

public swimming times

Prince Regent Swimming Complex

Accurate as of 01/05/2024

Times for Wednesday 3 April



| Time | Session | Facility | Instructor | # Lanes | Level |
|---------------------|------------------------------|-----------------------|------------|---------|-------------------------|
| 6:00 am - 10:30 am | Open Swim | shallow pool | | | all levels |
| 6:00 am - 10:30 am | Adult 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 - 12:30 pm | Adults & Under 5s (Course) | flexi pool | | | beginner / intermediate |
| 10:30 am - 3:45 pm | Open Swim + Flume | shallow pool | | | all levels |
| 10:30 am - 3:45 pm | Open Swim (3 lanes) | main pool (25.0m) | | | all levels |
| 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 Aerobics | flexi pool | | | all levels |
| 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 |

| Time | Session | Facility | Instructor | # Lanes | Level |
|--------------------|-------------------------|-----------------------|-------------------|----------------|-------------------------|
| 4:00 pm - 6:15 pm | Swim School | main pool (25.0m) | | | intermediate / advanced |
| 5:30 pm - 6:30 pm | Adult Lanes | main pool (25.0m) | | | all levels |
| 6:00 pm - 7:30 pm | Family Swim | teaching pool (12.5m) | | | family |
| 6:05 pm - 6:50 pm | Aqua Deep | flexi pool | | | intermediate / advanced |
| 6:30 pm - 8:00 pm | Adult Gentle Swim | shallow pool | | | beginner / intermediate |
| 6:30 pm - 9:00 pm | Lane Swimming (2 lanes) | main pool (25.0m) | | | all levels |
| 9:00 pm - 10:00 pm | Private Hire | main pool (25.0m) | | | all levels |