

public swimming times

Prince Regent Swimming Complex

Accurate as of 28/04/2024

Times for Sunday 1 August



| Time | Session | Facility | Instructor | # Lanes | Level |
|--------------------|---------------------|-----------------------|------------|---------|-------------------------|
| 8:00 am - 10:00 am | Swim Club | main pool (25.0m) | | | sports |
| 9:00 am - 10:00 am | Swim Club | shallow pool | | | intermediate |
| 9:00 am - 10:00 am | Swim Club | flexi pool | | | all levels |
| 9:00 am - 10:00 am | Swim Club | teaching pool (12.5m) | | | all levels |
| 10:15 am - 5:00 pm | Open Swim (3 lanes) | main pool (25.0m) | | | all levels |
| 2:00 pm - 5:00 pm | Family Swim | teaching pool (12.5m) | | | family |
| 5:00 pm - 6:00 pm | Aqua Deep | flexi pool | | | all levels |
| 5:00 pm - 8:00 pm | Swim Club | main pool (25.0m) | | | intermediate / advanced |