

(令和7年11月)

(令和7年12月)

| 時間帯  |   | 10:00～12:00              |    |      |      |   |   | 13:00～15:00  |   |   |   |   |   | 15:30～17:30 |   |              |   |   |   | 18:30～20:30 |   |   |   |   |   |
|------|---|--------------------------|----|------|------|---|---|--------------|---|---|---|---|---|-------------|---|--------------|---|---|---|-------------|---|---|---|---|---|
| コース数 |   | 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    | 月 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 2    | 火 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 3    | 水 |                          |    |      |      |   |   |              |   |   |   |   |   | 東スイ         |   |              |   |   |   |             |   |   |   |   |   |
| 4    | 木 | 太スイ                      |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 5    | 金 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 6    | 土 | ASクラブ                    |    |      | スイミー |   |   | ラッコ水泳教室(財団)  |   |   |   |   |   |             |   | ※16:00～18:00 |   |   |   |             |   |   |   |   |   |
| 7    | 日 | Jump                     | 若鮎 | ウキウキ |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 8    | 月 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 9    | 火 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 10   | 水 |                          |    |      |      |   |   |              |   |   |   |   |   | 東スイ         |   |              |   |   |   |             |   |   |   |   |   |
| 11   | 木 | 太スイ                      |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 12   | 金 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 13   | 土 | ASクラブ                    |    |      | スイミー |   |   | マンボウ水泳教室(財団) |   |   |   |   |   |             |   | ※16:00～18:00 |   |   |   |             |   |   |   |   |   |
| 14   | 日 | Jump                     | 若鮎 | ウキウキ |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 15   | 月 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 16   | 火 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 17   | 水 |                          |    |      |      |   |   |              |   |   |   |   |   | 東スイ         |   |              |   |   |   |             |   |   |   |   |   |
| 18   | 木 | 太スイ                      |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 19   | 金 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 20   | 土 | ASクラブ                    |    |      | スイミー |   |   |              |   |   |   |   |   |             |   | ※16:00～18:00 |   |   |   |             |   |   |   |   |   |
| 21   | 日 | Jump                     | 若鮎 | ウキウキ |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 22   | 月 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 23   | 火 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 24   | 水 |                          |    |      |      |   |   |              |   |   |   |   |   | 東スイ         |   |              |   |   |   |             |   |   |   |   |   |
| 25   | 木 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 26   | 金 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 27   | 土 | スイミー                     |    |      |      |   |   |              |   |   |   |   |   |             |   | ※16:00～18:00 |   |   |   |             |   |   |   |   |   |
| 28   | 日 | ウキウキ                     |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 29   | 月 | 年末年始休館日【12/29(月)～1/3(土)】 |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 30   | 火 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |
| 31   | 水 |                          |    |      |      |   |   |              |   |   |   |   |   |             |   |              |   |   |   |             |   |   |   |   |   |