

JUNIOR ACTIVITY WEEKLY PROGRAMME

Monday

| Time | Activity | Age | Instructor |
|-------------|------------------|---------|-------------|
| 09.00-18.30 | Teen Gym Access | 12yrs+ | N/A |
| 15.45-18.30 | Swimming Lessons | Varied | Swim Team££ |
| 17.00-18.00 | Kids Box Fit | 5-11yrs | Emma-Louise |
| 17.30-18.00 | CIRC X | 12yrs+ | Gym Team |
| 18.15-19.10 | Body Attack | 12yrs+ | Fiona |

Tuesday

| Time | Activity | Age | Instructor |
|-------------|------------------|--------|-------------|
| 09.00-18.30 | Teen Gym Access | 12yrs+ | N/A |
| 15.45-18.30 | Swimming Lessons | Varied | Swim Team££ |
| 17.30-18.00 | CIRC X | 12yrs+ | Gym Team |

Wednesday

| Time | Activity | Age | Instructor |
|-------------|------------------|--------|-------------|
| 09.00-18.30 | Teen Gym Access | 12yrs+ | N/A |
| 15.45-18.30 | Swimming Lessons | Varied | Swim Team££ |
| 17.30-18.00 | CIRC – X | 12yrs+ | Gym team |

Thursday

| Time | Activity | Age | Instructor |
|-------------|------------------|--------|-------------|
| 09.00-18.30 | Teen Gym Access | 12yrs+ | N/A |
| 18.30-19.00 | Strength X | 12yrs+ | Gym Team |
| 15.45-18.30 | Swimming Lessons | Varied | Swim Team££ |

Friday

| Time | Activity | Age | Instructor |
|-------------|------------------|--------|-------------|
| 09.00-18.30 | Teen Gym Access | 12yrs+ | N/A |
| 15.45-18.30 | Swimming Lessons | Varied | Swim Team££ |
| 18.00-18.45 | CIRC X | 12yrs+ | Gym Team |

Saturday

| Time | Activity | Age | Instructor |
|-------------|------------------|---------|-------------|
| 09:00-19:00 | Teen Gym Access | 12yrs+ | N/A |
| 09.00-13.00 | Swimming Lessons | Varied | Swim Team££ |
| 09.00-10:00 | Joel's Dance | 5-11yrs | Joel |
| 10.00-10.30 | CIRC X | 12yrs+ | Gym Team |
| 14.00-14.30 | Family X | 8yrs+ | Gym Team |
| 15.00-16.00 | Water Fun | All | N/A |

Sunday

| Time | Activity | Age | Instructor |
|-------------|------------------|---------|-------------|
| 09:00-19:00 | Teen Gym Access | 12yrs+ | N/A |
| 09.00-13.00 | Swimming Lessons | Varied | Swim Team££ |
| 09.30-10.30 | Active Kids | 5-11yrs | Helen |
| 09.30-10.00 | CIRC X | 12yrs+ | Gym Team |
| 13.30-14.00 | Family X | 8yrs+ | Ellie |
| 15.00-16.00 | Water Fun | All | N/A |
| 17.00-17.30 | Family X | 8yrs+ | Gym Team |

This timetable will run from:
Monday 1st May 2023

Please note that Junior activities ARE NOT
bookable on the ROKO App.

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

ROKO JUNIOR & TEEN GYM USERS

Infants - under 5 years old

Junior - 5-11 years old

Children aged 0-11 are not permitted to use the gym floor and MUST be always accompanied by an adult member when using the club's other facilities (unless in a supervised class), up to 7pm and up to 8pm in the changing areas & club lounge.

12-15 year olds are permitted to use the gym facilities between 9am- 7pm each day.

After an induction with the fitness team, children aged 12 – 15 are free to use the cardio equipment and attend selected adult classes BUT are not to use the boxing ring or the weights.

16 & 17 year olds can use the club 's facilities unaccompanied and are able to use all equipment and attend adult classes.

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.

CIRC - X

Circuit based interval training combining strength and endurance exercises, giving the benefits of both a cardiovascular and strength training workout. Half hour, gym floor based class combining HiiT and functional training for all ages and abilities.

Family X – CIRC X for all! 8 years plus, accompanied by 1 adult.

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.

Kids Box Fit

This class will incorporate the fundamentals of boxing training alongside games, circuits and fitness challenges.

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 always supervised.

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 account 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 lessons at Roko please email
jarcher@york.roko.co.uk

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 12:30-3:30pm. Please email them or visit their website for more information:
york@puddleducks.com