

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 04/05/2024

Times for Thursday 30 June					
Time	Session	Facility	Instruct or	# 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