

## 2024年4～5月特別アクアプログラムタイムスケジュール

|       | 4/29 (月・祝)                            |   |   |   |   |   | 4/30 (火)                          |   |   |   |   |   | 5/1 (水)                             |   |   |   |   |   | 5/2 (木)                            |   |   |   |   |   | 5/4 (土)                               |   |   |   |   |   |   |   |   |   |   |   |
|-------|---------------------------------------|---|---|---|---|---|-----------------------------------|---|---|---|---|---|-------------------------------------|---|---|---|---|---|------------------------------------|---|---|---|---|---|---------------------------------------|---|---|---|---|---|---|---|---|---|---|---|
|       | スクールプール                               |   |   |   |   |   | スクールプール                           |   |   |   |   |   | スクールプール                             |   |   |   |   |   | スクールプール                            |   |   |   |   |   | スクールプール                               |   |   |   |   |   |   |   |   |   |   |   |
|       | 1                                     | 2 | 3 | 4 | 5 | 6 | 1                                 | 2 | 3 | 4 | 5 | 6 | 1                                   | 2 | 3 | 4 | 5 | 6 | 1                                  | 2 | 3 | 4 | 5 | 6 | 1                                     | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9:00  | [9:00 OPEN]                           |   |   |   |   |   | [9:00 OPEN]                       |   |   |   |   |   | [9:00 OPEN]                         |   |   |   |   |   | [9:00 OPEN]                        |   |   |   |   |   | [9:00 OPEN]                           |   |   |   |   |   |   |   |   |   |   |   |
| 9:30  |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 10:00 | キッズ無料体験会<br>9:30～10:00                |   |   |   |   |   | スマイルアクアダンス<br>9:40～10:10<br>関根 美結 |   |   |   |   |   | アクアアドバンス30<br>10:05～10:35<br>Tommy. |   |   |   |   |   | アクアアドバンス30<br>10:05～10:35<br>福井 知子 |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 10:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   | アクアアドバンス30<br>10:45～11:15<br>Tommy. |   |   |   |   |   |                                    |   |   |   |   |   | アクアアドバンス<br>10:30～11:00<br>ゆみ         |   |   |   |   |   |   |   |   |   |   |   |
| 11:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 11:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   | フットボール(20分)                         |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 12:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 12:30 | スイムトレーニング<br>12:30～13:00<br>田中        |   |   |   |   |   | 甲子園応援<br>12:30～12:55<br>香川        |   |   |   |   |   |                                     |   |   |   |   |   | バクダン入門<br>12:30～12:50<br>渡辺        |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 13:00 | クワ～4名<br>13:00～13:20<br>野田            |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   | キッズ無料体験会<br>12:00～13:00               |   |   |   |   |   |   |   |   |   |   |   |
| 13:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 14:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 14:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 15:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 15:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 16:00 | 選手コース                                 |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   | 選手コース                                 |   |   |   |   |   |   |   |   |   |   |   |
| 16:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 17:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 17:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 18:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 18:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   | 選手コース                               |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 19:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 19:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   | 選手コース                              |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 20:00 | 【プール：19:50 CLOSE】<br>【施設：20:00 CLOSE】 |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 20:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 21:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 21:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   | スイムトレーニング<br>21:00～21:30<br>相沢      |   |   |   |   |   | アクアアドバンス30<br>21:10～21:40<br>尾形 龍  |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 22:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 22:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   | 【プール：21:50 CLOSE】<br>【施設：22:00 CLOSE】 |   |   |   |   |   |   |   |   |   |   |   |
| 23:00 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
| 23:30 |                                       |   |   |   |   |   |                                   |   |   |   |   |   |                                     |   |   |   |   |   |                                    |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |
|       |                                       |   |   |   |   |   |                                   |   |   |   |   |   | 【プール：23:20 CLOSE】                   |   |   |   |   |   | 【施設：23:30 CLOSE】                   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |   |   |   |