



roko
HEALTH CLUBS



**Roko Gillingham
Swimming lesson timetable**

From November 2021

ROKO SWIMMING PROGRAMME

Roko Gillingham offers both Child Group Swimming Lessons and 1-to-1 or 2-to-1 swimming lessons for adults and children using the ASA National Teaching Plan.

Children's Group Lessons run after school on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday mornings.

Adult 1-to-1 & 2-to-1 lessons are available at any time, subject to instructor availability
Children's 1 to 1 lessons can only be booked during children's swimming times, subject to instructor availability.

If you are interested in Children's Group Swimming Lessons or Parent & Toddler/Baby 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.

If you are interested in 1-to-1 or 2-to-1 lessons, please register your interest at reception & the Roko swimming coordinator will contact you with more information. These lessons are only available to Roko Adult & Child Members.

*Terms & Conditions Apply

**Non-members can enter the group swimming programme at any level, however priority will always be given to child Roko members.

SWIMMING LESSONS

Swimming lessons are available to both members & non-members** at the following cost:

Child Group Lessons

£7.50 per lesson - Roko member

£9.00 per lesson - parent & child non-members

Parent & Baby/Toddler Lessons

£6.25 per lesson – Roko member

£7.75 per lesson – Non-member

Children's Group and Parent & Baby/Toddler lessons are booked and paid for in advance on a course basis and priority booking is given to previous attendees first*.

Course lengths will usually be 10 weeks

Member's prices

1-to-1 Lessons £20.00 per 1/2 hour

2-to-1 Lessons £28.00 per 1/2 hour (£14.00p each)

Non- member prices: -

1-to-1 1 lessons £25.00 per half hour

2 to 1 1 lesson £35 per half hour

Regular 1 to 1 or 2 to 1 weekly lessons can be booked up to 10 weeks in advance, your individual instructor will agree & book your lessons & you will be given a direct contact number for your instructor*.

Payment is due in advance of each lesson.

Alternatively call Claire on 01634 233348

Or Email: cmuller@gillingham.roko.co.uk

Updated 26.10.21

Pool Splash Sessions

Saturdays 1pm to 2pm

Sundays 11am to 2pm

The main area of the pool will have a variety of floats available for this fun one hour session.

POOL OPENING TIMES:

Monday to Thursday 6.30am – 10.00pm

Friday 6.30am – 8.45pm

Saturday 8.00am – 6.45pm

Sunday 8.00am – 7.45pm

CHILDREN CAN SWIM AT THE FOLLOWING TIMES:

Monday to Thursday 8.00am – 6.30pm

Friday 8.00am – 8.00pm

Saturday & Sunday 8.00am – 6.30pm

Membership

Junior membership is for ages 5 to 15 years and is £16.95 per month.

Infant membership is for ages 0 to 4 and is free.

A £10 admin fee is payable to start all Junior and Infant memberships.

Swimming Lesson Times

MONDAY

16.00-16.30	Child Group	C/Pool	Stage 1-2
16.30-17.00	Child Group	C/Pool	Stage 3
17.00-17.30	Child Group	C/pool	Stage 3
17.30-18.00	Child Group	Lane	Stage 3-4
17.30-18.00	Child Group	C/Pool	Stage 1-2
18.00-18.30	Child Group	C/Pool	Stage 1-2
18.00-18.30	Child Group	Lane	Stage 4-5
18.30-19.00	Child Group	Lane	Stage 6-7
18.30-19.00	Child Group	Lane	Stage 3

TUESDAY

09.30-10.30	Parent/Baby	1-2 years	C/Pool
10.00-10.30	Ducklings	3-4 years	C/Pool
10.30-11.00	Parent/Baby	18m-3 years.	C/Pool
11.00-11.30	Parent/Baby	18m-3 years.	C/Pool
11.30-12.00	Parent/Baby	5-18 months	C/Pool
12.00-12.30	Parent/Baby	5-18 months	C/Pool
12.30-01.00	Ducklings	3-4 years	C/Pool
16.00-16.30	Child Group	C/Pool	Stage 1-2
16.30-17.00	Child Group	C/Pool	Stage 3
17.00 -17.30	Child Group	C/Pool	Stage 1-2
17.00 -17.30	Child Group	Lane	Stage 3-4
17.30 -18.00	Child Group	Lane	Stage 4-5
17.30 -18.00	Child Group	C/Pool	Stage 1-2
18.00 -18.30	Child Group	Lane	Stage 5
18.00 -18.30	Child Group	C/pool	Stage 1-2
18.30 -19.00	Child Group	C/pool	Stage 2-3

