

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 15/05/2024

Times for Saturday 30 March					
Time	Session	Facility	Instruct or	# Lanes	Level
7:00 am - 8:45 am	Swim Club	main pool (25.0m)			
9:00 am - 11:00 am	Swim School	shallow pool			intermediate
9:00 am - 11:30 am	Swim School	teaching pool (12.5m)			beginner
9:00 am - 1:00 pm	Swim School	main pool (25.0m)			intermediate / advanced
9:00 am - 2:00 pm	Swim School	flexi pool			all levels
9:30 am - 11:00 am	Adult Lanes	main pool (25.0m)			
11:00 am - 1:00 pm	Lane Swimming (3 lanes)	main pool (25.0m)			intermediate / advanced
11:30 am - 12:45 pm	Bookable Family Swim Session	teaching pool (12.5m)			family
11:30 am - 4:00 pm	Junior Fun with Slide	shallow pool			all levels
12:45 pm - 2:00 pm	Bookable Family Swim Session	teaching pool (12.5m)			family
2:00 pm - 5:00 pm	Family Swim	teaching pool (12.5m)			family
4:30 pm - 5:15 pm	Inflatable Session	Inflatable Fun Session			all levels