

public swimming times

Prince Regent Swimming Complex

Accurate as of 25/06/2026

Times for Wednesday 1 July



| 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 |
| 8:45 am - 9:30 am | Adult Lessons | Flexi pool | | | beginner / intermediate |
| 9:30 am - 3:30 pm | Family Swim & Water Features | Teaching pool | | | |
| 10:30 am - 3:45 pm | Adult Open Swim (3 Lanes) | Main pool (25M) | | | all levels |
| 11:30 am - 12:00 pm | Preschool | Teaching pool | | | |
| 1:30 pm - 2:00 pm | Adult Lessons | Flexi pool | | | beginner / intermediate |
| 3:00 pm - 3:40 pm | Swimfit | Main pool (25M) | | | intermediate / advanced |
| 3:45 pm - 6:00 pm | Swim School | Teaching Pool & Flexi Pool | | | beginner |
| 4:00 pm - 6:15 pm | Swim School | Main pool (25M) | | | intermediate / advanced |
| 5:30 pm - 6:00 pm | Lane Swimming (3 lanes) | Main pool (25M) | | | all levels |
| 6:00 pm - 6:30 pm | Lane Swimming (3 Lanes), Shallow Pool & Slide | Main Pool (25M) & Shallow Pool | | | beginner / intermediate |
| 6:00 pm - 7:30 pm | Family Swim & Water Features | Teaching pool | | | family |
| 6:30 pm - 7:30 pm | Lane Swimming (2 Lanes), Shallow Pool & Slide | Main pool (25M) | | | all levels |
| 7:30 pm - 9:00 pm | Adult Swim (2 Lanes) | Main pool (25M) | | | all levels |

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