

JAMOR SWIMMING SCHOOL

The **Jamor Swimming School** is based on a progressive teaching methodology, from adaptation to the aquatic environment, evolving to learning that promotes autonomy and safety in the aquatic environment and improvement of specific swimming techniques.

At the same time, covering the various age groups and specific individual needs, activities are also promoted in terms of Swimming for Babies, Water Aerobics and similar and Hydrotherapy, in order to contribute to the regular practice of sports and improvement of their physical condition.

The sports season runs from 15 September to 31 July. For more information on each of these activities, access the links below:

LINKS TO:

- 1) [PURE SWIMMING](#);
- 2) [SWIMMING BABIES](#);
- 3) [WATER AEROBICS](#);
- 4) [HYDROTHERAPY](#);
- 5) [FREE USE](#)

INFORMATION ON REGISTRATIONS/ RENEWALS 2023/24

Registration/renewal dates for the 2023.2024 season:

<https://jamor.ipdj.pt/index.php?lang=pt&s=noticias&id=1114&title=Complexo%20Piscinas%20Jamor>

ADDITIONAL INFORMATION

Secretariat's Period of Operation:

- DURING THE SPORTS SEASON: Weekdays from 09:00 to 19:00 | Saturdays from 09:00 to 13:00
- AUGUST: Weekdays from 11:00 a.m. to 2:00 p.m.

Preferred contact: piscinas.jamor@ipdj.pt

Jamor Swimming Pool Complex Prices:

- [Price List for Swimming School and Free Use classes](#)
- [Pricing for entities](#)

SWIMMING TESTS

Prior completion of a swimming test is a fundamental procedure for the registration of the following modalities:

- Registration in Regular Free Use
- Enrollment in Pure Swimming classes for users over 6 years of age **and with swimming experience. In case of no experience, the need for a swimming test is waived and you join AMA.**

From 1 to 14 September: swimming tests are on a first-come, first-served basis, do not require prior booking and take place at the following time:

Weekdays: 09:00 to 14:00 and 16:00 to 19:00

Saturdays: from 09:30 to 12:30

From 15 September: swimming tests will take place at the following time and require prior booking (by calling 210 **540 312**):

Weekdays from 11:15 a.m. to 1:00 p.m. and from 7:30 p.m. to 8:15 p.m.