

public swimming times

Prince Regent Swimming Complex

Accurate as of 17/05/2025

Times for Thursday 29 July



Time	Session	Facility	Instructor	# Lanes	Level
6:00 am - 10:30 am	Open Swim	shallow pool			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
3:00 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
5:30 pm - 8:30 pm	Lane Swimming (3 lanes)	main pool (25.0m)			all levels