

public swimming times

Prince Regent Swimming Complex

Accurate as of 04/05/2024

Times for Wednesday 4 November



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 Aerobics	flexi pool			all levels
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 - 6:15 pm	Swim School	main pool (25.0m)			intermediate / advanced
6:05 pm - 6:50 pm	Aqua Deep	flexi pool			intermediate / advanced