

## Panaga StingRays -- Swimming Lessons / Training Times

### Revised: September 2010

Blue Rays	Wed	4 to 4:20 pm
Blue Rays	Wed	4:20 to 4:40 pm
Blue Rays	Wed	4:40 to 5 pm
Blue Rays	Fri	4 to 4:20 pm
Blue Rays	Fri	4:20 to 4:40 pm
Blue Rays	Fri	4:40 to 5 pm
Blue Rays	Sat	5 to 5:20 pm
Blue Rays	Sat	5:20 to 5:40 pm
Blue Rays	Sat	5:40 to 6 pm
Eagle Rays ( <i>from Blues only</i> )	Mon	3:15 to 3:45 pm
Eagle Rays ( <i>from Blues only</i> )	Mon	3:45 to 4:15 pm
Eagle Rays	Mon	5 to 5:30 pm
Eagle Rays	Sat	9:30 to 10 am
Tiger Rays	Wed	6 to 6:30 pm
Tiger Rays	Sat	8:30 to 9 am
Tiger Rays	Sat	9 to 9:30 am
Shark Rays	Wed	5 to 5:30 pm
Shark Rays	Sat	8 to 8:30 am
Shark Rays	Sat	3:45 to 4:15 pm
Manta Rays	Tue/Thu	3:45 to 4:15 pm
Manta Rays	Tue/Thu	4:15 to 5 pm
Whip Rays	Tue/Thu	5 to 5:45 pm
Whip Rays	Wed/Sat	3:15 to 3:45 pm
Comp Squad	Mon/Tue/Thu	6 to 7 pm
	Fri	5:30 to 6:30 pm
	Sat	6:45 to 8 am
Local School Children	Mon	4:30 to 5 pm
Older/Mixed Ability	Sat	4:15 to 4:45 pm
Masters	Tue/Thu	7 to 8 pm
	Fri	9:30 to 10:30 am
	Sat	6:45 to 8 am
Adult Learn-to-Swim/Beginner	Wed	6:30 to 7 pm

This list does not include private lesson bookings.