

swimming timetable

Roko York

from June 2010



your health,
your club

Roko York
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Clifton Moor
York
YO30 4TU
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roko
HEALTH CLUBS

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	1	2	3 & 4	CP	1	2	3 & 4	CP	1	2	3 & 4	CP	1	2	3 & 4	CP	1	2	3 & 4	CP	1	2	3 & 4	CP	1	2	3 & 4	CP
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1 & 2 = swimming lanes
 3 & 4 = no lanes
 CP = children's pool

FAMILY SWIM

ADULT / LAP SWIM

AQUA CLASS

SWIM LESSONS

Children over 16 may swim unsupervised.

Children under 16 must swim under adult supervision with no more than 2 children per 1 adult.