# 令和８年12月　コース利用予定表

※00分省略

| 日 | 曜日 | コース | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 火 | 1 | | 10:30-11:20 かんたん水中運動 | | 13-14 初級・中級 | | | | 17-19 団体 | | 19:10-20:10 水中アクア | | |
| | | 2 | | | | | | | | | | | 19:30団体 | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 2 | 水 | 1 | | | | | | | | | | 19-20 初級・中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 3 | 木 | 1 | | | 11:00-11:45 水中ウォーキング | | | | | | | 19-20 初中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 4 | 金 | 1 | | 10:30-11:30 初級・中級 | | 13-14 初心者 | | | | 17-19 団体 | | 19:10-20:10 水中アクア | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 5 | 土 | 1 | | | | 13-14 初級 | | | | | | 19-20 ｽﾍﾟｼｬﾙ | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 6 | 日 | 1 | | 10:30-11:30 初中級 | | | | | | | | | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 7 | 月 | 1 | | | | 13-14 初心者 | | | | | | 19-20 初中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 8 | 火 | 1 | | 10:30-11:20 かんたん水中運動 | | 13-14 初級・中級 | | | | 17-19 団体 | | 19:10-20:10 水中アクア | | |
| | | 2 | | | | | | | | | | | 19:30団体 | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |

# 令和８年12月　コース利用予定表

※00分省略

| 日 | 曜日 | コース | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 9 | 水 | 1 | | | | | 泳者専用コース | | | | | 19-20 初級・中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 10 | 木 | 1 | | | | | 泳者専用コース | | | | | 19-20 初中級 | | |
| | | 2 | | 11:00-11:45 水中ｳｫｰｷﾝｸﾞ | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 11 | 金 | 1 | | | | 13-14 初心者 | | | | 17-19 団体 | | 19:10-20:10 水中アクア | | |
| | | 2 | | 10:30-11:30 初級・中級 | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 12 | 土 | 1 | | | | 13-14 初級 | | | | | | 19-20 ｽﾍﾟｼｬﾙ | | |
| | | 2 | | | | | 泳者専用コース | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 13 | 日 | 1 | | 10:30-11:30 初中級 | | | 泳者専用コース | | | | | | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 14 | 月 | 1 | | | | 13-14 初心者 | | | | | | 19-20 初中級 | | |
| | | 2 | | | | | 泳者専用コース | | | | | | 19:30団体 | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 15 | 火 | 1 | | 10:30-11:20 かんたん水中運動 | | 13-14 初級・中級 | | | | 17-19 団体 | | 19:10-20:10 水中アクア | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | 泳者専用コース | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 16 | 水 | 1 | | | | | 泳者専用コース | | | | | 19-20 初級・中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |

# 令和８年12月　コース利用予定表

※00分省略

| 日 | 曜日 | コース | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17 | 木 | 1 | | 11:00-11:45 水中ｳｫｰｷﾝｸﾞ | | | | 泳者専用コース | | | | 19-20 初中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 18 | 金 | 1 | | 10:30-11:30 初級・中級 | | 13-14 初心者 | | | | 17-19 団体 | | 19:10-20:10 水中アクア | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | 泳者専用コース | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 19 | 土 | 1 | | | | | | | | | | 19-20 ｽﾍﾟｼｬﾙ | | |
| | | 2 | | | | | | 泳者専用コース | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 20 | 日 | 1 | | | 12-15 団体 | | | | | | | | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | 泳者専用コース | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 21 | 月 | 1 | | | | | | 泳者専用コース | | | | | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 22 | 火 | 1 | | 10:30-11:20 かんたん水中運動 | | 13-14 初級・中級 | | 泳者専用コース | | | | 19:10-20:10 水中アクア | | |
| | | 2 | | | | | | | | | | | 19:30団体 | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 23 | 水 | 1 | | | | | | 泳者専用コース | | | | 19-20 初級・中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 24 | 木 | 1 | | | | | | 泳者専用コース | | | | 19-20 初中級 | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | | フリーコース | | | | | | |
| | | 7 | | | | | | | | | | | | |

# 令和８年12月　コース利用予定表

※00分省略

| 日 | 曜日 | コース | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 25 | 金 | 1 | | | | | 泳者専用コース | | | | | | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 26 | 土 | 1 | | | | | 泳者専用コース | | | | | 19-20 スペシャル | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 27 | 日 | 1 | | | | | 泳者専用コース | | | | | | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 28 | 月 | 1 | | | | | 泳者専用コース | | | | | | | |
| | | 2 | | | | | | | | | | | | |
| | | 3 | | | | | | | | | | | | |
| | | 4 | | | | | | | | | | | | |
| | | 5 | | | | | | | | | | | | |
| | | 6 | | | | | フリーコース | | | | | | | |
| | | 7 | | | | | | | | | | | | |
| 29 | 火 | 休館日 | | | | | | | | | | | | |
| 30 | 水 | | | | | | | | | | | | | |
| 31 | 木 | | | | | | | | | | | | | |

※教室利用やコース専用利用があるときは、準備のため上記時間の前後5分程度で
　コースロープの移動を行います。ご不便をおかけしますが、ご協力をお願いします。

※上記の内容は変更になる場合があります。

**※年始のプール営業は、1月7日(木)からです。**