

## 令和8年1月 コース利用予定期

| 日 | 曜日 | コース | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|---|----|-----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 木  |     |    |    |    |    |    |    |    |    |    |    |    |    |
| 2 | 金  |     |    |    |    |    |    |    |    |    |    |    |    |    |
| 3 | 土  |     |    |    |    |    |    |    |    |    |    |    |    |    |
| 4 | 日  |     |    |    |    |    |    |    |    |    |    |    |    |    |
| 5 | 月  |     |    |    |    |    |    |    |    |    |    |    |    |    |
| 6 | 火  |     |    |    |    |    |    |    |    |    |    |    |    |    |
| 7 | 水  |     | 1  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 2  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 3  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 4  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 5  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 6  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 7  |    |    |    |    |    |    |    |    |    |    |    |
| 8 | 木  |     | 1  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 2  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 3  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 4  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 5  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 6  |    |    |    |    |    |    |    |    |    |    |    |
|   |    |     | 7  |    |    |    |    |    |    |    |    |    |    |    |

## 休館日

水温が上がらないため、プールの利用不可

泳者専用コース  
19:00～20:00  
初級/中級

泳者専用コース  
19:00～20:00  
初中級

11:00～  
11:45  
水中ウォーキング

泳者専用コース

泳者専用コース

令和8年1月 コース利用予定期表

令和8年1月 コース利用予定期表

令和8年1月 コース利用予定表

| 日  | 曜日 | コース | 10                         | 11 | 12                      | 13                | 14                   | 15 | 16 | 17 | 18 | 19                | 20                   | 21 |
|----|----|-----|----------------------------|----|-------------------------|-------------------|----------------------|----|----|----|----|-------------------|----------------------|----|
| 25 | 日  | 1   | 10:30~11:30<br>初級/中級       |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 2   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 3   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 4   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 5   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 6   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 7   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
| 26 | 月  | 1   |                            |    |                         |                   | 13:00~14:00<br>初心者   |    |    |    |    |                   |                      |    |
|    |    | 2   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 3   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 4   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 5   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 6   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 7   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
| 27 | 火  | 1   | 10:30~11:20<br>楽しい<br>水中運動 |    |                         |                   | 13:00~14:00<br>初級/中級 |    |    |    |    | 17:00~19:00<br>団体 | 19:10~20:10<br>水中ジグ  |    |
|    |    | 2   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 3   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 4   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 5   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 6   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 7   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
| 28 | 水  | 1   |                            |    |                         |                   |                      |    |    |    |    |                   | 19:00~20:00<br>初級/中級 |    |
|    |    | 2   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 3   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 4   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 5   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 6   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 7   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
| 29 | 木  | 1   |                            |    | 11:00~11:45<br>水中ウォーキング |                   |                      |    |    |    |    |                   | 19:00~20:00<br>初中級   |    |
|    |    | 2   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 3   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 4   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 5   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 6   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 7   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
| 30 | 金  | 1   | 10:30~11:30<br>初級/中級       |    |                         |                   | 13:00~14:00<br>水中運動  |    |    |    |    | 17:00~19:00<br>団体 | 19:10~20:10<br>水中ジグ  |    |
|    |    | 2   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 3   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 4   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 5   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 6   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 7   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
| 31 | 土  | 1   |                            |    |                         | 13:00~14:00<br>初級 |                      |    |    |    |    | 16:30~18:30<br>団体 | 19:00~20:00<br>入浴シャツ |    |
|    |    | 2   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 3   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 4   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 5   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 6   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |
|    |    | 7   |                            |    |                         |                   |                      |    |    |    |    |                   |                      |    |

※準備のため、上記の時間前後5分いただきますので、ご協力お願いします。

※上記の内容は変更になる場合があります。