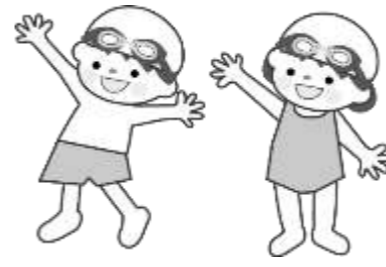


水中講座(A・T・R)日程表



2024年度前期

| 講座(コース名) | 曜日 | 時間帯 | 4月 | | | | 5月 | | | | 6月 | | | | 7月 | | | | 8月 | | | | 9月 | | | | 合計 |
|--|-------------|-----------------------------|----|----|----|----|----|---------|----|----|----|----|----|----|------|----|----|----|----|----|----|----|----|---------|----|--|----|
| レディース水泳 | 月 | 13:20~14:30 | 1 | 8 | 15 | 22 | 13 | 20 | 27 | 3 | 10 | 17 | 24 | 1 | 8 | 22 | 29 | 5 | 19 | 26 | 2 | 9 | 16 | 30 | 22 | | |
| | 火 | 10:30~11:40 | 2 | 9 | 16 | 23 | 7 | 14 | 21 | 28 | 4 | 11 | 18 | 25 | 2 | 9 | 16 | 23 | 6 | 20 | 27 | 3 | 10 | 17 | 22 | | |
| | 火 | 12:20~13:30 | 2 | 9 | 16 | 23 | 7 | 14 | 21 | 28 | 4 | 11 | 18 | 25 | 2 | 9 | 16 | 23 | 6 | 20 | 27 | 3 | 10 | 17 | 22 | | |
| | 木 | 10:30~11:40 | 4 | 11 | 18 | 25 | 9 | 16 | 23 | 30 | 6 | 13 | 20 | 27 | 4 | 11 | 18 | 1 | 8 | 22 | 29 | 5 | 12 | 19 | 22 | | |
| 成人水泳 | 月 | 15:00~16:10 | 1 | 8 | 15 | 22 | 13 | 20 | 27 | 3 | 10 | 17 | 24 | 1 | 8 | 22 | 29 | 5 | 19 | 26 | 2 | 9 | 16 | 30 | 22 | | |
| | 木 | 18:40~19:50 | 4 | 11 | 18 | 25 | 9 | 16 | 23 | 30 | 6 | 13 | 20 | 27 | 4 | 11 | 18 | 1 | 8 | 22 | 29 | 5 | 12 | 19 | 22 | | |
| | 土 | 10:30~11:40 | 6 | 13 | 20 | 27 | 11 | 18 | 25 | 1 | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 3 | 10 | 24 | 31 | 7 | 14 | 21 | 22 | | |
| 四泳法 レベルアップ!水泳 | 水 | 18:40~19:50 | 3 | 10 | 17 | 24 | 8 | 15 | 22 | 29 | 5 | 12 | 19 | 26 | 3 | 10 | 17 | 24 | 7 | 21 | 28 | 4 | 11 | 18 | 22 | | |
| | 土★ | 13:00~14:10 | 6 | 13 | 20 | 27 | 11 | 18 | 25 | 1 | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 3 | 10 | 24 | 31 | 7 | 14 | 21 | 22 | | |
| 週末の水泳講座 ※中学生から大人まで可 | 金 | 18:40~19:50 | 5 | 12 | 19 | 26 | 10 | 17 | 24 | 31 | 7 | 14 | 21 | 28 | 5 | 12 | 19 | 2 | 9 | 23 | 30 | 6 | 13 | 20 | 22 | | |
| アクアビクス | 金 | 10:30~11:40 | 5 | 12 | 19 | 26 | 10 | 17 | 24 | 31 | 7 | 14 | 21 | 28 | 5 | 12 | 19 | 2 | 9 | 23 | 30 | 6 | 13 | 20 | 22 | | |
| シェイプアップアクア | 火 | 18:40~19:50 | 2 | 9 | 16 | 23 | 7 | 14 | 21 | 28 | 4 | 11 | 18 | 25 | 2 | 9 | 16 | 23 | 6 | 20 | 27 | 3 | 10 | 17 | 22 | | |
| 基礎ヨガ&アクアサイズ | 日 (月2回) | 10:30~11:40 | 7 | 21 | | | 12 | 19 | | | 2 | 16 | | | 7 | 21 | | | 4 | 18 | | | 1 | 15 | 12 | | |
| ソフトアクア | 水 | 10:30~11:40 | 3 | 10 | 17 | 24 | 8 | 15 | 22 | 29 | 5 | 12 | 19 | 26 | 3 | 10 | 17 | 24 | 7 | 21 | 28 | 4 | 11 | 18 | 22 | | |
| 燃焼系水中ウォーキング | 月 | 18:40~19:40 | 1 | 8 | 15 | 22 | 13 | 20 | 27 | 3 | 10 | 17 | 24 | 1 | 8 | 22 | 29 | 5 | 19 | 26 | 2 | 9 | 16 | 30 | 22 | | |
| 水中ウォーキング | 水 | 12:20~13:20 | 3 | 10 | 17 | 24 | 8 | 15 | 22 | 29 | 5 | 12 | 19 | 26 | 3 | 10 | 17 | 24 | 7 | 21 | 28 | 4 | 11 | 18 | 22 | | |
| おススメ!! 膝・肩・腰らくらく 水中ウォーキング | 月 | 10:50~11:50 | 1 | 8 | 15 | 22 | 13 | 20 | 27 | 3 | 10 | 17 | 24 | 1 | 8 | 22 | 29 | 5 | 19 | 26 | 2 | 9 | 16 | 30 | 22 | | |
