

public swimming times

Prince Regent Swimming Complex

Accurate as of 19/04/2024

Times for Monday 27 May



Time	Session	Facility	Instructor	# Lanes	Level
9:00 am - 10:30 am	Adult Swim	main pool (25.0m)			all levels
9:00 am - 10:30 am	Adult Swim	teaching pool (12.5m)			
9:00 am - 5:00 pm	Open Gym	gym			all levels
9:40 am - 11:15 am	Aqua Aerobics	flexi pool			
10:30 am - 5:00 pm	Open Swim (3 lanes)	main pool (25.0m)			
10:30 am - 5:00 pm	Family Swim U8's	teaching pool (12.5m)			family
10:30 am - 5:00 pm	Floats & Fun	shallow pool			