

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 25/06/2026

### Times for Monday 29 June



Time	Session	Facility	Instructor	# Lanes	Level
6:00 am - 10:30 am	Adult Open Swim (3 Lanes) & Shallow Pool	Main Pool (25M) & Shallow Pool			all levels
9:30 am - 3:30 pm	Family Swim & Water Features	Teaching pool			family
10:30 am - 11:30 am	Pre / Post Natal Aqua	Flexi pool			all levels
10:30 am - 3:45 pm	Adult Open Swim (3 Lanes)	Main pool (25M)			all levels
3:45 pm - 6:00 pm	Swim School	Teaching Pool & Flexi Pool			beginner
4:00 pm - 6:00 pm	Swim School	Main pool (25M)			intermediate / advanced
5:30 pm - 6:00 pm	Lane Swimming (3 lanes)	Main pool (25M)			
6:00 pm - 7:30 pm	Family Swim & Water Features	Teaching pool			all levels
6:00 pm - 7:30 pm	Lane Swimming (3 Lanes), Shallow Pool & Slide	Main Pool (25M) & Shallow Pool			
7:30 pm - 10:00 pm	Adult Open Swim (3 Lanes)	Main pool (25M)			all levels