

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 25/06/2026

### Times for Sunday 28 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 |