

public swimming times

Prince Regent Swimming Complex

Accurate as of 01/05/2024

Times for Sunday 31 March



Time	Session	Facility	Instructor	# Lanes	Level
7:00 am - 8:00 am	Swim Club	main pool (25.0m)			advanced
8:00 am - 10:00 am	Swim Club	main pool (25.0m)			sports
9:00 am - 10:00 am	Swim Club	shallow pool			intermediate
9:00 am - 10:00 am	Swim Club	flexi pool			all levels
9:00 am - 10:00 am	Swim Club	teaching pool (12.5m)			all levels
10:15 am - 11:30 am	Bookable Family Swim Session	teaching pool (12.5m)			family
10:15 am - 5:00 pm	Open Swim (3 lanes)	main pool (25.0m)			all levels
10:15 am - 5:00 pm	Junior Fun with Slide	shallow pool			all levels
11:30 am - 12:45 pm	Bookable Family Swim Session	teaching pool (12.5m)			family
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
5:00 pm - 6:00 pm	Aqua Deep	flexi pool			all levels
5:00 pm - 8:00 pm	Swim Club	main pool (25.0m)			intermediate / advanced