



**roko**  
HEALTH CLUBS



**Roko York**  
**Swimming lesson timetable**

5<sup>th</sup> August – 13<sup>th</sup> October 2019

<b>Monday</b>		
Stage 1	15:45 – 16:15	Rach
Stage 2	16:15 – 16:45	Rach
Stage 2/2Adv	16:45 – 17:15	Rach
Stage 2Adv	17:15 – 17:45	Rach
Stage 3	16:00 – 16:30	Tracy
Stage 4/5	16:30 --17:00	Tracy
Stage 5	17:00 – 17:30	Tracy
Stage 6/7	17.30 – 18.00	Tracy
Stage 6/7	18.00 – 18.30	Tracy
<b>Tuesday</b>		
Stage 2Adv	16.15 – 16.45	James
Stage 2Adv	16.45 – 17.15	James
Stage 1	17.15 – 17.45	James
Stage 3	16:00 – 16:30	Tracy
Stage 4/5	16:30 – 17:00	Tracy
Stage 5/6	17:00 – 17:30	Tracy
Stage 5/6	17:30 – 18:00	Tracy
Stage 6/7	18:00 – 18:30	Tracy
<b>Wednesday</b>		
Stage 5	16:00 – 16:30	Tracy
Stage 3	16:30 – 17:00	Tracy
Stage 3Adv /4	17:00 – 17:30	Tracy
Stage 5	17:30 – 18:00	Tracy
Stage 5/6/7	18:00 – 18:30	Tracy
Stage 1/2	15.45 – 16.15	Jane
Stage 2Adv	16.15 – 16.45	Jane
Stage 2Adv	16.45 – 17.15	Jane
<b>Thursday</b>		
Ducks 3	15.45 - 16.15	Mel
Stage 1	16:15 – 16:45	Mel
Stage 2	16:45 – 17:15	Mel
Stage 2	17:15 – 17:45	Mel
Stage 2Adv	17:45 – 18.15	Mel
Stage 3	16:00 – 16:30	Jo
Stage 4	16.30 – 17.00	Jo
Stage 4Adv	17:00 – 17.30	Jo
Stage 5	17:30 – 18.00	Jo
Stage 6	18.00 – 18.30	Jo

<b>Friday</b>		
Stage 1/2	15.45 – 16.15	Rach
Stage 2	16.15 – 16.45	Rach
Stage 2/2Adv	16:45 – 17:15	Rach
Stage 2Adv	17:15 – 17:45	Rach
Stage 3	16:00 - 16:30	Jo
Stage 4	16:30 – 17.00	Jo
Stage 4Adv	17:00 – 17.30	Jo
Stage 5	17:30 – 18.00	Jo
Stage 6	18.00 – 18.30	Jo
<b>Saturday</b>		
Ducks 1	9:00 – 9:30	Jo
Ducks 2	9:30 – 10:00	Jo
Ducks 3	10:00 – 10:30	Jo
Stage 1	10:30 – 11:00	Jo
Stage 1	11:00 – 11:30	Josh
Stage 2	11:30 – 12:00	Josh
Stage 2/2Adv	12:00 – 12:30	Josh
Stage 2Adv	12.30 – 13.00	Josh
Stage 3	9:00 – 9:30	Janette
Stage 5	9:30 – 10:00	Janette
Stage 5	10:00 – 10:30	Janette
Stage 6	10:30 – 11:00	Janette
Stage 6/7	11:00 – 11:30	Janette
Stage 4	11:30 – 12:00	Janette
Stage 3	12:00 – 12:30	Janette
Stage 4	12:30 – 13:00	Janette
<b>Sunday</b>		
Ducks 2	9:00 – 9:30	Julie
Ducks 3	9:30 – 10:00	Julie
Ducks 3	10:00 – 10:30	Julie
Stage 1	10:30 – 11:00	Julie
Stage 1 Adv	11.00 – 11.30	Julie
Stage 2	11:30 – 12.00	Julie
Stage 2	12:00 – 12.30	Julie
Stage 4	09.30 – 10.00	Tracy
Stage 5/6	10.00 – 10.30	Tracy
Stage 5/6	10.30 – 11.00	Tracy
Stage 5	11.00 – 11.30	Tracy
Stage 4/5	11:30 – 12:00	Tracy
Stage 3/4	12:00 – 12:30	Tracy

## ENROLMENT

If you are new to the SWIM ROKO swimming programme we offer **FREE** swimming assessments, to ensure that your child starts at the correct stage.

These take roughly 5-10 minutes and are with one of the swim teachers.

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 Stage 1 class to learn the fundamentals. (Information about these classes can be found on the back page.)

## **THE CURRENT SWIM TERM RUNS FROM: MONDAY 5<sup>TH</sup> AUGUST – SUNDAY 13<sup>TH</sup> OCTOBER 2019**

## BOOKING ON

This term Roko will give current swimmers **2** weeks priority to book back onto the programme before allowing any new swimmers book on.

Members who are on the waiting list for the Oct – Dec term will be contacted from Monday 7<sup>th</sup> October and all non-members will be contacted after. Roko will either offer a place on the programme or inform you of a move up the waiting list. Please note members get priority over the non-members list.

If any current swimmers would like to or need to change day or teacher, they will need to be added to the swap list. The swap list will be contacted **Sunday 6<sup>th</sup> October from 1pm**. (We cannot guarantee there will be a place on the day you want and if you wait until this day your original place may have already gone. So changing day comes at a slight risk of losing your original place!)

## **THE DEADLINE FOR CURRENT SWIMMERS TO BOOK ON TO THE OCT-DEC 2019 TERM IS: SUNDAY 6<sup>TH</sup> OCTOBER AT 1PM**

We advise, where possible, that you book as soon as you receive your enrolment slip and letter.

Enrolment letters for the Oct term are given out **week 8** from Monday 23<sup>rd</sup> September – Sunday 6<sup>th</sup> October. If your child is absent during these 2 weeks please speak to your teacher and your letter will be left at reception for you to collect.

**To book a swimming assessment or find out more about the next courses here at Roko please contact:  
Jo Archer, Roko Swim Co-ordinator  
01904 699740 or email JArcher@york.roko.co.uk**

## 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 runs in 5 X 10 week blocks throughout the year. Mon – Fri lessons are early evenings after school and weekends are morning through to lunch time.

The price of a 10 week course is:

£70 for members of the club

£90 for non-members

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

We have parent and child lessons for children 12months – 4years (Ducklings), group lessons for 4years + (6xchildren per class) and 1-1 lessons for Adults and Children. We believe that our programme works really well because we are the only swim school in York that have less than 8 children per class. We have no more than 6 children in our classes 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

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.

### **Our Swim Instructors are:-**

James

Jane

Janette

Jo

Josh

Julie

Mel

Rach

Tracy

***For more information about group lessons or 1-1 lessons, please contact Jo Archer (Swim coordinator) 01904 699740 Or JArcher@york.roko.co.uk***

## A BRIEF OVERVIEW OF STAGES

### **STAGE 1**

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc

### **STAGE 2**

Developing safer entries to water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arms bands, floats etc.

### **STAGE 3**

**This is the first stage in our main pool.** Developing safe entries including submersion, travel up to 10 metres on front and back, progress rotation skills and water safety knowledge.

### **STAGE 4**

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

### **STAGE 5**

Developing 'waterman ship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

### **STAGE 6**

Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

### **STAGE 7**

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout Stages 1 – 7.

## DUCKLINGS

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**