



roko
HEALTH CLUBS



Roko Nottingham
swimming lesson timetable
updated October 2020

Monday

09.25-09.55	Ducks/stage 1	Splash
10.00-10.30	Aqua Tots	Splash
10.35-11.05	Aqua Tots	Splash
11.10-11.40	Aqua Tots	Splash
16.00-16.30	Stage 2	Splash/Ln 1
16.35-17.05	Stage 3	Lane 1
17.10-17.40	Stage 4	Lane 1
17.45-18.15	Stage 6	Lane 1

Tuesday

16.00-16.30	Stage 2	Splash/Ln 1
16.35-17.05	Stage 3/4	Lane 1
17.10-17.40	Stage 5/6	Lane 1

Wednesday

16.00-16.30	Stage 2/3	Splash/Ln 1
16.35-17.05	Stage 3	Lane 1
17.10-17.40	Stage 4/5	Lane 1
17.45-18.15	Stage 6/7	Lane 1

Thursday

16.00-16.30	Stage 1	Splash
16.35-17.05	Stage 1	Splash
17.10-17.40	Stage 3/4	Lane 1
17.45-18.15	Stage 5/6	Lane 1

Friday

16.00-16.30	121 lesson	Lane 1
16.30-17.00	121 lesson	Lane 1
17.00-17.30	121 lesson	Lane 1
17.30-18.00	121 lesson	Lane 1
18.00-18.30	121 lesson	Lane 1

Saturday

09.00-09.30	Stage 5/6	Lane 1
09.00-09.30	Stage 2	Splash
09.35-10.05	Duck/stage 1	Splash
09.35-10.05	Duck/stage 1	Lane 1
10.10-10.40	Duck/stage 1	Splash
10.10-10.40	Duck/stage 1	Splash
10.45-11.15	Stage 2	Splash
10.45-11.15	Stage 4	Lane 1
11.20-11.50	Stage 2	Splash
11.20-11.50	Stage 2/3	Lane 1
11.55-12.25	Aqua Tots	Splash
11.55-12.25	Stage 6/7	Lane 1
12.30-13.00	Stage 5/6	Lane 1
12.30-13.00	Aqua Tots	Splash
13.05-13.35	Aqua Tots	Splash
13.05-13.35	Stage 5/6	Lane 1
13.40-14.10	Aqua Tots	Splash
14.15-14.45	Ducks/Stage 1	Splash
14.50-15.20	Ducks/stage 1	Splash
15.25-15.55	Stage 1/2	Splash/lane 1

Sunday

09.00-09.30	Ducklings	Splash
09.00-09.30	Stage 3	Lane 1
09.35-10.05	Stage 1	Splash
09.35-10.05	Stage 3	Lane 1
10.10-10.40	Stage 4	Lane 1
10.10-10.40	Stage 1/2	Splash
10.45-11.15	Stage 1/2	Splash
10.45-11.15	Stage 4	Lane 1
11.20-11.50	121	Lane 1
11.20-11.50	Stage 1	Splash
11.55-12.25	221	Lane 1
11.55-12.25	121	Splash

Some of the benefits of Roko Health club swimming lessons:

- Small group lessons
- Discounts and Priority booking for members
- Qualified Level 2 swimming teachers
- All-inclusive programme
- Adult & Child Lessons

We understand how important it is for children to learn to swim in a caring and stimulating environment.

For further information or to book please contact our reception team on 0115 9827799, or email jennie.keast@nottingham.roko.co.uk

A BRIEF OVERVIEW OF STAGES

DUCKLINGS

Our highly trained instructors work together with parents to help introduce your child to the pleasures of swimming while achieving water confidence, water skills and water safety. The children learn through songs, games and visuals.

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

STAGE 2

Developing safer 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

This is the first stage in our main pool. 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 British swimming

STAGE 5

Developing 'waterman ship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by British swimming

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.

AQUA BABES/TOTS

Aqua Babes is a chance for you and your baby to experience the wonders of being in the water. Build confidence and have quality time together with water games and nursery rhymes whilst getting them ready for independent group lessons.
(All babies must have had their 2nd vaccinations)