

2025年12月11日（木）・17日（水）・23日（火）・26(金)/メガロス柏 特別アクアプログラムタイムスケジュール

|       | 12月11日(木)                         |   |   |   |   |   |        |   |   | 12月17日(水)  |   |   |   |   |   |                         |   |   | 12月23日(火)  |   |   |   |   |   |        |   |   | 12月26日(金)※特別営業日   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------|-----------------------------------|---|---|---|---|---|--------|---|---|--|---|---|---|---|---|-------------------------|---|---|--|---|---|---|---|---|--------|---|---|---|---|---|---|---|---|------------------|---|---|-----------------------------------|--|--|--|--|--|--|--|--|----------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|       | スクールプール                           |   |   |   |   |   | クラブプール |   |   | スクールプール  |   |   |   |   |   | クラブプール                  |   |   | スクールプール  |   |   |   |   |   | クラブプール |   |   | スクールプール   |   |   |   |   |   | クラブプール           |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|       | 1                                 | 2 | 3 | 4 | 5 | 6 | 1      | 2 | 3 | 1  | 2 | 3 | 4 | 5 | 6 | 1                       | 2 | 3 | 1  | 2 | 3 | 4 | 5 | 6 | 1      | 2 | 3 | 1   | 2 | 3 | 4 | 5 | 6 | 1                | 2 | 3 |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9:30  | 【9:00 OPEN】                       |   |   |   |   |   |        |   |   | 【9:00 OPEN】  |   |   |   |   |   |                         |   |   | 【9:00 OPEN】  |   |   |   |   |   |        |   |   | 【9:00 OPEN】   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00 | 【水中運動サークル】<br>キャスト<br>10:00～10:30 |   |   |   |   |   |        |   |   | アクアダンス45<br>増田 優子<br>9:45～10:30                            |   |   |   |   |   |                         |   |   | アクアアドバンス30<br>ゆみ<br>9:45～10:15                       |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   | 【水中運動サークル】<br>キャスト<br>10:20～10:50                    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   | T-Crush30<br>砂川 大介<br>10:15～10:45 |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:00 | *P.L.<br>山野内<br>10:30～            |   |   |   |   |   |        |   |   | 【水中運動サークル】<br>キャスト<br>10:40～11:10                          |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   | スイムトレーニング<br>入門 キヤスト<br>11:15～11:35                  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   | クロール<br>入門 キヤスト<br>11:40～12:00                       |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:30 |                                   |   |   |   |   |   |        |   |   | 【有料】<br>スイムスクール<br>12:00～13:00<br>初級：津田<br>中級：山野内<br>上級：笠原 |   |   |   |   |   |                         |   |   | 【有料】<br>REBORN<br>S<br>SWIM<br>丸川<br>12:00～<br>13:00 |   |   |   |   |   |        |   |   | 【有料】<br>フィンサークル<br>12:00～13:00                              |   |   |   |   |   |                  |   |   | 研修のため<br>スクールプール利用不可              |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:30 | *P.L.<br>松浦<br>13:00～             |   |   |   |   |   |        |   |   | 平泳ぎ<br>入門：キャスト<br>13:05～13:25                              |   |   |   |   |   |                         |   |   | 【有料】<br>スイムスクール<br>13:00～14:00<br>中級：笠原<br>マスターズ：丸川  |   |   |   |   |   |        |   |   | 【有料】<br>スイムスクール<br>13:00～14:00<br><del>初級：笠原</del><br>中級：松浦 |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   | 【担当者変更】<br>初級：飯田→笠原   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14:30 | *P.L.<br>野坂<br>14:00～             |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15:30 | 【研修】<br>15:30～<br>16:30           |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   | 【研修】<br>15:30～<br>16:30 |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17:30 | 選手<br>17:30～20:30                 |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:00 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21:00 |                                   |   |   |   |   |   |        |   |   | 【有料】<br>スイムスクール<br>20:30～21:30<br>初級：野坂<br>中級：熊谷<br>上級：松下  |   |   |   |   |   |                         |   |   | バタフライ<br>応用：キャスト<br>20:35～20:55                      |   |   |   |   |   |        |   |   | 【有料】<br>マスターズサークル<br>20:30～21:30                            |   |   |   |   |   |                  |   |   | *P.L.<br>笠原<br>20:30～             |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  | 研修のため<br>スクールプール利用不可 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22:00 |                                   |   |   |   |   |   |        |   |   | スイムトレーニング30<br>キャスト<br>21:30～22:00                         |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22:30 |                                   |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |                  |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23:00 | 【プール：23：20 CLOSE】                 |   |   |   |   |   |        |   |   |  |   |   |   |   |   |                         |   |   |  |   |   |   |   |   |        |   |   |   |   |   |   |   |   | 【施設：23：30 CLOSE】 |   |   |                                   |  |  |  |  |  |  |  |  |                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

| 12月27日（土） |   |   |   |   |   |   |        |   |   |  |  |  |  |
|-----------|---|---|---|---|---|---|--------|---|---|--|--|--|--|
|           | スクールプール   |   |   |   |   |   | クラブプール |   |   |  |  |  |  |
|           | 1   | 2 | 3 | 4 | 5 | 6 | 1      | 2 | 3 |  |  |  |  |
|           | 【9:00 OPEN】   |   |   |   |   |   |        |   |   |  |  |  |  |
| 9:30      |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 10:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 10:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 11:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 11:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 12:00     | イベント<br>12 : 00～14 : 30   |   |   |   |   |   |        |   |   |  |  |  |  |
| 12:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 13:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 13:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 14:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 14:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 15:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 15:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 16:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 16:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 17:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 17:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 18:00     | 選手<br>18:00～20:30   |   |   |   |   |   |        |   |   |  |  |  |  |
| 18:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 19:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 19:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 20:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 20:30     | 【プール : 20:50 CLOSE】   |   |   |   |   |   |        |   |   |  |  |  |  |
| 21:00     | 【施 設 : 21:00 CLOSE】   |   |   |   |   |   |        |   |   |  |  |  |  |
| 21:30     | 【特別プログラムご案内】  |   |   |   |   |   |        |   |   |  |  |  |  |
| 22:00     | 12/23（火）<br>スイムトレーニング45<br>11:00～11：45<br>合同練習会　いつもより長く泳ぎましょう。<br>みんなで鼓舞しながら泳いでみましょう。<br>※泳力にあったメニューで練習します。 |   |   |   |   |   |        |   |   |  |  |  |  |
| 22:30     |   |   |   |   |   |   |        |   |   |  |  |  |  |
| 23:00     |   |   |   |   |   |   |        |   |   |  |  |  |  |

本年もメガロス柏をご利用いただき  
ありがとうございました。  
二〇二六年も元気にお会いしましょう！