

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 25/04/2024

### Times for Thursday 30 June



| Time                | Session                    | Facility              | Instructor | # Lanes | Level                   |
|---------------------|----------------------------|-----------------------|------------|---------|-------------------------|
| 6:00 am - 10:30 am  | Open Swim                  | shallow pool          |            |         | 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 - 12:30 pm | Adults & Under 5s (Course) | flexi pool            |            |         | beginner / intermediate |
| 12:40 pm - 1:25 pm  | Shallow Workout            | 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 - 6:30 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              |
| 6:00 pm - 6:30 pm   | Adult Lessons              | shallow pool          |            |         | all levels              |
| 6:05 pm - 6:50 pm   | Aqua Deep                  | flexi pool            |            |         | intermediate / advanced |