



SUMMER SWIM PROGRAMME

Monday 12th August – Friday 23rd August

Diving, general stamina, tumble turns & technique

1 hour lesson | £10

Monday 12th and 19th August | 1400
Wednesday 14th and 21st August | 1400
Thursday 15th August | 1400
Friday 16th August | 1400

1:1 Lessons with Jane

30 minute lesson | £20

Monday 12th and 19th August | 1300
Wednesday 14th and 21st August | 1300 and 1330
Thursday 15th August | 1300 and 1330
Friday 16th August | 1300 and 1330

Stroke technique & stamina

1 hour lesson | £10

Freestyle | Monday 12th and 19th August,
Thursday 15th and 22nd August | 1300
Backstroke | Monday 12th and 19th August,
Friday 16th and 23rd August | 1400
Breaststroke | Tuesday 13th and 20th August,
Friday 16th and 23rd August | 1400
Butterfly | Wednesday 14th and 21st August | 1300
All strokes | Wednesday 14th and 21st August,
Thursday 15th and 22nd August | 1400

Pre-School Lesson aged 2-4 years

30 minute lesson | £8

Monday 12th and 19th August | 1300 & 1400
Tuesday 13th and 20th August | 1400
Wednesday 14th and 21st August | 1300 & 1400
Thursday 15th and 22nd August | 1300 & 1400
Friday 16th and 23rd August | 1300 & 1400

School age beginner lesson

30 minute lesson | £8

Monday 12th and 19th August | 1330 & 1430
Tuesday 13th and 20th August | 1430
Wednesday 14th and 21st August | 1330 & 1430
Thursday 15th and 22nd August | 1330 & 1430
Friday 16th and 23rd August | 1330 & 1430

To book please [click here to visit our online booking platform](#) or scan the QR Code.

If you have any questions please email sportscentre@portregis.com.

