

junior activities

Roko York



your health,
your club

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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	Member	Non Member
Full day	£37.75	£39.75
Half day	£20.90	£22.00

There is a discount for a child who attends full time Monday to Friday.

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.

CRÈCHE Choose from:
09.25-10.55, 11.00-12.30
13.30-15.00 and 15.30-17.00

Crèche Price £5.75
Or a Block Booking Card Id£50 for 10 sessions

OPENING TIMES

7.30am until 6pm 51 weeks of the year. We are closed on Bank Holidays and at Christmas. For further information please phone 01904 693 007 or visit www.childrensdaysnursery.co.uk

JUNIOR ACTIVITIES

Monday

16.30 – 17.15	Football	5-7 Yrs	First Steps
16.30 – 17.15	Yogabugs	5-12 Yrs	M&B

Tuesday

16.30 – 17.15	Kids Fun Fitness	5-12 Yrs	NRG
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Wednesday

16.30 – 17.15	Kids Circuitis	5-12 Yrs	NRG
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Thursday

16.30 – 17.15	Football	5-7 Yrs	First Steps
16.30 – 17.15	Funky Dance Fitness	5-12 Yrs	NRG

Friday

16.45 - 17.15	Kids Fun Fitness	5-12 Yrs	NRG
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Please note: The Kids Studio and Creche activities will not run during the school holidays.

TEEN ACTIVITIES

13, 14 and 15 yr olds are permitted to use the gym facilities between 1pm and 6pm Monday to Fridays and 8am to 6pm Saturdays & Sundays, under the supervision of an adult.

This is on Roko Managements discretion

NOTES:

The First Steps activities (those held in the crèche) are conducted during term time only. Holiday programmes and junior camps will be held during school holidays and will be available to members at a reduced cost.

For Health & Safety reasons only juniors who have booked for a class may participate in the class.

Please note: All classes should be booked through reception (01904 699740) up to 1 week in advance.

Members who arrive at the class without a booking, unfortunately, cannot be guaranteed a place.

CLASS DESCRIPTIONS

GYM TEAM AND STUDIO TEAM

Yogabugs – A yoga based class helping to improve your child's concentration, maintain their flexibility and stimulate the powers of imagination.

Kids Fun Fitness – Suitable for all fitness levels this class is designed to keep kids active. We will use partner work and team games and varied pieces of equipment including balls, balloons and hula hoops.

Kids Circuits – Designed to keep kids active and healthy this fun class will use different stations of exercise for various activities using a variety of equipment. This class is suitable for all levels.

Funky Dance Fitness – Kids love to move and dance so by incorporating fun with dance and exercise this is the perfect workout for them. Cool moves to cool tunes – suitable for both boys and girls of all abilities.

FIRST STEPS

Football- A great way to have fun whilst getting active. Group games to build social skills and teamwork in a safe and structured environment.

Please note that for Health & Safety reasons only juniors who have booked for a class may participate in a class. All classes should be booked through reception (01904 699740) up to 1 week in advance.

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 01904 693 007 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.

MAIN POOL FAMILY SWIMMING

Families can swim each day from club opening until 18.30pm