

public swimming times

Prince Regent Swimming Complex

Accurate as of 18/06/2026

Times for Sunday 21 June



Time	Session	Facility	Instructor	# Lanes	Level
8:00 am - 10:00 am	Private Hire	All Pools			sports
10:15 am - 11:30 am	Bookable Family Swim Session	Teaching pool			family
10:15 am - 5:00 pm	Open Swim (3 Lanes), Shallow Pool & Slide	Main Pool (25M) & Shallow Pool			all levels
11:30 am - 12:45 pm	Bookable Family Swim Session	Teaching pool			family
12:45 pm - 2:00 pm	Bookable Family Swim Session	Teaching pool			family
2:00 pm - 5:00 pm	Family Swim & Water Features	Teaching pool			family
5:00 pm - 8:00 pm	Private Hire	Main pool (25M)			intermediate / advanced