



# Prince Regent Swimming Complex Pools Programme

## MAIN POOL

### Early Morning General Swim

Monday	7.00am-9.00am
Tuesday	7.00am-9.00am
Wednesday	7.00am-9.00am
Thursday	7.00am-9.00am
Friday	7.00am-9.00am

### Adults General Swim

Monday	9.30am-10.30am
Friday	9.00am-10.30am

### Women Only General Swim

Tuesday	9.00am-10.30am
Thursday	9.30am-10.30am

### General Swim

Monday	10.30am-8.00pm
Tuesday	10.30am-6.45pm
Wednesday	10.20am-8.00pm (#6.30-8.00pm)
Thursday	10.30am-8.00pm
Friday	10.30am-5.45pm
Saturday	9.00am-4.45pm
Sunday	10.00am-8.00pm

### Adults Only General Swim

Monday	8.00pm-9.30pm
Wednesday#	8.00pm-9.30pm
Thursday	8.00pm-9.30pm
Sunday	8.00pm-9.30pm

For all the above sessions in the Main Pool lanes will be available

## FLEXI POOL

### General Swim

Tuesday	12.00pm-2.00pm
Wednesday	12.00pm-1.30pm
Thursday	12.00pm-2.00pm
Friday	1.15pm-2.00pm

### Junior Fun General Session\*

Saturday	12.30pm-4.45pm (3.45 finish if booked for Pool Party)
Sunday	10.30am-7.00pm

## TEACHING POOL

### Family General Swim\*

Monday	12.00pm-1.30pm, 2.30pm-4.00pm
Tuesday	12.00pm-1.30pm, 2.30pm-4.00pm
Wednesday	12.00pm-1.30pm, 2.30pm-4.00pm
Thursday	12.00pm-1.30pm, 2.30pm-4.00pm
Friday	12.00pm-4.00pm
Saturday	10.30am-3.30pm
Sunday	10.00am-6.00pm

### Adults General Swim

Monday	9.30am-10.30am
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### Women Only General Swim

Tuesday	9.00am-10.30am
Thursday	9.30am-10.30am

## SHALLOW POOL

### General Swim

Monday	10.30am-4.00pm, 6.00pm-8.00pm
Tuesday	10.30am-4.00pm, 6.00pm-6.45pm
Wednesday	10.30am-4.00pm, 6.00pm-8.00pm
Thursday	10.30am-4.00pm, 6.00pm-8.00pm
Friday	10.30am-4.00pm,
Saturday	9.00am-4.45pm (Available for hire from 12.45pm for pool parties. Exclusive use only during duration of party)
Sunday	10.00am-8.00pm (Available for hire from 12.45pm for pool parties. Exclusive use only during duration of party)

### Adult General Swim

Monday	9.30am-10.30am
Friday	9.00am-10.30am

### Women Only swim

Tuesday	9.00am-10.30am
Thursday	9.30am-10.30am

### Junior Fun General Session\*

Monday	4.00pm-6.00pm
Tuesday	4.00pm-6.00pm
Wednesday	4.00pm-6.00pm
Thursday	4.00pm-6.00pm
Friday	4.00pm-5.45pm

### Adults Only Swim

Monday	8.00pm-9.30pm
Wednesday	8.00pm-9.30pm
Thursday	8.00pm-9.30pm
Sunday	8.00pm-9.30pm

### Waterslide Opening times

Weekdays	4.00pm-6.00pm
Weekends and schools holidays	10.00am-4.00pm



## MEMBERS SWIM FOR FREE!



### Prince Regent Swimming Complex

Church Street, Brighton, East Sussex BN1 1YA  
Tel 01273 685692  
Fax 01273 625454



Managed by DC Leisure Management on behalf of Brighton & Hove City Council.

## GENERAL INFORMATION ABOUT SWIMMING

The Main Pool measures 25m long with lanes always available for swimmers to exercise.

The Main Pool is not suitable for non swimmers.

The Junior fun session is for children too old for the teaching pool who want to play with mats and floats.

The Flexi Pool is set at 1.5m during General Swim and Fun sessions.  
(No Diving permitted in Flexi Pool).

The Teaching Pool is primarily for the use of toddlers and babies although family members can also swim with the younger ones. (Children under 8 must be accompanied by parent or guardian over the age of 18yrs)

Fast lane in Main Pool during Early Morning General Swim, 12.00pm-2.00pm Weekdays and During Adults Only.

\* Mats and Floats available

During the school holidays the Flexi Pool will be open from 10.30am - 3.00pm for a Junior Fun General Session. Except when in use for organised activities.

# For this session limited space available one lane only.

If you qualify for free swimming you may swim in all General Sessions. See Free Swimming flyer or ask at reception for Terms and Conditions.

