

# swimming lessons

Roko Nottingham

updated June 2010



your health,  
your club

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**roko**  
HEALTH CLUBS

### Monday

09.30-10.30	Pre-Sch Beginners	Splash
11.00-11.30	Parent & Baby	Splash
11.30-12.00	Parent & Toddler	Splash
16.00-16.30	Improver 1	Splash
16.30-17.00	Advanced	Splash
17.00-17.30	Improver 2	Main
17.30-18.00	Improver 4	Main
18.00-18.30	Silver	Main

### Tuesday

09.00-10.30	Pre- Sch Beginners	Splash
11.00-11.30	Parent & Baby	Splash
11.30-12.00	Parent & Toddler	Splash
16.00-16.30	Improver 1	Splash
16.30-17.00	Improver 2	Main
17.00-17.30	Improver 2	Main
17.30-18.00	Improver 3	Main
18.00-18.30	Kingfisher 2	Main

### Wednesday

11.00-11.30	Parent & Baby	Splash
11.30-12.00	Parent & Toddler	Splash
16.00-16.30	Beginner 2	Splash
16.30-17.00	Improver 2	Splash

### Wednesday continued

17.00-17.30	Improver 2	Main
17.30-18.00	Improver 3	Main
18.30-19.00	Adult Beginner	Main
19.00-19.45	Adult Advanced	Main

### Thursday

13.00-13.30	Pre-Sch Improvers	Splash
13.30-14.00	Pre-Sch Improvers	Splash
14.00-14.30	Pre-Sch Beginners	Splash
16.00-16.30	Improver 2	Splash
16.30-17.00	Advanced	Splash
17.00-17.30	Improver 3	Main
17.30-18.00	Bronze	Main
18.00-18.30	Silver	Main

### Friday

14.30-15.00	Pre-Sch Beginners	Splash
15.00-15.30	Pre-Sch Improvers	Splash
16.00-16.30	Improver 1	Splash
16.30-17.00	Improver 1	Splash
17.00-17.30	Beginner 1	Splash
17.30-18.00	Improver 1	Main
18.00-18.30	Improver 3	Main

### Saturday

09.00-09.30	Improver 2	Splash
09.30-10.00	Improver 1	Splash
09.30-10.00	Improver 1	Main
10.00-10.30	Beginner 2	Splash
10.00-10.30	Improver 2	Main
10.30-11.00	Beginner 1	Splash
10.30-11.00	Bronze	Main
11.00-11.30	Improver 3	Main
13.00-13.30	Parent & Baby	Splash

### Notes:

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.

One-to-one lessons are also available for both adults and children, please contact reception for more details.