

public swimming times

Prince Regent Swimming Complex

Accurate as of 16/05/2024

Times for Friday 5 April



Time	Session	Facility	Instructor	# Lanes	Level
6:00 am - 7:00 am	Swim Club	main pool (25.0m)			advanced
6:00 am - 10:30 am	Open Swim	shallow pool			all levels
7:00 am - 10:30 am	Adult Lanes	main pool (25.0m)			all levels
9:00 am - 9:30 am	Adult Lessons	flexi pool			all levels
9:30 am - 10:45 am	Bookable Family Swim Session	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
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 Deep	flexi pool			intermediate / advanced
1:15 pm - 3:30 pm	Family Swim	teaching pool (12.5m)			family
3:30 pm - 5:30 pm	Swim School	main pool (25.0m)			intermediate / advanced

Time	Session	Facility	Instruct or	# Lanes	Level
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
6:00 pm - 7:00 pm	Swim Club	main pool (25.0m)			advanced
6:00 pm - 8:00 pm	Swim Club	shallow pool			intermediate
6:00 pm - 9:00 pm	Swim Club	flexi pool			all levels
6:00 pm - 9:30 pm	Swim Club	main pool (25.0m)			all levels