

## 9月特別アクアプログラム

|       | 9月15日（月・祝）                         |   |   |   |   |   |         |   |  |                                    |   | 9月23日（火・祝） |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
|-------|------------------------------------|---|---|---|---|---|---------|---|--|------------------------------------|---|------------|---|---|---|---------|---|--|--------------------------|--------------------------|--|--|--|--|--|--------------------------|
|       | スクールプール                            |   |   |   |   |   | メンバープール |   |  | スクールプール                            |   |            |   |   |   | メンバープール |   |  |                          |                          |  |  |  |  |  |                          |
|       | 1                                  | 2 | 3 | 4 | 5 | 6 | 1       | 2 |  | 1                                  | 2 | 3          | 4 | 5 | 6 | 1       | 2 |  |                          |                          |  |  |  |  |  |                          |
|       | 【10：00 OPEN】                       |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 10:00 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 10:30 | アクアダンス<br>10：30～11：00              |   |   |   |   |   |         |   |  | Aqua ZUMBA<br>10：30～11：00<br>工藤 哲也 |   |            |   |   |   |         |   |  | SEICA<br>10：00<br>～11：00 |                          |  |  |  |  |  |                          |
| 11:00 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 11:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          | SEICA<br>11：00<br>～12：00 |  |  |  |  |  | SEICA<br>11：00<br>～12：00 |
| 12:00 | スイムトレーニング30<br>12：00～12：30         |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 12:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
|       | クロール・背泳ぎ【入門】<br>12：35～12：55        |   |   |   |   |   |         |   |  | 平泳ぎ・バタフライ【入門】<br>12：35～12：55       |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 13:00 | スイムスクール<br>13：00～14：00             |   |   |   |   |   |         |   |  | スイムスクール<br>13：00～14：00             |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 13:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 14:00 | REBORNS<br>SWIM<br>14：00<br>～15：00 |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 14:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  | SEICA<br>14：00<br>～15：00 |                          |  |  |  |  |  |                          |
| 15:00 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 15:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 16:00 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 16:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 17:00 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 17:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 18:00 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 18:30 | 選手クラス<br>18：00～19：30               |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 19:00 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 19:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 20:00 | 【19：50 プールCLOSE 20：00 施設CLOSE】     |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |
| 20:30 |                                    |   |   |   |   |   |         |   |  |                                    |   |            |   |   |   |         |   |  |                          |                          |  |  |  |  |  |                          |