

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 15/05/2024

### Times for Tuesday 26 March



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
9:00 am - 9:30 am	Adult Lessons	flexi pool			beginner / intermediate
9:30 am - 10:30 am	Women Only	main pool (25.0m)			all levels
9:30 am - 10:30 am	Women Only	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
10:30 am - 3:45 pm	Adult Lanes	main pool (25.0m)			all levels
12:40 pm - 1:25 pm	Aqua Flow	flexi pool			beginner / intermediate
1:30 pm - 2:30 pm	School Swimming	flexi pool			beginner / intermediate
4:00 pm - 6:00 pm	Swim School	flexi pool			beginner / intermediate
4:00 pm - 6:00 pm	Swim School	shallow pool			beginner / intermediate

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b># Lanes</b>	<b>Level</b>
4:00 pm - 6:40 pm	Swim School	main pool (25.0m)			advanced
4:00 pm - 7:00 pm	Swim School	teaching pool (12.5m)			beginner
5:30 pm - 6:45 pm	Lane Swimming (3 lanes)	main pool (25.0m)			intermediate / advanced
6:00 pm - 6:30 pm	Adult Lessons	teaching pool (12.5m)			beginner
6:00 pm - 6:30 pm	Adult Lessons	shallow pool			intermediate
6:00 pm - 6:40 pm	Adult Coaching	main pool (25.0m)			advanced
6:05 pm - 6:50 pm	Shallow Workout	flexi pool			all levels
7:00 pm - 8:00 pm	Swim Club	shallow pool			advanced
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
9:00 pm - 10:00 pm	Swim Club	main pool (25.0m)			advanced
9:15 pm - 10:00 pm	Adult Lanes	main pool (25.0m)			all levels