


# public swimming times

## Prince Regent Swimming Complex

Accurate as of 28/04/2024

Times for Thursday 29 October						
Time	Session	Facility	Instructor	# Lanes	Level	
9:30 am - 3:30 pm	Family Swim	teaching pool (12.5m)			family	
9:40 am - 10:25 am	Aqua Deep	flexi pool			intermediate / advanced	
4:00 pm - 6:00 pm	Swim School	flexi pool			beginner / intermediate	
4:00 pm - 6:00 pm	Swim School	teaching pool (12.5m)			beginner	
4:00 pm - 6:30 pm	Swim School	main pool (25.0m)			intermediate / advanced	