

| 時間帯 コース数 | 10:00~12:00 | | | | | | 13:00~15:00 | | | | | | 15:30~17:30 | | | | | | 18:30~20:30 | | | | | | | | | | | |
|-------------|---|----|------|---|---|---|-------------|---|---|---|---|---|-------------|---|---|---|---|---|-------------|---|---|---|---|---|--|--|--|--|--|--|
| | 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 木 | 年末年始休館日【12/29(月)~1/3(土)】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 金 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 土 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 日 | 設備点検・定期清掃のため休館【1/4(日)~1/12(月・祝)】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 月 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 火 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 水 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 木 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 金 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 土 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 祝 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 火 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 水 | | | | | | | | | | | | | 東スイ | | | | | | | | | | | | | | | | | |
| 15 木 | 太スイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 金 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 土 | ASクラブ | | スイミー | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 日 | Jump | 若鮎 | ウキウキ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 月 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 火 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 水 | | | | | | | | | | | | | 東スイ | | | | | | | | | | | | | | | | | |
| 22 木 | 太スイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 金 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 土 | ASクラブ | | スイミー | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 日 | Jump | 若鮎 | ウキウキ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 月 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 火 | はじめようスイミング(財) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 水 | | | | | | | | | | | | | 東スイ | | | | | | | | | | | | | | | | | |
| 29 木 | 太スイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 金 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31 土 | ASクラブ | | スイミー | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 時間帯 コース数 | 10:00~12:00 | | | | | | 13:00~15:00 | | | | | | 15:30~17:30 | | | | | | 18:30~20:30 | | | | | | | | | | |
|-------------|---------------|------|------|---|---|---|-------------|---|---|---|---|---|-------------|---|---|---|---|---------------------------|-------------|---|---|---|---|-----|--|--|--|--|--|
| | 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 日 | ウキウキ | Jump | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 月 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 火 | はじめようスイミング(財) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 水 | | | | | | | | | | | | | 東スイ | | | | | | | | | | | | | | | | |
| 5 木 | 太スイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 金 | | | | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | セの字 | | | | | |
| 7 土 | ASクラブ | | スイミー | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | | | | | | |
| 8 日 | ウキウキ | Jump | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 月 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 火 | はじめようスイミング(財) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 祝 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 木 | 太スイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 金 | | | | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | セの字 | | | | | |
| 14 土 | ASクラブ | | スイミー | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | | | | | | |
| 15 日 | ウキウキ | Jump | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 月 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 火 | はじめようスイミング(財) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 水 | | | | | | | | | | | | | 東スイ | | | | | | | | | | | | | | | | |
| 19 木 | 太スイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 金 | | | | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | セの字 | | | | | |
| 21 土 | ASクラブ | | スイミー | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | | | | | | |
| 22 日 | ウキウキ | Jump | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 祝 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 火 | はじめようスイミング(財) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 水 | | | | | | | | | | | | | 東スイ | | | | | | | | | | | | | | | | |
| 26 木 | 太スイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 金 | | | | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | セの字 | | | | | |
| 28 土 | ASクラブ | | スイミー | | | | | | | | | | | | | | | ジュニア水泳教室(財団) ※16:00~18:00 | | | | | | | | | | | |