













SWIM SCHOOL

The swimming lessons are designed for children to progress by keeping class numbers appropriate to ensure excellent standards.
All classes are 30 minutes long and each individual day and start time is listed below.

To book please [click here to visit our online booking platform](#) or scan the QR Code to the right. If you have any questions please email Deanna Carter, Head of Swimming at dec@portregis.com.



 <p>Jellyfish (Parent & Baby)</p> <p>Monday 0900 Wednesday 0900 Friday 0930</p>	 <p>Seahorse (Parent & Toddler)</p> <p>Monday 0900 Tuesday 1030 Friday 1000 & 1030</p>	 <p>Starfish (Age 2+)</p> <p>Monday 0900, 1630 & 1700 Tuesday 1030 & 1630 Wednesday 0930, 1000, 1530 & 1630 Thursday 1630 & 1700 Friday 0900, 0930, 1100 & 1630 Saturday 0900, 1000, 1030 & 1100</p>
 <p>Octopus (Beginner School Age, Level 1)</p> <p>Monday 1630, 1700, 1730 & 1800 Tuesday 1630, 1700, 1730 & 1800 Wednesday 1530, 1600, 1630 & 1700 Thursday 1630, 1700 & 1730 Friday 1130, 1630, 1700, 1730 & 1800 Saturday 0900, 0930, 1100 & 1130</p>	 <p>Crab (Level 2)</p> <p>Monday 1630, 1700, 1730 & 1800 Tuesday 1630, 1700 & 1730 Wednesday 1530, 1600, 1630 & 1700 Thursday 1630 & 1700 Friday 1700, 1730 & 1800 Saturday 0930 & 1000</p>	 <p>Turtle (Level 3)</p> <p>Monday 1630, 1700, 1730 & 1800 Tuesday 1700 Wednesday 1530, 1600, 1630 & 1700 Thursday 1630 Friday 1700 & 1730 Saturday 0930 & 1030</p>
 <p>Frog (Level 3.5)</p> <p>Tuesday 1800 Wednesday 1600, 1630 & 1700 Thursday 1700 Friday 1630 & 1800</p>	 <p>Dolphin (Level 4)</p> <p>Monday 1630 & 1800 Wednesday 1700 & 1730 Friday 1730 Saturday 1030</p>	 <p>Whale (Level 5)</p> <p>Monday 1730 Wednesday 1730 Friday 1700</p>
 <p>Shark (Level 6)</p> <p>Wednesday 1630 & 1730 Thursday 1730</p>	 <p>Swim Academy (Level 7+) 1 Hour</p> <p>Wednesday 1730</p>	 <p>Rookie Lifeguards (8+ & Level 4+)</p> <p>Thursday 1800</p>