



roko
HEALTH CLUBS



**Roko Portsmouth
Swimming lesson timetable**

Stage	Time	Instructor
Monday	Start Time	
Parent & Toddler Adv	09:30	Luann
Parent & Toddler	10:30	Luann
Parent & Toddler	11:00	Luann
Parent & Toddler Adv	11:30	Luann
Beginner 1	16:00, 16:30, 17:00	Matt
Beginner 2	16:00, 16:30	Luann
Improver	17:00	Luann
Swim Fit	17:30	Matt
Tuesday	Start Time	
Beginner 1	16:00, 16:30, 17:00	Steph
Beginner 2	16:00, 16:30, 17:00	Amanda
Improver 1	17:30	Amanda
Improver 2	17:30	Steph
Adult Beginners	18:30	Steph
Adult Improvers	19:00	Steph
Wednesday	Start Time	
Nursery (3-4 years)	09:30	Luann
Beginner 1 (Pre-School)	10:00	Luann
Parent & Toddler	10:30	Luann
Parent & Toddler	11:00	Luann
Beginner 1	16:00, 16:30, 17:00	Steph
Beginner 2	16:00 , 16:30	Rachel
Improver 1	17:00, 17:30	Rachel
Improver 2	17:30	Rachel
Adult Beginner	18:30	Rachel
Adult Advanced	19:00	Rachel
Adult Improver	20:00	Rachel

Stage	Time	Instructor
Thursday	Start Time	
Beginner 1	16:00, 16:30, 17:00	Matt
Beginner 2	16:00, 16:30	Steph
Improver 1	17:00, 17:30	Steph
Improver 2	17:30	Matt
Advanced	18:00	Steph
Friday	Start Time	
Beginner 2	17:00	Luann
Saturday	Start Time	
Parent & Toddler	10:00, 10:30, 11:00	Michelle
Parent & Toddler Adv	09:30, 11:30	Michelle
Beginner 1	08:00, 08:30, 09:00, 11:00,	Michelle
Beginner 1	12:00, 12:30, 13:00	Steph
Beginner 2	09:30, 10:00, 10:30, 13:30, 14:30	Jade
Improver 1	09:00, 11:00, 15:00	Jade
Improver 2	11:30, 14:00	Jade
Advanced	12:00, 15:30	Jade
Swim Fit	12:30	Jade
Swim Squad	08:00	Jade

NEW ENROLMENT

If you are looking to enrol your child or want further information on the SWIM ROKO swimming programme please contact reception or email Becky Jordan Swimming Co-ordinator at rjordan@portsmouth.roko.co.uk

REBOOKINGS

At week 8 of the 10 week course your child will receive a recommendation slip from the teacher, this will indicate which courses you will need to book your child onto in the fourth coming courses.

You will have priority booking for 5 days to secure your space on the next course.

At week 9 your child will receive a slip if they have achieved their swimming programme level and can purchase a badge and certificate from reception for £3.

1-2-1 LESSONS

Our teachers run 1-2-1 lessons at various times and days during the week and weekends.

For further information and availability please contact Reception.

ROKO PORTSMOUTH Swimming Programme

Swimming is an essential life skill as well as being a great form of exercise. Here at Roko we deliver a fantastic swim programme in our excellent facilities with some of the best swimming teachers in Portsmouth.

SWIM ROKO is Roko Health Club's swimming lesson programme delivered by qualified swim teachers. The programme runs in 5 X 10 week blocks throughout the year on weekdays Monday to Thursday's and at the weekend on a Saturday.

We have parent and child lessons for children 12months – 4years (Ducklings), group lessons 4years + (6x children per class) and 1-1 lessons for Adults and Children.

We believe that our programme works really well because we have such small class numbers and this helps the children get more out of their lessons and we can give them more attention within their half hour lesson.

QUALITY AND SAFETY

EXPERIENCED TEACHING STAFF – as well as being highly qualified our teachers are experienced in teaching children and adults to swim.

Our Swim Instructors are:-

Luann, Matt, Steph, Amanda, Rachel, Jade

Although some of our swimming teachers hold a lifeguard qualification we always have a lifeguard on duty during the swimming lessons as well.

For more information about group lessons or 1-1 lessons, please contact Becky Jordan (Swim coordinator) 02392 651400 or rjordan@portsmouth.roko.co.uk

A BRIEF OVERVIEW OF CLASSES

Parent and Toddler Classes

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.

Duckling's classes are split in to age categories:

- Ducklings 1: 1 –2yrs old
- Ducklings 2: 2-3yrs old
- Ducklings 3: 3-4yrs old

Beginner 1 – Non swimmer (Splash pool)

Developing basic safety awareness, basic movement skills and water confidence skills. Swimmers will use floats and woggles.

Beginner 2 – (Main pool)

This is the first stage in the main pool and children must be able to swim 10 metres (width of main pool) on their back and front unaided.

Improver 1 – Main pool

Child must be able to swim 20 metres (length of main pool) on their back, front crawl and breaststroke.

Improver 2 –Main pool

Child must be able to swim 60 metres backstroke, backstroke, and front crawl.

Advanced – Main pool

Child must be able to swim 100 metres front crawl, breast stroke and backstroke.

Swim fit – 60 min class

A class that is designed for those children that have gained all ten stages. The class centres on improving fitness, stamina and stroke technique, as well as working towards distance badges

Adult Classes – Main pool

- **Adult beginners**, this class is designed for non and nervous swimmers
- **Adult improvers**, this class is designed for adults that can swim but want to improve their stroke and technique, as well as build stamina and fitness levels.
- **Adult advanced**, this class is designed at competent swimmers who are looking to enhance their technique and improve their fitness.