



roko
HEALTH CLUBS

**Roko Portsmouth
Junior activity timetable**

January 2020

TOPS DAY @ROKO CHILDRENS DAY NURSERY AND CRECHE

Tops Day Nursery is an OFSTED registered day care nursery. At First steps we strive to create a fun, vibrant and interactive environment where each child is respected as an individual. Our emphasis is on delivering quality childcare and ensuring that fun and laughter is an important part of each day.

Crèche Opening Times

Monday to Friday

Creche 1 09.15-10.45

Creche 2 10.45-12.15

Creche 3 13.30-15.00

Creche 4 15.30-17.00

Saturday

Creche 1 and Creche 2 (close at 12.15)

Times may vary due to occupancy

Cost for 90 minute sessions £6.95 payment at time of booking

Block bookings of 10 @ £65

All bookings are to be made at first steps Tel: 02392 639777.

Advance bookings cancelled with less than 24 hour's-notice must be paid for.

For further information on all services offered by Tops Day please phone 02392 669667

Nursery Times

Mon - Fri 07.30– 18.00

We are open on Bank Holidays.

ROKO SWIMMING LESSONS

Roko swimming lessons are for children aged 3 months +.

We have parent and child lessons on the programme (3months – 4yrs), group lessons (4yrs +), and 1-1 lessons for both adults and children.

Roko swimming lessons follow the ASA guidelines with Level 2 qualified swim teachers.

If you would like more information please contact

AJoplin@portsmouth.roko.co.uk or 02392 651400

ROKO BIRTHDAY PARTIES

Roko have everything you need to make your child's birthday party an enjoyable and memorable experience.

If you would like more information please contact

ljackson@portsmouth.roko.co.uk or 02392 651400

JUNIOR ACTIVITY WEEKLY PROGRAMME

Monday

Time	Activity	Age	Location
09.00-18.30	Teen Gym** access time	12-15 years	Gym
10.30-11.30	Parent & Toddler swim Lessons (£)	6m-4 years	Pool
v16.30-17.30	Kidz Yoga	4-8years	Studio 1
v16.00-18.30	Swimming Lessons (£)	4 years plus	Pool
v18.30-19.30	Body Balance	14 +	Studio 1
v119.30-20.30	Zumba	12+	Studio 2

Tuesday

09.00-18.30	Teen Gym** access time	12-15 years	Gym
16.00-18.30	Swimming Lessons (£)	4 years plus	Pool
v16.30-17.10	Kidz Zumba	5-11 years	Studio 1
v18.15 -19.00	SH'Bam	9+	Studio 1

Wednesday

09.00-18.30	Teen Gym** access time	12-15 years	Gym
v09.30-10.30	SH'Bam	9+	Studio 1
09.00-11.30	Parent & Toddler swim Lessons (£)	6m-3 years	Pool
v16.00-18.30	Swimming Lessons (£)	4 years plus	Pool
v16.30-17.30	Football	5-11years	Play Football

Thursday

09.00-18.30	Teen Gym** access time	12-15 years	Gym
16.00-18.30	Swimming Lessons (£)	4 years plus	Pool
v16.30-17.30	Kids Circuits	5-11 years	Studio 1
19.15-20.00	Aqua	12+	Pool
v119.30-20.30	Zumba	12+	Studio 2

Friday

09.00-18.30	Teen Gym** access time	12-15 years	Gym
v1600-18.30	Swimming	4.-15 years	Pool
v16.30-17.15	Kidz Aerobics	5-11 years	Studio 1

Saturday

08.00-12.00	Parent & Toddler swim Lessons (£)	6 months plus	Pool
09.00-18.30	Teen Gym** Access times	12-15 years	Gym
08.00-16.00	Swimming Lessons (£)	4-15	Pool
v09.00-09.45	SH'Bam	9+	Studio1
v10.00-11.00	Body Balance	14+	Studio 1
v10.30-11.30	Dance Fitness	5-11years	Studio 2
v13.00-1400	Teen Bootcamp	12-15years	Gym Floor

Sunday

09.00-18.30	Teen gym** access time	12-15 years	Gym
v10.00-10.45	Aqua	12+	Pool
v10.35-11.35	Body Attack	14+	Studio 2
v13.00-15.00	Floats and Fun*	5-15 years	Pool
v14.00-15.00	Kidz Stretch and Tone	5-11years	Studio 1

*parental supervision required

**Teen members must wear yellow wristbands

***Under 14s to be accompanied by an adult

v - MUST be booked at Reception

Classes with a tick need to be booked at reception

RULES OF TEEN GYM

Teen Gym members are welcome to use the cardio equipment and the Core Conditioning area in the gym at Teen Gym access times (09.00-18.30).

All Teen Gym members must have a youth consultation with one of our gym staff before attending a Teen Gym session. They must then ensure that they wear the wristband provided after their consultation when using the gym.

SWIMMING POOL INFORMATION

Here at Roko we have a 20metre fitness pool and a splash pool for children. Families can swim weekdays between 9.30am and 6.30pm.

On weekdays Adult only swimming is also between 13.00 and 14.00.

All children must be out of the swimming pool by 6.30pm.

Children under 12 may use the swimming pool but must have an adult with them at all times on poolside.

Children between 12 and 15 years may use the pool unsupervised during Lifeguarded hours.

Children under the age of 7 years old must be accompanied by an adult in the changing rooms.

Once a child has had his/her 7th birthday they must change in gender changing room

SESSION DESCRIPTIONS:

FLOATS AND FUN: Based in both pools. A mixture of free play with various toys and floats available for all the family to enjoy. Parental Supervision at all times, this session is not run by the Junior Activity Team.

SH'BAM: A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can! 12+

BODY BALANCE - combines the fundamental principles & practices of Yoga, Pilates and Tai Chi that will leave you feeling relaxed and renewed.

ZUMBA

Latin rhythms combine with easy to follow moves. Routines feature interval and resistance training to tone and sculpt your body whilst burning fat.

AQUA - An impact-free session, providing strength and cardiovascular training using water as resistance. Suitable for all levels and non swimmers.

Kidz Circuits : A Variety of stations set around the room for all abilities. Each station has an easy, improver and harder way to do it to ensure it is fun and challenging for all ages. Ages 5-11 years

Kidz Yoga –Gentle breathing exercises and stretches to help the mind and body relax through story telling

Kidz Aerobics – Increase stamina & fitness levels whilst having fun with friends in this high energised class

Kidz Football – Energetic and fun coaching sessions @ Play football

Kidz Dance – This fun, exciting dance class is suitable for all ages and abilities – with funky moves from all styles of dance . Get down and groovy with the fabulous Erin

Teen Bootcamp – strength and conditioning whilst pushing yourself harder to achieve your fitness goals working in a team

Stretch and Tone – Improve movement & flexibility whilst increasing physical and mental wellbeing

The junior activities can be booked at reception 02392 651400 - **BOOKING IS ESSENTIAL** (There must be 3 children booked on to an activity by 2.30pm that day for the activity to go ahead) Only 20 children per session – parents contact numbers must be provided at time of booking.

FOR MORE INFORMATION ON THESE CLASSES, PLEASE CONTACT:

Baby Ballet : 01422 329471
www.babyballet.co.uk