

| 日     | 曜日 | コース | 9:45    | 10:45 | 11:45  | 12:45 | 13:45 | 14:45 | 15:45 | 16:45 | 17:45 | 18:45 | 19:45 | 20:45 |
|-------|----|-----|---------|-------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 10/25 | 土  | 1   | Jrスイミング |       | 水中健康教室 |       |       |       |       | 水深変更  |       |       |       |       |
|       |    | 2   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 3   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 4   |         |       |        |       |       |       |       |       |       |       |       |       |
| 10/26 | 日  | 1   |         |       |        |       |       |       |       | 1.4m  |       |       |       |       |
|       |    | 2   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 3   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 4   |         |       |        |       |       |       |       |       |       |       |       |       |
| 10/27 | 月  | 1   |         |       |        |       |       |       |       |       |       | レッスン  | レッスン  |       |
|       |    | 2   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 3   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 4   |         |       |        |       |       |       |       |       |       |       |       |       |
| 10/28 | 火  | 1   | 休館日     |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 2   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 3   |         |       |        |       |       |       |       |       |       |       |       |       |
|       |    | 4   |         |       |        |       |       |       |       |       |       |       |       |       |