

public swimming times

Prince Regent Swimming Complex

Accurate as of 18/06/2026

Times for Saturday 20 June



Time	Session	Facility	Instructor	# Lanes	Level
7:00 am - 8:45 am	Private Hire	Main pool (25M)			
9:00 am - 11:30 am	Swim School	Teaching Pool & Flexi Pool			beginner
9:00 am - 1:00 pm	Swim School	Main pool (25M)			intermediate / advanced
9:30 am - 11:30 am	Adult Swimming (3 Lanes)	Main pool (25M)			
11:30 am - 12:45 pm	Bookable Family Swim Session	Teaching pool			family
11:30 am - 1:00 pm	Lane Swimming (3 Lanes), Shallow Pool & Slide	Main Pool (25M) & Shallow Pool			intermediate / advanced
12:45 pm - 2:00 pm	Bookable Family Swim Session	Teaching pool			family
1:00 pm - 3:45 pm	Open Swim (3 Lanes), Shallow Pool & Slide	Main Pool (25M) & Shallow Pool			all levels
2:00 pm - 5:00 pm	Family Swim & Water Features	Teaching pool			family
4:30 pm - 5:15 pm	Aqua Run	Main pool (25M)			all levels
5:15 pm - 7:15 pm	Private Pool Party	Main pool (25M)			