

A group of young girls are laughing and playing outdoors. One girl in the foreground is lying on her back, laughing heartily. Other girls are leaning over her, also laughing. The background is a bright, grassy area.

roko
HEALTH CLUBS

Roko York Junior activity timetable

5th September 2021

ROKO YORK 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 York.

SWIM ROKO 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 York is:
£31.25 for members of the club (£7.50 per lesson)
£37.50 for non-members (£9 per lessons)
[Please note: There are no refunds, exchanges or discounts for any sessions missed by the swimmer enrolled]

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

For more information about swimming lesson at roko please email jarcher@york.roko.co.uk

EXTERNAL COMPANIES

Baby Swimmers

These sessions introduce you and your baby in to the world of swimming! They help build your confidence and teach you and your baby how to be safe in the water. Please visit their website for more information:
info@babyswimmers.co.uk

Puddle Ducks

Have highly trained and fully qualified teachers who offer baby & toddler swimming lessons in Hull, York and east Yorkshire. They hire the pool at roko on a Monday between 12:30-14:30
Please email them or visit their website for more information:
york@puddleducks.com

ROKO JUNIOR & TEEN GYM USERS

Infants - under 5 years old
Junior - 5-11 years old
All 0-11yrs MUST be accompanied by an adult member at all times when using the Facilities up to 7pm and up to 8pm in the club lounge
12-15 year olds are permitted to use the gym facilities between 9am- 7pm Monday to Friday and 9am – 7pm Saturday's and Sunday's.
ALL juniors must be supervised in the gym at ALL times by a parent/guardian (ratio 1 adult – 2 Junior).
12 – 15 year olds are free to use the cardio equipment BUT are not to use the boxing ring or the weights.
16 & 17 year olds can use the club unaccompanied until 8pm, including adult classes. After 8pm they must be supervised by a parent/guardian.

*If you would like any more information about the Junior Activities or would like to book a place on a class, please call the club and speak to reception team:
01904 699740*

JUNIOR ACTIVITY WEEKLY PROGRAMME

Monday

Time	Activity	Age	Instructor
09.00-18.30	Teen Gym Access	12yrs+	N/A
12.45-14.45	Puddle Ducks	0-4yrs	External££
15.45-18.30	Swimming Lessons	Varied	Swim Team £
18.15-19.10	LBT	12yrs+	Fiona

Tuesday

09.00-18.30	Teen Gym Access	12yrs+	N/A
15.45-18.30	Swimming Lessons	Varied	Swim Team £

Wednesday

09.00-18.30	Teen Gym Access	12yrs+	N/A
12.30-15.30	Baby Swimmers	6mnths+	External £
16.00-18.30	Swimming Lessons	Varied	Swim Team £
17.30-18.00	CIRC – X	12yrs+	Gym Team

Thursday

09.00-18.30	Teen Gym Access	12yrs+	N/A
15.45-18.30	Swimming Lessons	Varied	Swim Team £

Friday

Time	Activity	Age	Instructor
09.00-18.30	Teen Gym Access	12yrs+	N/A
12.30-14.30	Baby Swimmers	6mnths+	External £
15.45-18.30	Swimming Lessons	Varied	Swim Team £
18.00-18.55	Body Combat	12yrs+	Danny

Saturday

08.00-18.30	Teen Gym Access	12yrs+	N/A
09.00-13.00	Swimming Lessons	Varied	Swim Team £
09.00-09.45	Joel's Dance	5yrs+	Joel
15.00-16.00	Water Fun	All	N/A

Sunday

08.00-18.30	Teen Gym Access	12yrs+	N/A
09.00-13.00	Swimming Lessons	Varied	Swim Team £
09.30-10.30	Active Kids	5yrs+	Helen
13.30-14.00	BOX – X	12yrs+	Marius
15.00-16.00	Water Fun	All	N/A

ROKO JUNIOR & TEEN GYM USERS

Infants - under 5 years old

Junior - 5-15 years old

Youth – 16 & 17 years old

All 0-12yrs MUST be accompanied by an adult member at all times to 6:30pm in the facilities and up to 8pm in the club lounge

12-15 year olds are permitted to use the gym facilities between 9am- 6:30pm Monday to Friday and 8am – 6:30pm Saturday's and Sunday's.

ALL juniors must be supervised in the gym at ALL times by a parent/guardian (ratio 1 adult – 2 Junior).

12 – 15 year olds are free to use the cardio equipment BUT are not to use the boxing ring or the weights.

13 years+ - Can attend some adult classes that are stated on the timetable

16 & 17 year olds can use the club unaccompanied until 8pm. After 8pm they must be supervised by a parent/guardian.

16 & 17 year olds can take part in the ADULT studio classes but are not permitted to use the pool spa area or sun bed.

SWIMMING POOL INFORMATION

Here at Roko we have a 20metre fitness pool and a splash pool for children. Families can swim weekdays 9am-6:30pm. Weekends: from the club opening to 6pm. Monday – Friday - All children must be out of the club by 7pm.

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

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

CLASS DESCRIPTIONS

Active Kids

This class is a great way to let off some steam after a busy week at school. There is mixture of games, circuits and fitness challenges in this class to keep the kids moving and thinking for themselves.

Baby Swimmers

These sessions introduce you and your baby in to the world of swimming! They help build your confidence and teach you and your baby how to be safe in the water. Please visit their website for more information:
info@babyswimmers.co.uk

Body Combat

Is a knockout! Combining kicks, punches and stances developed from a range of self-defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwon Do. The young member's MUST be 12years + as this class is choreographed to the music and is fast paced.

BOX – X

Is a safe, fun and effective workout using pads and boxing gloves. It is based on training concepts used by boxers to keep fit. This is an express class is for ALL ages and abilities.

Joel's Dance

This class is great for girls and boys of all ages. It is a modern style of dance which derived from urban cities. Within this class students can learn popping, locking, hip-hop, break dance and house styles. Street routines can be performed to a range of pop music making it fun and accessible for all.

Puddle Ducks

Have highly trained and fully qualified teachers who offer baby & toddler swimming lessons in Hull, York and east Yorkshire. They hire the pool at roko on a Monday between 12:30-14:30 Please email them or visit their website for more information:
york@puddleducks.com

Water Fun

This session is for families to have some quality time together playing in the pool. All children under the age of 12yrs MUST be supervised at all times and ALL NON-Swimmers must be supervise