

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 06/05/2024

### Times for Friday 1 July



Time	Session	Facility	Instruct or	# Lanes	Level
6:00 am - 7:00 am	Swim Club	main pool (25.0m)			advanced
6:00 am - 10:30 am	Open Swim	shallow pool			all levels
7:00 am - 3:30 pm	Adult Lanes	main pool (25.0m)			all levels
9:00 am - 9:30 am	Adult Lessons	flexi pool			all levels
9:30 am - 3:30 pm	Family Swim	teaching pool (12.5m)			family
10:30 am - 12:30 pm	Adults & Under 5s (Course)	flexi pool			beginner / intermediate
12:40 pm - 1:25 pm	Aqua Deep	flexi pool			intermediate / advanced
3:30 pm - 5:45 pm	Adult Lanes	main pool (25.0m)			all levels
3:45 pm - 5:45 pm	Swim School	flexi pool			beginner / intermediate
3:45 pm - 5:45 pm	Swim School	teaching pool (12.5m)			beginner
6:00 pm - 8:00 pm	Swim Club	shallow pool			intermediate
6:00 pm - 9:00 pm	Swim Club	flexi pool			all levels
6:00 pm - 9:30 pm	Swim Club	main pool (25.0m)			all levels