

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 27/04/2024

### Times for Wednesday 29 June



| Time                | Session                    | Facility              | Instruct<br>or | #<br>Lanes | Level                   |
|---------------------|----------------------------|-----------------------|----------------|------------|-------------------------|
| 6:00 am - 10:30 am  | Open Swim                  | shallow pool          |                |            | all levels              |
| 6:00 am - 3:45 pm   | 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 Aerobics              | flexi pool            |                |            | all levels              |
| 10:30 am - 12:30 pm | Adults & Under 5s (Course) | flexi pool            |                |            | beginner / intermediate |
| 12:40 pm - 1:25 pm  | Aqua Aerobics              | flexi pool            |                |            | all levels              |
| 4:00 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 - 6:15 pm   | Swim School                | main pool (25.0m)     |                |            | intermediate / advanced |
| 5:30 pm - 6:30 pm   | Adult Lanes                | main pool (25.0m)     |                |            | all levels              |
| 6:00 pm - 7:30 pm   | Family Swim                | teaching pool (12.5m) |                |            | family                  |
| 6:05 pm - 6:50 pm   | Aqua Deep                  | flexi pool            |                |            | intermediate / advanced |
| 6:30 pm - 8:00 pm   | Adult Gentle Swim          | shallow pool          |                |            | beginner / intermediate |
| 6:30 pm - 9:00 pm   | Lane Swimming (2 lanes)    | main pool (25.0m)     |                |            | all levels              |

| <b>Time</b>        | <b>Session</b> | <b>Facility</b>   | <b>Instructor</b> | <b># Lanes</b> | <b>Level</b> |
|--------------------|----------------|-------------------|-------------------|----------------|--------------|
| 9:00 pm - 10:00 pm | Private Hire   | main pool (25.0m) |                   |                | all levels   |