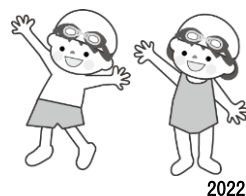


# 水中講座(A・T・R)日程表



2021年度後期

| 講座(ｺｰｽ名)              | 曜日         | 時間帯                         | 10月 |    |    |    | 11月 |         |    |    |    | 12月 |    |         |    | 1月 |    |    |    | 2月 |    |   |    | 3月 |    |  |  | 合計 |
|-----------------------|------------|-----------------------------|-----|----|----|----|-----|---------|----|----|----|-----|----|---------|----|----|----|----|----|----|----|---|----|----|----|--|--|----|
| レディース水泳               | 月          | 13:20~14:30                 | 4   | 11 | 18 | 25 | 1   | 8       | 15 | 22 | 29 | 6   | 13 | 20      | 17 | 24 | 31 | 7  | 14 | 21 | 28 | 7 | 14 | 28 | 22 |  |  |    |
|                       | 火          | 10:30~11:40                 | 5   | 12 | 19 | 26 | 2   | 9       | 16 | 30 | 7  | 14  | 21 | 11      | 18 | 25 | 1  | 8  | 15 | 22 | 1  | 8 | 15 | 22 | 22 |  |  |    |
|                       | 火          | 12:20~13:30                 | 5   | 12 | 19 | 26 | 2   | 9       | 16 | 30 | 7  | 14  | 21 | 11      | 18 | 25 | 1  | 8  | 15 | 22 | 1  | 8 | 15 | 22 | 22 |  |  |    |
|                       | 木          | 10:15~11:25                 | 7   | 14 | 21 | 4  | 11  | 18      | 25 | 2  | 9  | 16  | 23 | 6       | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 3 | 10 | 17 | 22 |  |  |    |
| 成人水泳                  | 月          | 15:00~16:10                 | 4   | 11 | 18 | 25 | 1   | 8       | 15 | 22 | 29 | 6   | 13 | 20      | 17 | 24 | 31 | 7  | 14 | 21 | 28 | 7 | 14 | 28 | 22 |  |  |    |
|                       | 木          | 18:40~19:50                 | 7   | 14 | 21 | 4  | 11  | 18      | 25 | 2  | 9  | 16  | 23 | 6       | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 3 | 10 | 17 | 22 |  |  |    |
|                       | 土          | 10:30~11:40                 | 2   | 9  | 16 | 23 | 6   | 13      | 20 | 27 | 4  | 11  | 18 | 8       | 15 | 22 | 29 | 5  | 12 | 19 | 26 | 5 | 12 | 19 | 22 |  |  |    |
| 四泳法<br>レベルアップ!水泳      | 水          | 18:40~19:50                 | 6   | 13 | 20 | 27 | 10  | 17      | 24 | 1  | 8  | 15  | 22 | 5       | 12 | 19 | 26 | 2  | 9  | 16 | 2  | 9 | 16 | 23 | 22 |  |  |    |
|                       | 土          | 12:20~13:30                 | 2   | 9  | 16 | 23 | 6   | 13      | 20 | 27 | 4  | 11  | 18 | 8       | 15 | 22 | 29 | 5  | 12 | 19 | 26 | 5 | 12 | 19 | 22 |  |  |    |
| 週末親子水泳&成人水泳           | 金          | 18:40~19:50                 | 1   | 8  | 15 | 22 | 5   | 12      | 19 | 26 | 3  | 10  | 17 | 24      | 7  | 14 | 21 | 28 | 4  | 18 | 25 | 4 | 11 | 18 | 22 |  |  |    |
| 体力向上♪<br>水中運動         | 木          | 12:20~13:20                 | 7   | 14 | 21 | 4  | 11  | 18      | 25 | 2  | 9  | 16  | 23 | 6       | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 3 | 10 | 17 | 22 |  |  |    |
| アクアビクス 70分            | 金          | 10:30~11:40                 | 1   | 8  | 15 | 22 | 5   | 12      | 19 | 26 | 3  | 10  | 17 | 24      | 7  | 14 | 21 | 28 | 4  | 18 | 25 | 4 | 11 | 18 | 22 |  |  |    |
| 基礎ヨガ&アクアビクス♪          | 火          | 18:40~19:50                 | 5   | 12 | 19 | 26 | 2   | 9       | 16 | 30 | 7  | 14  | 21 | 11      | 18 | 25 | 1  | 8  | 15 | 22 | 1  | 8 | 15 | 22 | 22 |  |  |    |
|                       | 日<br>(月2回) | 10:30~11:40                 | 3   | 17 | 7  | 21 | 5   | 19      | 16 | 30 | 6  | 20  | 6  | 20      | 6  | 20 | 12 |    |    |    |    |   |    |    |    |  |  |    |
| ソフトアクア                | 水          | 10:30~11:40                 | 6   | 13 | 20 | 27 | 10  | 17      | 24 | 1  | 8  | 15  | 22 | 5       | 12 | 19 | 26 | 2  | 9  | 16 | 2  | 9 | 16 | 23 | 22 |  |  |    |
| 燃焼系<br>水中ウォーク         | 月          | 18:40~19:40                 | 4   | 11 | 18 | 25 | 1   | 8       | 15 | 22 | 29 | 6   | 13 | 20      | 17 | 24 | 31 | 7  | 14 | 21 | 28 | 7 | 14 | 28 | 22 |  |  |    |
|                       | 水          | 12:20~13:20                 | 6   | 13 | 20 | 27 | 10  | 17      | 24 | 1  | 8  | 15  | 22 | 5       | 12 | 19 | 26 | 2  | 9  | 16 | 2  | 9 | 16 | 23 | 22 |  |  |    |
