



**roko**  
HEALTH CLUBS



**Roko York  
Swimming lesson timetable**

From Monday 3<sup>rd</sup> June 2024

Monday		
Stage 1	15:45 – 16:15	Lauren
Stage 2	16:15 – 16:45	Lauren
Stage 2	16:45 – 17:15	Lauren
Stage 2Adv	17.15 – 17.45	Lauren
Stage 2Adv	17.45 – 18:15	Lauren
Stage 3	16:00 – 16:30	Sandra
Stage 3	16:30 - 17:00	Sandra
Stage 4	17:00 – 17:30	Sandra
Stage 5	17.30 – 18.00	Sandra
Stage 6/7	18.00 – 18.30	Sandra

Thursday		
Stage 1	15:45 – 16:15	Lauren
Stage 2	16:15 – 16:45	Lauren
Stage 2	16:45 – 17:15	Lauren
Stage 2Adv	17.15 – 17.45	Lauren
Stage 2Adv	17.45 – 18:15	Lauren
Stage 3	16:00 – 16:30	Jo
Stage 3Adv	16:30 - 17:00	Jo
Stage 4	17:00 – 17:30	Jo
Stage 5	17.30 – 18.00	Jo
Stage 6/7	18.00 – 18.30	Jo

Saturday		
Ducks 1	09.15 – 09.45	Holly
Ducks 2	09:45 – 10.15	Holly
Ducks 3	10.15 – 10:45	Holly
Stage 1	10:45 – 11:15	Holly
Stage 2	11:15 – 11:45	Holly
Stage 2/2Adv	11:45 – 12:15	Holly
Stage 3	09:00 – 09:30	Janette
Stage 4	09:30 – 10:00	Janette
Stage 5	10:00 – 10:30	Janette
Stage 6	10:30 – 11:00	Janette
Stage 7	11:00 – 11:30	Janette
Stage 3	11:30 – 12:00	Janette

Tuesday		
Stage 1	15:45 – 16:15	Jo
Stage 1Adv	16:15 – 16:45	Jo
Stage 2	16:45 – 17:15	Jo
Stage 2Adv	17.15 – 17.45	Jo
Stage 3	16:00 – 16:30	Lauren
Stage 4	16:30 - 17:00	Lauren
Stage 5	17:00 – 17:30	Lauren
Stage 6	17.30 – 18.00	Lauren
Stage 7	18.00 – 18.30	Lauren

Friday		
Stage 1	15:45 – 16:15	Rach
Stage 1Adv	16:15 – 16:45	Rach
Stage 2	16:45 – 17:15	Rach
Stage 2Adv	17.15 – 17.45	Rach
Stage 3	16:00 – 16:30	Jo
Stage 3Adv	16:30 - 17:00	Jo
Stage 4	17:00 – 17:30	Jo
Stage 5	17.30 – 18.00	Jo
Stage 6/7	18.00 – 18.30	Jo

Sunday		
Ducks 3	09:45 – 10.15	Linda
Stage 1	10.15 – 10:45	Linda
Stage 1	10:45 – 11:15	Linda
Stage 2/2Adv	11:15 – 11:45	Linda
Stage 4	09:00 – 09:30	Julie
Stage 3Adv	09:30 – 10:00	Julie
Stage 5	10:00 – 10:30	Julie
Stage 3	10:30 – 11:00	Julie
Stage 5	11:00 – 11:30	Julie
Stage 6/7	11:30 – 12:00	Julie

Wednesday		
Stage 1	15.45 – 16.15	Sandra
Stage 2	16.15 – 16.45	Sandra
Stage 2Adv	16.45 – 17.15	Sandra
Stage 2Adv	17.15 – 17.45	Sandra
Stage 3	16:00 – 16:30	Janette
Stage 4	16:30 - 17:00	Janette
Stage 5	17:00 – 17:30	Janette
Stage 6	17.30 – 18.00	Janette
Stage 7	18.00 – 18.30	Janette

## **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 1<sup>st</sup> of every month.

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

£33.25 for members of the club (£7.50 per lesson)

£39.50 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 lessons for children 1years – 4years (Ducklings), group lessons for 4years + (6xchildren per class) and 1-1 lessons for Adults and Children.

We believe that our programme works 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:-**

Holly  
Janette  
Jo  
Julie  
Lauren  
Linda  
Rach  
Sandra

## **ENROLMENT**

If you are new to the SWIM ROKO swimming programme roko 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 team.

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.)

## **BOOKING ON:**

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

The paperwork 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 York currently have waiting list in place for the next lot of spaces available.

The current waiting list will be started in January 2022, with the priority spaces going to our health club members and our intensive crash course swimmers.

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 [jarcher@york.roko.co.uk](mailto:jarcher@york.roko.co.uk) and from there Jo will contact you with options or confirm the swap.

**To book a swimming assessment or to find out more about the new swim procedures here at roko York please contact:**

**Jo Archer, Roko Swim Co-ordinator  
01904 699740 or email [JArcher@york.roko.co.uk](mailto: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**