

| 時間 | 月 | | | | | | | 火 | | | | | | | 水 | | | | | | | 木 | | | | | | | 金 | | | | | | | 土 | | | | | | | 日 | | | | | | | | | | | | | | | | | | | | |
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| | 北側 | | | 南側 | | | | 北側 | | | 南側 | | | | 北側 | | | 南側 | | | | 北側 | | | 南側 | | | | 北側 | | | 南側 | | | | 北側 | | | 南側 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | |
| 10:00 | コース | | | | | | | コース | | | | | | | コース | | | | | | | コース | | | | | | | コース | | | | | | | コース | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | 10:10-10:55 ウォーキング 45分★ 北岡 | | | | | | | 10:30 はじめて 30分★ 北岡 | | | | | | | 10:30-11:00 フィンスイム 30分★★ 柳内 | | | | | | | | | | | | | | 10:00 クロール 30分★★ 川俣 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | 11:00-11:30 背泳ぎ 30分★★ 柳内 | | | | | | | 11:00-12:00 レベルアップスイム 60分★★★ 北岡 | | | | | | | 11:05-11:50 のんびり ウォーキング 45分★ 木戸 | | | | | | | 11:15-11:45 アクアビクス 30分★★ 武馬 | | | | | | | 11:00-12:00 レベルアップスイム 60分★★★ 北岡 | | | | | | | 11:00-11:45 アクアビクス 45分★★ 星野 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:15 | 11:30-12:00 バタフライ 30分★★ 柳内 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 12:30-13:15 はつらつ ウォーキング 45分★ 柳内 | | | | | | | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | 13:30-14:30 レベルアップスイム 60分★★★ 浅野 | | | | | | | 13:30-14:15 アクアビクス 45分★★★ 星野 | | | | | | | 13:30-14:00 背泳ぎ 30分★★ 市本 | | | | | | | 13:30-14:00 クロール 30分★★ 市本 | | | | | | | 13:30-14:30 レベルアップスイム 60分★★★ 川俣 | | | | | | | 13:30-14:15 アクア コンディショニング 45分★★ 武馬 | | | | | | | 13:30-14:00 クロール 30分★★ 川俣 | | | | | | | 13:30-14:00 バタフライ 30分★★ 北岡 | | | | | | | | | | | | | |
| 14:00 | | | | | | | | 14:00-14:30 バタフライ 30分★★ 市本 | | | | | | | 14:00-14:30 フィンスイム 30分★★ 市本 | | | | | | | | | | | | | | 14:00-14:30 平泳ぎ 30分★★ 川俣 | | | | | | | 14:00 | | | | | | | 14:00-14:30 インターバル 30分★★★ 北岡 | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 18:00 | | | | | | | 18:30 終了 | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | 19:30-20:00 アクアビクス 30分★★ 柳内 | | | | | | | 19:30-20:00 アクアビクス 30分★★ 映理子 | | | | | | | 19:30-20:00 フィンスイム 30分★★ 市本 | | | | | | | 19:30-20:00 アクアビクス 30分★★ 映理子 | | | | | | | 19:30-20:00 アクアビクス 30分★★ 北岡 | | | | | | | 19:00-20:00 メニュー マスターズ 60分 | | | | | | | 19:00-20:00 レベルアップ スイム 60分★★★ 浅野 | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22:30 | 22:30 終了 | | | | | | | 22:30 終了 | | | | | | | 22:30 終了 | | | | | | | 22:30 終了 | | | | | | | 22:30 終了 | | | | | | | 22:30 終了 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

プール利用不可

自由水泳

コーチ付レッスン

※ ★の数は運動量を表します (★1弱い～★★★3強い)

※各曜日『1～7』はプールコースです。

TEL : 0283-24-5222