



roko
HEALTH CLUBS



**Roko Nottingham
swimming lesson timetable
updated January 2018**

Monday

10.00-10.30	Ducklings 1-5	Splash
10.30-11.00	Aqua Babes	Splash
11.00-11.30	Aqua Tots	Splash
16.00-16.30	Stage 1/2	Splash
16.30-17.00	Stage 3/4	Main
17.00-17.30	Stage 4	Main
17.30-18.00	Stage 5	Main
18.00-18.30	Stage 7/8	Main
18.30-19.15	Adult Fitbody Swim	Main
19.15-19.45	Adult Beginner	Main
19.45-20.15	Adult improver	Main

Tuesday

09.30-10.00	Swimfit	Main
10.30-11.00	Ducklings/stage 1	Splash
11.00-11.30	Aqua Tots	Splash
16.00-16.30	Stage 4/5	Main
16.30-17.00	Stage 3	Main
17.00-17.30	Stage 8/9	Main

Wednesday

16.00-16.30	Stage 2	Splash
16.00-16.30	Stage 2/3	Splash
16.30-17.00	Stage 4/5	Main
17.00-17.30	Stage 3	Splash
17.30-18.00	Stage 4/5	Main
17.30-18.00	Swimfit	Main
18.00-18.30	Stage 6/7	Main

Thursday

16.30-17.00	Stage 3	Splash
17.00-17.30	Stage 4/5	Splash
17.30-18.00	Stage 6/7	Main
18.00-18.30	Stage 7/8	Main
19.00-19.30	Swimfit	Main

Friday

16.00-16.30	Stage 2	Splash
16.30-17.00	Stage 1/2	Main
16.30-17.00	Stage 2/3	Main
17.00-17.30	Stage 3	Main
17.30-18.00	Stage 5	Main
18.00-18.30	Stage 6/7	Main
19.00-19.30	Adult Fitbody Swim	Main

Saturday

09.00-09.30	Stage 1/2	Splash
09.00-09.30	Ducklings 3/4	Splash
09.30-10.00	Stage 1	Splash
09.30-10.00	Stage 2	Splash
09.30-10.00	Stage 6	Main
10.00-10.30	Stage 2	Splash
10.00-10.30	Stage 3/4	Main
10.00-10.30	Stage 1/2	Splash
10.30-11.00	Ducks 5/stage 1	Splash
10.30-11.00	Duck 4/5	Splash
10.30-11.00	Stage 5/6	Main
11.00-11.30	Ducks 1	Splash
11.00-11.30	Stage 4/5	Main
12.00-12.30	Aqua Babes	Splash
12.30-13:00	Aqua Tots	Splash

Sunday

09.00-09.30	Duckling 2	Splash
09.30-10.00	Stage 1	Splash
10.00-10.30	Stage 2	Splash
10.30-11.00	Stage 3	Main
11.00-11.30	Stage 4	Main

Our learn to swim programme follows the ASA pathway providing lessons for all ages and abilities.

We aim to teach, develop and improve water skills, confidence, water buoyancy awareness and stroke techniques.

Achievement along the way is rewarded with badges and certificates.

Roko Health Club's swimming lesson programme is delivered by Level Two qualified swim teachers. The programme runs in five 10 week blocks throughout the year from Monday through to Sunday. Mon – Fri lessons are early evenings after school and weekends are morning through to lunch time.

The price of a 10 week course is
£80 for members of the club
£90 for non-members

We offer parent and child lessons for children 3 months – 3 years, group lessons 3 years + (6 children per class) and 1-1 lessons for Adults and Children.

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

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 the ASA.

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 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. Stages 1-7 have a maximum of 9 participants.

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. Once children have their confidence and have learnt to swim with an aid, we will encourage them to prepare for the next stage of lessons without the parent in the water. Ducklings have a maximum of 6 participants.

AQUA BABES

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.

We have 2 age groups available:

Aqua Babes: 3-12 months

Aqua tots: 12 months – 3 years

(All babies must have had their 2nd vaccinations)

PRICES

(for members unless otherwise stated)

10 week group course £80

10 week group course
Non-members £90

Block of 10 x 1-1 sessions £220

Block of 10 x 1-1 sessions
(non-member) £245

Aqua babies group course
block of 10 £65

Aqua babies group course
block of 10 - non-members £75