






# 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.

 <p><b>Jellyfish (Parent &amp; Baby)</b> Tuesday 0900 Friday 0930</p>	 <p><b>Seahorse (Parent &amp; Toddler)</b> Tuesday 0930 &amp; 1000 Friday 1000</p>	 <p><b>Starfish (Age 2+)</b> Monday 1615 &amp; 1645; Tuesday 1030 &amp; 1630 Wednesday 0930, 1000, 1530 &amp; 1630; Thursday 1630 Friday 0900, 1030 &amp; 1645; Saturday 0900, 1000, 1030 &amp; 1100</p>
 <p><b>Octopus (Beginner School Age, Level 1)</b> Monday 1615 &amp; 1715 &amp; 1745; Tuesday 1630 &amp; 1700 Wednesday 1530, 1600, 1630, 1700 &amp; 1730; Thursday 1630 Friday 1615, 1645, 1715 &amp; 1745; Saturday 0900, 0950 &amp; 1100</p>	 <p><b>Crab (Level 2)</b> Monday 1615, 1645, 1715 &amp; 1745; Tuesday 1630 Wednesday 1530, 1600, 1630, 1700 &amp; 1730 Thursday 1630, 1700 &amp; 1730; Friday 1645, 1715 &amp; 1745 Saturday 1000 &amp; 1130</p>	 <p><b>Turtle (Level 3)</b> Monday 1645, 1715 &amp; 1745; Tuesday 1700 Wednesday 1530, 1600 &amp; 1700; Thursday 1630 &amp; 1730 Friday 1645 &amp; 1715; Saturday 1030</p>
 <p><b>Frog (Level 3.5)</b> Wednesday 1600, 1630 &amp; 1700 Thursday 1700 Friday 1615 &amp; 1715</p>	 <p><b>Dolphin (Level 4)</b> Monday 1615 &amp; 1745; Wednesday 1530, 1700 &amp; 1730 Thursday 1700; Friday 1615 &amp; 1715 Saturday 1030</p>	 <p><b>Whale (Level 5)</b> Monday 1715 Wednesday 1600 &amp; 1730 Friday 1645</p>
 <p><b>Shark (Level 6)</b> Wednesday 1630</p>	 <p><b>Rookie Lifeguards (8+ &amp; Level 4+)</b> Friday 1715</p>	<p>To book please <a href="#">click here to visit our online booking platform</a> or scan the QR Code to the right. If you have any questions please email Deanna Carter, Head of Swimming at <a href="mailto:dec@portregis.com">dec@portregis.com</a>.</p> 