

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 10/04/2024

Times for Friday 29 March					
Time	Session	Facility	Instruct or	# Lanes	Level
9:00 am - 3:30 pm	Open Swim + Flume	shallow pool			all levels
9:00 am - 3:30 pm	Adult Lanes	main pool (25.0m)			all levels
9:00 am - 3:30 pm	Family Swim	teaching pool (12.5m)			family
9:40 am - 10:25 am	Shallow Workout	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 Deep	flexi pool			intermediate / advanced
3:30 pm - 5:30 pm	Swim School	main pool (25.0m)			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
3:45 pm - 5:45 pm	Swim School	shallow pool			beginner