

Panaga Club: Pool Timetable and Schedule
Revised: October 2009

Notes: This Pool Timetable and Schedule is provided as a general guide and is updated when necessary.
 Public Holidays: There are no regular swimming lessons; some private lessons may take place.
 The pool is free during "School Swimming" times when Panaga School is on Term Break.
 StingRays swimming lessons or swim camps may run on modified schedules during Term Breaks,
 at which times there will always be lanes available for lap/leisure.
 Pool Hours are 07:00 to 20:00 except as follows:
 Monday: closed from 07:00 to 07:30 for grass cutting
 Other times as posted for pool cleaning, etc.

Legend:

- Available for lap/leisure
- Swimming Lessons/Training -- StingRays Members (visit Club Office to register)
- Sub Aqua / Kayak
- Panaga School Swimming Lessons (when school is in session)
- Pool Closed
- Dutch Committee

		5 to 6 am	6 to 7 am	7 to 8 am	8 to 9 am	9 to 10 am	10 to 11 am	11 am to noon	noon to 1 pm	1 to 2 pm	2 to 3 pm	3 to 4 pm	4 to 5 pm	5 to 6 pm	6 to 7 pm	7 to 8 pm	8 to 9 pm	9 pm ...											
Monday	Lane 1													Blue Rays Group A		Local Childrn		Comp Squad											
	Lane 2													School Swimming		For Blue Rays: centre section of shallow end only		2 lanes free											
	Lane 3															3 lanes free		2 lanes free											
	Lane 4																	3 lanes free											
	Lane 5																									3 lanes free			
	Lane 6																												
		Mantas 4:15-5		Whips 5-5:45		Comp Squad		Masters																					
		1 or 2 lanes free		2 lanes free		3 lanes free																							
				School Swimming		Blue Rays Group B		Sharks Group B		Tigers		Adult LTS																	
				3 lanes free		For Blues: centre section of shallow end only		3 lanes free		4 lanes free		KAYAK (As needed, not every week)																	
						School Swimming		Mantas 4:15-5		Whips 5-5:45		Comp Squad				Masters													
						3 lanes free		1 or 2 lanes free		2 lanes free		3 lanes free																	
						School Swimming		School Swimming		Masters																			
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Panaga StingRays -- Swimming Lessons / Training Times

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Blue Rays

Group A: Mondays 3:30 to 4:30 pm

Group B: Wednesdays 4 to 5 pm

Local Children (attending Government or Local Private Schools)

Mondays -- 4:30 to 5:00 pm

Eagle Rays

Saturdays -- 9:30 to 10:00 am

Tiger Rays

Saturdays -- 9:00 to 9:30 am

Wednesdays -- 6 to 6:30 pm

Shark Rays

Group A: Saturdays -- 8:15 to 9:00 am

Group B: Wednesdays -- 5 to 5:45 pm

Manta Rays

Tuesdays and Thursdays -- 4:15 to 5 pm

Whip Rays

Tuesdays and Thursdays -- 5 to 5:45 pm

Masters (assumes basic level of proficiency)

Tuesdays & Thursdays -- 7 to 8 pm

Fridays -- 9:30 to 10:30 am

Saturdays -- 7 to 8 am

Introduction to Masters (Adult Learn-to-Swim)

Wednesdays -- 6:30 to 7:00 pm

Competition Squad

Mondays -- 6 to 7 pm

Tuesdays and Thursdays: 6 to 7 pm

Fridays -- 5:30 to 6:30 pm

Saturdays -- 7 to 8 am