



# SWIM SCHOOL

We currently offer external swimming classes on a Monday, Wednesday, Thursday, Friday and Saturday. 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.

## Starfish (Pre-School Age 2+)

Monday at 1630, Wednesday at 0930 or 1000 Friday at 0900 and Saturday at 1000.

Students aged 2+ years. Introduction to swimming & the pool through fun and games.



## Octopus (Level 1)

Monday 1600 or 1730, Wednesday 0930, 1000, 1530, 1600 or 1630, Thursday 1630, Friday 1600, 1700, 1730 and Saturday 0930 or 1100.

Students of school age learn to have fun and build confidence in the water.



## Crab (Level 2)

Monday 1630 or 1700, Friday 1630 or 1700 and Saturday 1000 or 1130.

Students start to swim unaided for 1-2 metres with an introduction to swimming arms.



## Turtle (Level 3)

Monday 1700, Wednesday 1600, 1630, 1700 or 1730, Friday 1600 or 1730, Saturday 1030 - 1100 or 1130.

Students will begin to develop stroke techniques.



## Dolphin (Level 4)

Monday 1600, Wednesday 1700 or Friday 1700.

Students will begin swimming widths in all four strokes. They will work towards swimming 25 metres.



## Whale (Level 5)

Monday 1730, Wednesday 1600 or 1730 and Friday 1700.

Students will increase swimming distances and techniques for all four strokes.



## Shark (Level 6)

Wednesday 1630, Friday 1730, Saturday 1100.  
This level helps to prepare students for swim squads.



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](mailto:dec@portregis.com).

