

public swimming times

Prince Regent Swimming Complex

Accurate as of 09/10/2026

Times for Wednesday 14 October



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
5:30 pm - 6:30 pm	Adult Lanes	Main pool (25M)			beginner / intermediate
6:00 pm - 7:30 pm	Family Swim & Water Features	Teaching pool			family
6:00 pm - 7:30 pm	Junior Fun with Slide	Shallow pool			
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
9:00 pm - 10:00 pm	Private Hire	Main pool (25M)			all levels