WEDNESDAY

16.00-16.30	Child Group	C/Pool	Stage 1-2
16.30-17.00	Child Group	C/Pool	Stage 3-4
17.00-17.30	Child Group	C/pool	Stage 3-4
17.30-18.00	Child Group	Lane	Stage 4-5
18.00-18.30	Child Group	Lane	Stage 5-6
18.30-19.00	Child Group	C/pool	Stage 1-2

THURSDAY

09.30 -10.30	Parent/Toddler	18mths -3 yrs.	C/Pool
10.00-10.30	Ducklings	3 – 4 years	C/Pool
10.30-11.00	Parent/Baby	5-18 months	C/Pool
11.00-11.30	Parent/Toddler	18mths -3 yrs.	C/Pool
11.30-12.00	Ducklings	3 -4 years	C/Pool
12.00-12.30	Parent/Baby	5-18 months	C/Pool
12.30-01.00	Ducklings	3 -4 years	C/Pool
01.00-01.30	Ducklings	3 -4 years	C/Pool
16.00-16.30	Child Group	C/pool	Stage 2-3
16.30-17.00	Child Group	Lane	Stage 4-5
16.30-17.00	Child Group	C/pool	Stage 1-2
17.00-17.00	Child Group	C/Pool	Stage 3
17.30-18.00	Child Group	C/Pool	Stage 2-3
18.00 -18.30	Child Group	Lane	Stage 4
18.30 -19.00	Child Group	C/Pool	Stage 1-2

FRIDAY

16.00-16.30	Child Group	C/Pool	Stage 1-2
16.30-17.00	Child Group	C/Pool	Stage 1-2
17.00-17.30	Child Group	Lane	Stage 4
17.30-18.00	Child Group	Lane	Stage 5
18.00-18.30	Child Group	Lane	Stage 6

SATURDAY

08.30-09.00	Child Group	C/Pool	Stage 1-2
09.00-09.30	Child Group	C/Pool	Stage 1-2
09.30-10.00	Child Group	C/Pool	Stage 2-3
10.00-10.30	Child Group	C/Pool	Stage 3
10.40-11.10	Child Group	Lane	Stage 4
11.10-11.40	Child Group	Lane	Stage 4
11.40-12.10	Child Group	Lane	Stage 5
12.10-12.40	Child Group	Lane	Stage 6-7
15.30-16.00	Child Group	C/Pool	Stage 1-2
16.00-16.30	Child Group	C/Pool	Stage 2-3
16.30-17.00	Child Group	Lane	Stage 3-4
17.00-17.30	Child Group	C/Pool	Stage 1-2

SUNDAY

09.00-9.300	Child Group	C/Pool	Stage 1-2
09.30-10.00	Child Group	C/Pool	Stage 1-2
10.00-10.30	Child Group	C/Pool	Stage 1-2
10.30-11.00	Child Group	C/Pool	Stage 3

Swim Levels:

The higher the swim level, the more advanced the swimming lesson will be. Lessons stages/times may be altered at any time during the swimming course.

Please note:

The pool is not under constant supervision.

Wait with you child at poolside until the start of the lesson and immediately collect your child at the end of the lesson.

Children aged 0 to 15 years must always be supervised by an adult.

The swimming lanes are reserved for adult only swimming and swimming lessons.

We pledge to always have a section of pool available to members of all ages to swim.

Children aged 0 to 15 years are NOT permitted to use the sauna, steam room or spa pool.

No running, jumping or diving in the pool area.

In the interests of hygiene, please shower before using the pools, ensure babies and small children wear aqua nappies and use overshoes provided if wearing shoes on poolside.

During certain times areas of the pool may be set aside for specific use such as aqua classes, splash sessions & swimming lessons.

Advice issued by the lifeguards and notices is for member's safety and must be adhered to.

Please refer to the poolside rules poster for a full list of rules.

The small pool or a lane will be closed during group lessons.

The Roko Swimming Programme will be reviewed every 10 weeks.

Roko Gillingham reserves the right to change the swimming timetable at any time.