

public swimming times

Prince Regent Swimming Complex

Accurate as of 04/05/2024

| Times for Tuesday 3 November | | | | | |
|------------------------------|-------------|-----------------------|------------|---------|-------------------------|
| Time | Session | Facility | Instructor | # Lanes | Level |
| 6:00 am - 7:00 am | Swim Club | main pool (25.0m) | | | sports |
| 7:00 am - 9:30 am | Adult Lanes | main pool (25.0m) | | | all levels |
| 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 - 7:00 pm | Swim School | teaching pool (12.5m) | | | beginner |
| 7:00 pm - 9:00 pm | Swim Club | main pool (25.0m) | | | sports |
| 7:00 pm - 9:00 pm | Swim Club | flexi pool | | | all levels |