

junior activities

Roko Portsmouth



from 1st January 2010



your health,
your club

Roko Portsmouth
442 Copnor Road
Portsmouth
PO3 5EW
t: 02392 651400
w: www.roko.co.uk

roko
HEALTH CLUBS

NURSERY & CRÈCHE

First Steps @ Roko is a fully OFSTED registered day care nursery provision open to children aged 2 months to 5yrs. Children do not have to be members of Roko Health Club as we are an independent Nursery provision.

NURSERY

Full day	£36.10
Half day (am)	£18.05
Half day (pm)	£18.05

First Steps @ Roko also has a registered pre-school department where 3 & 4 year olds can have up to 5 free pre-school sessions per week.

17.15 – 17.45	Young Improver
17.45 – 18.15	Improver/Advanced

CRÈCHE

90-minute sessions for £5. Choose from:
9.25-10.55, 11.00-12.30
1.30-3.00 and 3.30-5.00

OPENING TIMES

8am until 6pm 51 weeks of the year. We are closed on Bank Holidays and at Christmas. For further information please phone 02392 639777 or visit www.childrensdaysnursery.co.uk

JUNIOR ACTIVITIES (for ages 5-12)

Monday

16.15-17.15 Splash Attack Kid's Pool 5 to 12
A fun packed water session encouraging water confidence with the use of various floats and toys. Free play and structured races and games allow for a fun session.

Tuesday

16.15-17.15 Get Active Studio 1 5 to 15
An exercise class based around team games. A great session for confidence building and friend making.

Wednesday

16.15-17.15 Afternoon Club Crèche 5 to 12
This session offers various activities ranging from board games, mini quizzes, arts & crafts, competitions & lots more.

Thursday

16.15-17.15 Kids workout Studio 1 5 to 12
A mixture of mini circuits, step. A great chance for your children to have fun while keeping fit.

Friday

18.00-19.00 Splash Attack Kid's Pool 5 to 12
(See Monday)

Saturday

09.30-11.30 Morning Club Crèche/Outside 5 to 12
A mixture of all the sessions except Splash Attack.

TEEN ACTIVITIES (for ages 12 to 15)

Monday

16.15-17.00 Teen Gym Gym 12 to 15.
Meet at gym desk

Wednesday

16.15-17.00 Teen Gym Gym 12 to 15.
Meet at gym desk

Saturday

17.00 - 18.00 Teen Gym Gym 12 to 15
Meet at gym desk

Sunday

16.00-16.45 Teen Gym Gym 12 to 15.
Meet at gym desk

Teen Gym - the perfect opportunity for your teen to start using the gym equipment safely.

HOLIDAY CAMPS

Children's holiday camps will usually run during half terms between 8am – 5pm.

Non member full day	£21.00
Non member half day	£14.00
Member full day	£18.00
Member half day	£12.00

For further information please phone 02392 639777 or visit www.childrensdaysnursery.co.uk

BIRTHDAY PARTIES

First Steps @ Roko have everything you need to make you child's party an enjoyable and memorable experience. We can cater for up to 15 children and provide balloons, photographs, party bags, plus the all important birthday cake. We can provide themed parties and bouncy castles. We will even capture their joy on camera for you!

For further information please phone 02392 639777 or visit www.childrensdaysnursery.co.uk

SWIMMING POOL INFORMATION

CHILDREN AGED 8YRS AND UNDER ARE WELCOME TO CHANGE IN EITHER CHANGING ROOM, UNDER SUPERVISION & IN DESIGNATED AREAS.

Monday - Friday

6.30am – 9.30am - ADULTS ONLY main/splash pool
9.30am – 1.00pm - FAMILY SWIM main/splash pool
1.00pm – 2.00pm - ADULTS ONLY main/splash pool
2.00pm – 6.30pm - FAMILY SWIM main/splash pool
6.30pm – CLOSE - ADULTS ONLY main/splash pool

Saturday

8.30am – 6.30pm - FAMILY SWIM main/splash pool

Sunday

9.00am – 9.30am - FAMILY SWIM splash pool only
9.30am – 6.30pm - FAMILY SWIM main/splash pool
6.30pm – CLOSE - ADULTS ONLY main/splash pool