| | 木 | 12:20~13:20 | 4 | 11 | 18 | 25 | 9 | 16 | 23 | 30 | 6 | 13 | 20 | 27 | 4 | 11 | 18 | 1 | 8 | 22 | 29 | 5 | 12 | 19 | 22 | | |
| | 金 | 12:20~13:30 | 5 | 12 | 19 | 26 | 10 | 17 | 24 | 31 | 7 | 14 | 21 | 28 | 5 | 12 | 19 | 2 | 9 | 23 | 30 | 6 | 13 | 20 | 22 | | |
| ベビースイム | 月 1・3 | (6ヶ月~2歳3ヵ月対象) 9:40~10:20 | 1 | 15 | | | 13 | 20 | | | 3 | 17 | | | 1 | 22 | | | 5 | 19 | | | 2 | 30 | 12 | | |
| | 火 2・4 | | 9 | 23 | | | 14 | 28 | | | 11 | 25 | | | 9 | 23 | | | 6 | 27 | | | 10 | 17 | 12 | | |
| | 土 1・3 | | 6 | 20 | | | 18 | (1回無料券) | | | 1 | 15 | | | 6 | 20 | | | 3 | 31 | | | 7 | 21 | 12 | | |
| | 土 2・4 | | 13 | 27 | | | 11 | 25 | | | 8 | 22 | | | 6/29 | 13 | | | 10 | 24 | | | 14 | (1回無料券) | 12 | | |
| キッズ水泳 【対象】 [火・水・木・金] 3歳~小1 [土] 3歳~年長 | 火 | 15:30~16:40 | 2 | 9 | 16 | 23 | 7 | 14 | 21 | 28 | 4 | 11 | 18 | 25 | 2 | 9 | 16 | 23 | 6 | 20 | 27 | 3 | 10 | 17 | 22 | | |
| | 水 | 15:30~16:40 | 3 | 10 | 17 | 24 | 8 | 15 | 22 | 29 | 5 | 12 | 19 | 26 | 3 | 10 | 17 | 24 | 7 | 21 | 28 | 4 | 11 | 18 | 22 | | |
| | 木 | 15:30~16:40 | 4 | 11 | 18 | 25 | 9 | 16 | 23 | 30 | 6 | 13 | 20 | 27 | 4 | 11 | 18 | 1 | 8 | 22 | 29 | 5 | 12 | 19 | 22 | | |
| | 金 | 15:30~16:40 | 5 | 12 | 19 | 26 | 10 | 17 | 24 | 31 | 7 | 14 | 21 | 28 | 5 | 12 | 19 | 2 | 9 | 23 | 30 | 6 | 13 | 20 | 22 | | |
| | 土★ | 11:50~13:00 | 6 | 13 | 20 | 27 | 11 | 18 | 25 | 1 | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 3 | 10 | 24 | 31 | 7 | 14 | 21 | 22 | | |
| ジュニア水泳 【対象】 [火・水・木・金] 年長~小6 [土] 小1~小6 | 火 | 17:00~18:10 | 2 | 9 | 16 | 23 | 7 | 14 | 21 | 28 | 4 | 11 | 18 | 25 | 2 | 9 | 16 | 23 | 6 | 20 | 27 | 3 | 10 | 17 | 22 | | |
| | 水 | 17:00~18:10 | 3 | 10 | 17 | 24 | 8 | 15 | 22 | 29 | 5 | 12 | 19 | 26 | 3 | 10 | 17 | 24 | 7 | 21 | 28 | 4 | 11 | 18 | 22 | | |
| | 木 | 17:00~18:10 | 4 | 11 | 18 | 25 | 9 | 16 | 23 | 30 | 6 | 13 | 20 | 27 | 4 | 11 | 18 | 1 | 8 | 22 | 29 | 5 | 12 | 19 | 22 | | |
| | 金 | 17:00~18:10 | 5 | 12 | 19 | 26 | 10 | 17 | 24 | 31 | 7 | 14 | 21 | 28 | 5 | 12 | 19 | 2 | 9 | 23 | 30 | 6 | 13 | 20 | 22 | | |
| | 土★ | 14:20~15:30 | 6 | 13 | 20 | 27 | 11 | 18 | 25 | 1 | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 3 | 10 | 24 | 31 | 7 | 14 | 21 | 22 | | |
| ★土 | 15:30~16:40 | 6 | 13 | 20 | 27 | 11 | 18 | 25 | 1 | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 3 | 10 | 24 | 31 | 7 | 14 | 21 | 22 | | | |
| レベルアップ水泳 | 月 | 17:00~18:00 | 1 | 8 | 15 | 22 | 13 | 20 | 27 | 3 | 10 | 17 | 24 | 1 | 8 | 22 | 29 | 5 | 19 | 26 | 2 | 9 | 16 | 30 | 22 | | |
| | 土★ | 15:30~16:30 | 6 | 13 | 20 | 27 | 11 | 18 | 25 | 1 | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 3 | 10 | 24 | 31 | 7 | 14 | 21 | 22 | | |
| ★学生水泳 ~中学生 | 土 | 16:40~17:40 | 6 | 13 | 20 | 27 | 11 | 18 | 25 | 1 | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 3 | 10 | 24 | 31 | 7 | 14 | 21 | 22 | | |

*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。

★ 2024年4月より変更となります。