

# public swimming times

## Prince Regent Swimming Complex

Accurate as of 07/05/2024

### Times for Friday 26 April



| Time                | Session                    | Facility              | Instruct<br>or | #<br>Lanes | Level                   |
|---------------------|----------------------------|-----------------------|----------------|------------|-------------------------|
| 6:00 am - 7:00 am   | Swim Club                  | main pool (25.0m)     |                |            | advanced                |
| 6:00 am - 10:30 am  | Open Swim                  | shallow pool          |                |            | all levels              |
| 7:00 am - 3:30 pm   | Adult Lanes                | main pool (25.0m)     |                |            | all levels              |
| 9:00 am - 9:30 am   | Adult Lessons              | flexi pool            |                |            | all levels              |
| 9:30 am - 3:30 pm   | Family Swim                | teaching pool (12.5m) |                |            | family                  |
| 9:40 am - 10:25 am  | Shallow Workout            | flexi pool            |                |            | all levels              |
| 10:30 am - 12:30 pm | Adults & Under 5s (Course) | flexi pool            |                |            | beginner / intermediate |
| 12:40 pm - 1:25 pm  | Aqua Deep                  | flexi pool            |                |            | intermediate / advanced |
| 3:30 pm - 5:30 pm   | Swim School                | main pool (25.0m)     |                |            | intermediate / advanced |
| 3:30 pm - 5:45 pm   | Adult Lanes                | main pool (25.0m)     |                |            | all levels              |
| 3:45 pm - 5:45 pm   | Swim School                | flexi pool            |                |            | beginner / intermediate |
| 3:45 pm - 5:45 pm   | Swim School                | teaching pool (12.5m) |                |            | beginner                |
| 3:45 pm - 5:45 pm   | Swim School                | shallow pool          |                |            | beginner                |
| 6:00 pm - 7:00 pm   | Swim Club                  | main pool (25.0m)     |                |            | advanced                |

| Time              | Session   | Facility          | Instructor | # Lanes | Level        |
|-------------------|-----------|-------------------|------------|---------|--------------|
| 6:00 pm - 8:00 pm | Swim Club | shallow pool      |            |         | intermediate |
| 6:00 pm - 9:00 pm | Swim Club | flexi pool        |            |         | all levels   |
| 6:00 pm - 9:30 pm | Swim Club | main pool (25.0m) |            |         | all levels   |