

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.



Jellyfish (Parent & Baby)

Monday 0900
Wednesday 0930
Friday 0930 & 1100



Seahorse (Parent & Toddler)

Monday 0930 & 1000
Friday 1000 & 1030



Starfish (Age 2+)

Monday 1030, 1630 & 1700
Tuesday 1630
Wednesday 0930, 1000, 1530 & 1630
Thursday 1630 & 1700
Friday 0900 & 1630
Saturday 0900, 1000, 1030 & 1100



Octopus (Beginner School Age, Level 1)

Monday 1630, 1730 & 1800
Tuesday 1630, 1700 & 1730
Wednesday 1530, 1600, 1630 & 1700
Thursday 1630, 1700 & 1730
Friday 1630, 1700, 1730 & 1800
Saturday 0900, 0950 & 1100



Crab (Level 2)

Monday 1630, 1700, 1730 & 1800
Tuesday 1630 & 1700
Wednesday 1530, 1600, 1630 & 1700
Thursday 1630 & 1700
Friday 1700, 1730 & 1800
Saturday 1000 & 1130



Turtle (Level 3)

Monday 1700, 1730 & 1800
Tuesday 1700
Wednesday 1530, 1600, 1630 & 1700
Thursday 1630
Friday 1700 & 1730
Saturday 1030



Frog (Level 3.5)

Wednesday 1600, 1630 & 1700
Thursday 1700
Friday 1630 & 1800



Dolphin (Level 4)

Monday 1630 & 1800
Wednesday 1700 & 1730
Friday 1630 & 1730
Saturday 1030



Whale (Level 5)

Monday 1730
Wednesday 1730
Friday 1700



Shark (Level 6)

Wednesday 1730



Swim Academy (Level 7+) 1 Hour

Wednesday 1730



Rookie Lifeguards (8+ & Level 4+)

Thursday 1730