


public swimming times

Prince Regent Swimming Complex

Accurate as of 05/05/2024

| Times for Tuesday 3 August | | | | | |  |
|----------------------------|---------------|-----------------------|------------|---------|-------------------------|-------------------------------------------------------------------------------------|
| 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 - 9:30 am | Adult 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 | |