

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 05/05/2024

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	