

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.

ROKO SWIM is Roko Health Club's swimming lesson programme delivered by Level Two qualified swim teachers. The programme is an ongoing, rolling programme where the children are moved up as and when they meet the criteria for the stage they are in. The payment for swimming lesson is a monthly direct debit which will come straight out of your bank on the 1st of every month.

The monthly price for a child to swim with swim roko is:

£28.96 for members of the club (£6.95 per lesson)

£33.13 for non-members (£7.95 per lesson)

[Please note: There are no refunds, exchanges or discounts for any sessions missed by the swimmer enrolled]

Swim Roko offer parent and child lessons for children 3 months – 4years (Ducklings), group lessons for 4years + (6xchildren per class) and 1-1 lessons for Adults and Children.

We have no more than 6 children in our classes, 8 in Parent and Toddler, and this helps the children get more out of their lessons and we can give them more attention within their half hour lesson.

We also work to 2 stages per class meaning once they have reached stages 2, 4, 6, 8 and 10, they will then be moving into the next class up.

Our Swim School runs 50 weeks of the year to ensure we are continuously encouraging the children's progress and development with no gaps in between as we only have 2 weeks off over Christmas and New Year.

QUALITY AND SAFETY

QUALIFIED TEACHING STAFF – we insist that all our teachers are qualified to at least The Amateur Swimming Association (ASA) Level 2 certificate for Teaching.

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

ENROLMENT

If your child is under 4yrs old they do not need an assessment they will need a Ducklings class.

If your child is 4years+ and a NON-Swimmer they also do not need an assessment they will need to enrol on to a Beginners 1 class to learn the fundamentals.

CLASS OVERVIEW

Parent and Toddler Classes (Splash pool)

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.

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.

Swimfit – 60 min class (Main pool)

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.

BOOKING ON: When it comes to booking your child on to the roko swim programme, we will invite you in to the club to fill out the relevant paperwork and offer you a space on the swim programme.

The paper work which needs completing before we enrol your child is, our T&C's and procedures for swimming lessons form and a direct debit form to allow us permission to take a monthly fee from you bank as payment for the lessons.

ROKO Portsmouth currently have waiting list in place for the next lot of spaces available. Please note our new procedure; we will only contact you if we have space to offer you on the course.

If any current swimmers would like to or need to change day or teacher, this can only be done if there is space available to do so. All swap enquiries need to be emailed to AJoplin@portsmouth.roko.co.uk and from there, Amy will contact you with options or confirm the swap.

To book onto a class or to find out more about the swim procedures here at roko Portsmouth, please contact:

Amy Jopling, Roko Swim Co-ordinator

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

<u>Monday</u>					
Molly		Lynne		Laura	
16:00-16:30	Beg 2	16:00-16:30	Beg 1	17:30-18:00	Beg 1
16:30-17:00	Beg 2	16:30-17:00	Beg 1	18:00-18:30	Beg 1
17:00-17:30	Imp 1	17:00-17:30	Beg 1		
17:30-18:00	Imp 2	17:30-18:30	Swimfit		
18:00-18:30	Beg 2				
<u>Tuesday</u>					
Molly		Lynne			
16:00-16:30	Beg 1	16:00-16:30	Beg 2		
16:30-17:00	Beg 2	16:30-17:00	Beg 1		
17:00-17:30	Beg 2	17:00-17:30	Beg 1		
17:30-18:00	Imp 1	17:30-18:00	Imp 2		
18:00-18:30	Beg 1	18:00-18:30	Adv		
<u>Wednesday</u>					
Amy		Molly		Lynne	
16:00-16:30	Beg 1	16:00-16:30	Beg 2	17:00-17:30	Beg 1
16:30-17:00	Beg 1	16:30-17:00	Beg 2	17:30-18:00	Beg 1
17:00-17:30	Beg 2	17:00-17:30	Imp 2	18:00-18:30	Beg 1
17:30-18:00	Imp 1	17:30-18:00	Imp 2		
		18:00-18:30	Advanced		
<u>Thursday</u>					
Lynne		Molly		Petra	
16:00-16:30	Beg 1	16:00-16:30	Beg 2	16:30-17:00	Beg 2
16:30-17:00	Beg 1	16:30-17:00	Beg 2	17:00-17:30	Beg 1
17:00-17:30	Imp 1	17:00-17:30	Imp 1	17:30-18:00	Beg 1
17:30-18:00	Imp 2	17:30-18:00	Imp 1	18:00-18:30	Beg 1
18:00-18:30	Beg 2	18:00-18:30	Advanced		
<u>Friday</u>					
Molly		Amy		Laura	
16:00-16:30	Beg 2	16:00-16:30	Beg 1	17:30-18:00	Beg 1
16:30-17:00	Beg 2	16:30-17:00	Beg 1	18:00-18:30	Beg 1
17:00-17:30	Imp 1	17:00-17:30	Beg 1		
17:30-18:00	Imp 2	17:30-18:00	Imp 1		
18:00-18:30	Imp 1	18:00-18:30	Beg 2		

<u>Saturday</u>					
Laura		Lynne		Petra	
8:00-9:00	Swim Squad	10:00-10:30	Beg 1	12:00-12:30	Advanced
9:00-9:30	Imp 1	10:30-11:00	Beg 1	12:30-13:00	Beg 2
9:30-10:00	Beg 2	11:00-11:30	Beg 1	13:00-14:00	Swimfit
10:00-10:30	Imp 1	11:30-12:00	Beg 1	14:00-14:30	Beg 2
10:30-11:00	Imp 1	12:00-12:30	Beg 1	14:30-15:00	Imp 1
11:00-11:30	Beg 2	12:30-13:00	Beg 1		
11:30-12:00	Imp 2				
12:00-12:30	Imp 2				
<u>Parent and Baby</u>	Lynne				
<u>Monday</u>		<u>Wednesday</u>			
10:30-11:00	3m-1yr	10:30-11:00	1-2yrs		
11:00-11:30	1-2yrs	11:00-11:30	Jenny's		
11:30-12:00	2-3yrs	11:30-12:00	Beg 1		
12:00-12:30	3-4yrs	12:30-1:00	3-4yrs		
<u>Thursday</u>		<u>Saturday</u>			
10:30-11:00	3m-1yr	8:00-8:30	3m-1yr		
11:00-11:30	1-2yrs	8:30-9:00	1-2yrs		
11:30-12:00	2-3yrs	9:00-9:30	2-3yrs		
12:00-12:30	3-4yrs	9:30-10:00	3-4yrs		
<u>Adult Lessons</u>					
<u>Wednesday</u>	Lynne				
18:30-19:00	Beginners				
19:00-20:00	Advanced				
20:00-21:00	Improvers				