2-to-1 lessons are available at any time, subject to instructor availability

Children's 1 to 1 lessons can only be booked during children's swimming times, subject to instructor availability. Please register your interest at reception. These lessons are only available to Roko members.

If you are interested in booking group lessons please ask at reception; your child's name will be added to the waiting list & you will be contacted as soon as a place becomes available (priority is given to Roko members).

Swimming lessons are available to both members & non-members at the following cost:

Child Group Lessons

£6.00 per lesson - child Roko member
£7.00 per lesson - parent Roko member
£7.50 per lesson - parent & child non-members

Parent & Baby/Toddler Lessons

£4.25 per lesson – parent Roko member
£5.25 per lesson – non-member

Children's Group and Parent & Baby/Toddler lessons are booked and paid for in advance on a course basis and priority booking is given to previous attendees first, course lengths will usually be 10 weeks.

Non-members can enter the swimming programme at any other level; however priority will always be given to child Roko members.

If you are interested in Children's Group Swimming Lessons please ask at reception or call 01634 233348 , your child's name will be added to the waiting list and you will be contacted as soon as a place becomes available.

1-to-1 Lessons	£16.00 per 1/2 hour
2-to-1 Lessons	£25.00 per 1/2 hour (£12.50p each)

*Regular 1 to 1 or 2 to 1 weekly lessons can be booked up to 10 weeks in advance, your individual instructor will agree & book your lessons & you will be given a direct contact number for your instructor.

Payment is due in advance of each lesson

Alternatively call Claire Swimming Coordinator on: 01634 233348
Or Email:
cmuller@gillingham.roko.co.uk

*Terms & Conditions Apply.

Please see the Swimming board and the main swimming leaflet for more details.