

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 16/05/2024

### Times for Monday 1 April



Time	Session	Facility	Instruct or	# Lanes	Level
9:00 am - 3:45 pm	Open Swim + Flume	shallow pool			beginner / intermediate
9:00 am - 3:45 pm	Open Swim (3 lanes)	main pool (25.0m)			all levels
9:30 am - 10:45 am	Bookable Family Swim Session	teaching pool (12.5m)			family
9:40 am - 10:25 am	Aqua Aerobics	flexi pool			all levels
10:30 am - 12:00 pm	Adults & Under 5s (Course)	flexi pool			intermediate / advanced
10:45 am - 12:00 pm	Bookable Family Swim Session	teaching pool (12.5m)			family
12:00 pm - 1:15 pm	Bookable Family Swim Session	teaching pool (12.5m)			family
12:40 pm - 1:25 pm	Aqua Deep	flexi pool			intermediate / advanced
1:15 pm - 3:30 pm	Family Swim	teaching pool (12.5m)			family
4:00 pm - 6:00 pm	Swim School	flexi pool			beginner / intermediate
4:00 pm - 6:00 pm	Swim School	teaching pool (12.5m)			beginner
4:00 pm - 6:00 pm	Swim School	shallow pool			beginner / intermediate
4:00 pm - 6:30 pm	Swim School	main pool (25.0m)			intermediate / advanced