

public swimming times

Prince Regent Swimming Complex

Accurate as of 25/06/2026

Times for Tuesday 30 June



Time	Session	Facility	Instructor	# Lanes	Level
6:00 am - 7:00 am	Private Hire	Main pool (25M)			sports
6:00 am - 7:00 am	Open Swim	Shallow pool			all levels
7:00 am - 9:30 am	Adult Open Swim (3 Lanes) & Shallow Pool	Main Pool (25M) & Shallow Pool			all levels
8:45 am - 9:30 am	Adult Lessons	Flexi pool			beginner / intermediate
9:30 am - 10:30 am	Women Only	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	Adults & Under 5s (Course)	Flexi pool			beginner / intermediate
10:30 am - 3:45 pm	Adult Open Swim (3 Lanes)	Main pool (25M)			
11:30 am - 12:00 pm	Preschool	Teaching pool			
3:45 pm - 6:00 pm	Swim School	Teaching Pool & Flexi Pool			beginner
4:00 pm - 6:40 pm	Swim School	Main pool (25M)			advanced
5:30 pm - 6:45 pm	Lane Swimming (3 lanes)	Main pool (25M)			intermediate / advanced
6:00 pm - 6:30 pm	Adult Lessons	Shallow pool			intermediate
7:00 pm - 9:00 pm	Private Hire	Main Pool (25M) & Shallow Pool			sports

Time	Session	Facility	Instructor	# Lanes	Level
7:00 pm - 9:00 pm	Private Hire	Flexi pool			all levels
9:00 pm - 10:00 pm	Adult Lanes	Main pool (25M)			all levels
9:00 pm - 10:00 pm	Private Hire	Main pool (25M)			advanced