| 膝・肩・腰らくらく<br>水中ウォーキング | 月          | 11:00~12:00                 | 4   | 11 | 18 | 25 | 1   | 8       | 15 | 22 | 29 | 6   | 13 | 20      | 17 | 24 | 31 | 7  | 14 | 21 | 28 | 7 | 14 | 28 | 22 |  |  |    |
|                       | 金          | 12:20~13:30                 | 1   | 8  | 15 | 22 | 5   | 12      | 19 | 26 | 3  | 10  | 17 | 24      | 7  | 14 | 21 | 28 | 4  | 18 | 25 | 4 | 11 | 18 | 22 |  |  |    |
| ベビースイム                | 月<br>1・3   | (6ヶ月~2歳3ヵ月対象)<br>9:40~10:20 | 4   | 18 | 1  | 15 | 6   | 20      | 17 | 31 | 7  | 21  | 7  | 28      | 12 |    |    |    |    |    |    |   |    |    |    |  |  |    |
|                       | 火<br>2・4   |                             | 12  | 26 | 9  | 30 | 14  | 21      | 11 | 25 | 8  | 22  | 8  | 22      | 12 |    |    |    |    |    |    |   |    |    |    |  |  |    |
|                       | 土<br>1・3   |                             | 2   | 16 | 6  | 20 | 4   | 18      | 15 | 29 | 5  | 19  | 5  | 19      | 12 |    |    |    |    |    |    |   |    |    |    |  |  |    |
|                       | 土<br>2・4   |                             | 9   | 23 | 13 | 27 | 11  | (1回無料券) | 8  | 22 | 12 | 26  | 12 | (1回無料券) | 12 |    |    |    |    |    |    |   |    |    |    |  |  |    |
| 幼児水泳                  | 火          | 15:30~16:40                 | 5   | 12 | 19 | 26 | 2   | 9       | 16 | 30 | 7  | 14  | 21 | 11      | 18 | 25 | 1  | 8  | 15 | 22 | 1  | 8 | 15 | 22 | 22 |  |  |    |
|                       | 水          | 15:30~16:40                 | 6   | 13 | 20 | 27 | 10  | 17      | 24 | 1  | 8  | 15  | 22 | 5       | 12 | 19 | 26 | 2  | 9  | 16 | 2  | 9 | 16 | 23 | 22 |  |  |    |
|                       | 木          | 15:30~16:40                 | 7   | 14 | 21 | 4  | 11  | 18      | 25 | 2  | 9  | 16  | 23 | 6       | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 3 | 10 | 17 | 22 |  |  |    |
|                       | 金          | 15:30~16:40                 | 1   | 8  | 15 | 22 | 5   | 12      | 19 | 26 | 3  | 10  | 17 | 24      | 7  | 14 | 21 | 28 | 4  | 18 | 25 | 4 | 11 | 18 | 22 |  |  |    |
|                       | 土          | 13:30~14:40                 | 2   | 9  | 16 | 23 | 6   | 13      | 20 | 27 | 4  | 11  | 18 | 8       | 15 | 22 | 29 | 5  | 12 | 19 | 26 | 5 | 12 | 19 | 22 |  |  |    |
| 小学生水泳                 | 火          | (幼児年長も可)<br>17:00~18:10     | 5   | 12 | 19 | 26 | 2   | 9       | 16 | 30 | 7  | 14  | 21 | 11      | 18 | 25 | 1  | 8  | 15 | 22 | 1  | 8 | 15 | 22 | 22 |  |  |    |
|                       | 水          | 17:00~18:10                 | 6   | 13 | 20 | 27 | 10  | 17      | 24 | 1  | 8  | 15  | 22 | 5       | 12 | 19 | 26 | 2  | 9  | 16 | 2  | 9 | 16 | 23 | 22 |  |  |    |
|                       | 木          | (幼児年長も可)<br>17:00~18:10     | 7   | 14 | 21 | 4  | 11  | 18      | 25 | 2  | 9  | 16  | 23 | 6       | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 3 | 10 | 17 | 22 |  |  |    |
|                       | 金          | 17:00~18:10                 | 1   | 8  | 15 | 22 | 5   | 12      | 19 | 26 | 3  | 10  | 17 | 24      | 7  | 14 | 21 | 28 | 4  | 18 | 25 | 4 | 11 | 18 | 22 |  |  |    |
|                       | 土          | 15:30~16:40                 | 2   | 9  | 16 | 23 | 6   | 13      | 20 | 27 | 4  | 11  | 18 | 8       | 15 | 22 | 29 | 5  | 12 | 19 | 26 | 5 | 12 | 19 | 22 |  |  |    |
| レベルアップ水泳              | 月          | 17:10~18:10                 | 4   | 11 | 18 | 25 | 1   | 8       | 15 | 22 | 29 | 6   | 13 | 20      | 17 | 24 | 31 | 7  | 14 | 21 | 28 | 7 | 14 | 28 | 22 |  |  |    |
|                       | 土          | 16:40~17:40                 | 2   | 9  | 16 | 23 | 6   | 13      | 20 | 27 | 4  | 11  | 18 | 8       | 15 | 22 | 29 | 5  | 12 | 19 | 26 | 5 | 12 | 19 | 22 |  |  |    |
| 講座(ｺｰｽ名)              | 曜日         | 時間帯                         | 10月 |    |    |    | 11月 |         |    |    |    | 12月 |    |         |    | 1月 |    |    |    | 2月 |    |   |    | 3月 |    |  |  | 合計 |

\*日程の変更が行われる場合があります。ご了承お願い致します。