

swimming lessons

Roko York

Updated January 2012



**your health,
your club**

Roko York

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roko
HEALTH CLUBS

Monday

16.00 - 16.30	Stage 1
16.30 - 17.00	Stage 2
16.00 - 16.30	Stage 3
16.30 - 17.00	Stage 4
17.00 - 17.30	Stage 1
17.30 - 18.00	Stage 2

Tuesday

16.00 - 16.30	Ducks 3-4
16.30 - 17.00	Stage 4
17.00 - 17.30	Stage 5
17.30 - 18.00	Stage 6

Wednesday

16.30 - 17.00	Ducks 12-24 mths
17.00 - 17.30	Stage 5-6
17.30 - 18.00	Stage 2
18.00 - 18.30	Stage 3

Thursday

16.00 - 16.30	Stage 1
16.00 - 16.30	Stage 3
16.30 - 17.00	Stage 2
16.30 - 17.00	Stage 4
17.00 - 17.30	Stage 2
17.00 - 17.30	Stage 5
17.30 - 18.00	Stage 3
17.30 - 18.00	Stage 5
18.00 - 18.30	Stage 6

Friday

09.30 - 10.00	Stage 1
16.30 - 17.00	Stage 2
17.00 - 17.30	Stage 1
17.30 - 18.00	Stage 1
16.00 - 16.30	Stage 3
16.30 - 17.00	Stage 4
17.00 - 17.30	Stage 4
17.30 - 18.00	Stage 7-8
18.00 - 18.30	Stage 5

Saturday

09.00 - 09.30	Stage 5
09.00 - 09.30	Ducks 1
09.30 - 10.00	Ducks 2
09.30 - 10.00	Stage 4
10.00 - 10.30	Ducks 3
10.00 - 10.30	Stage 4
10.30 - 11.00	Stage 1
10.30 - 11.00	Stage 3
11.00 - 11.30	Stage 1
11.00 - 11.30	Stage 4
11.30 - 12.00	Stage 5
11.30 - 12.00	Ducks 2
12.00 - 12.30	Stage 2
12.30 - 13.00	Stage 2

Sunday

13.00 - 13.30	Stage 1
13.30 - 14.00	Stage 2
14.00 - 14.30	Stage 1
14.30 - 15.00	Stage 6
15.00 - 15.30	Stage 3
15.30 - 16.00	Stage 4-5

SWIM ROKO is Roko Health Club's swimming lesson programme for children from 6 months old and adults.

Swimming is an essential life skill, as well as being a great form of exercise.

Swimming lessons are available throughout the year, weekdays and evenings with both group classes and 1-1 teaching on offer you can choose what's best for you.

ENROLMENT

If you are new to SWIM ROKO swimming programme we offer FREE swimming assessment to ensure that your child starts at the right Stage. If you have any questions or require any further information please don't hesitate to give us a call.

To book a swimming assessment or find out more about the next courses, contact Roko Health Club on (01904) 699740

QUALITY AND SAFETY

QUALIFIED TEACHING STAFF – we insist that all our teachers are qualified to at least The Amateur Swimming Association (ASA) Level 2 certificate for Teaching.

EXPERIENCED TEACHING STAFF – as well as being highly qualified our teachers are experienced in teaching children and adults to swim. Our Instructors are:-

Richard Wasling
Tracy Carr
Jo Archer
Debbie Dickinson
Lindsey Mitchell

SAFETY ENSURED – all our swimming teachers also hold a lifeguard qualification.

A Brief Overview of Stages 1 – 7

STAGE 1 – Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc

STAGE 2 – Developing safe entries to water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arms bands, floats etc.

STAGE 3 – Developing safe entries including submersion, travel up to 10 metres on front and back, progress rotation skills and water safety knowledge.

STAGE 4 – Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

STAGE 5 – Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

STAGE 6 – Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

STAGE 7 – Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout Stages 1 – 7.

Once the swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1-7, the Swimmer may then have the choice to take part in different aquatic disciplines. **FUNDAMENTAL SPORT**

SKILLS, STAGES 8 – 10 of the National Plan for Teaching Swimming are available in Competitive Swimming. Rookie Lifesaving coming soon.

As a result of completing ALL the outcomes detailed within each Stage of the National Plan for Teaching Swimming, a set of awards are available, called the ASA 'National Plan Awards'.

ADULT BEGINNERS

This class is for complete beginners or adults who are nervous of the water.

You will learn:

- Water confidence
- Floating and sculling
- Various strokes using correct technique

ADULT IMPROVERS

This class is for those who wish to improve their technique and build their stamina and fitness levels, developing their skills using the correct technique, to ASA standard.

ACHIEVING AWARDS

SWIM ROKO follow a structured programme recommended by the ASA, National Plan for Teaching Swimming. On successful completion of each course you will be able to progress to the next Stage and therefore follow a structured programme to improve swimming technique, skill and stamina. Progression is assessed by at least one teacher who will recommend the most appropriate next Stage.

SWIM ROKO is operated by Roko Health Clubs.

All our teachers are qualified to a minimum of Amateur Swimming Association (ASA) Level 2.

We aim to provide a very high standard of tuition, incorporating the ASA National Plan for Teaching Swimming into our SWIM ROKO scheme.