

swimming lessons

Roko Portsmouth



your health,
your club

Roko Portsmouth
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roko
HEALTH CLUBS

Tuesday

16.00-16.45	Advanced 1	Main
16.45-17.30	Advanced 2	Main
17.30-18.00	Improver 1	Main
18.00-18.30	Beginner 2	Main

Wednesday

09.30-10.00	Parent & Toddler	Splash
10.30-11.00	Parent & Toddler	Splash
10.00-10.30	Parent & Toddler Adv	Splash
16.00-16.30	Beginner 1 (4yrs+)	Splash
16.00-16.30	Beginner 2	Main
16.30-17.00	Beginner 1 (4yrs+)	Splash
16.30-17.00	Beginner 2	Main
17.00-17.30	Beginner 1	Splash
17.00-17.30	Beginner 2	Main
17.30-18.00	Improver 1	Main
18.00-18.30	Improver 2	Main
18.30-19.00	Adult Beginner	Main
19.00-19.30	Adult Advanced	Main
19.30-20.00	Adult Improver	Main

Thursday

16.00-16.30	Beginner 1 (4yrs+)	Splash
16.00-17.00	Beginner 2	Splash
16.30-17.00	Beginner 2	Splash
16.30-17.00	Beginner 1 (4yrs+)	Splash
17.00-17.30	Beginner 1 (4yrs+)	Splash
17.00-17.30	Beginner 2	Main
17.30-18.00	Improver 1	Main
18.00-18.30	Improver 2	Main

Saturday

08.30-09.00	Parent & Toddler	Splash
09.00-09.30	Parent & Toddler	Splash
09.00-09.30	Improver 1	Main
09.30-10.00	Improver 2	Main
09.30-10.00	Parent & Toddler Adv	Splash
10.00-10.30	Parent & Toddler	Splash
10.00-10.30	Beginner 2	Main
10.30-11.00	Parent & Toddler	Splash
10.30-11.00	Beginner 2	Main
11.00-11.30	Parent & Toddler Adv	Splash
11.00-11.30	Beginner 2	Main

11.30-12.00	Parent & Toddler	Splash
11.30-12.00	Improver 1	Main
12.00-12.30	Beginner 1 (4yrs+)	Splash
12.00-12.30	Advanced 1	Main
12.30-13.00	Beginner 1 (4yrs+)	Splash
12.30-13.00	Advanced 2	Main
13.00-13.30	Improver 1	Main
13.00-13.30	Beginner 1 (4yrs+)	Splash
13.30-14.00	Beginner 2	Main
13.30-14.00	Beginner 1	Splash
14.00-14.30	Beginner 1 (4yrs+)	Splash
14.00-14.30	Beginner 2	Main
14.30-15.00	Beginner 2	Main
14.30-15.00	Beginner 1 (4yrs+)	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.

1-1 Lessons are also available for both Adults and Children, please contact reception for more details.