

public swimming times

Prince Regent Swimming Complex

Accurate as of 29/04/2024

Times for Tuesday 27 July



Time	Session	Facility	Instructor	# Lanes	Level
6:00 am - 7:00 am	Swim Club	main pool (25.0m)			sports
6:00 am - 9:30 am	Open Swim	shallow pool			all levels
7:00 am - 9:00 am	Lane Swimming	main pool (25.0m)			all levels
9:00 am - 2:00 pm	Open Swim (3 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
10:30 am - 3:45 pm	Adult Lanes	main pool (25.0m)			all levels
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
6:00 pm - 6:30 pm	Adult Lessons	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