| 日 | 曜 | L | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | L |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 16日 | 日曜日 | 1 | SAY | | | シーダーズ | | | | | | | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 17日 | 月曜日 | 1 | 休館日 | | | | | | | | | | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 18日 | 火曜日 | 1 | | | | | | | | キッズスイム | | | パシドル | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | キッズスイム | キッズスイム | | | 5 |
| | | 6 | | | 水泳指導 | | | | | | | | | 6 |
| | | 7 | 水中健康運動 | | | | 水泳指導 | | キッズスイム | | | | | 7 |
| | | 8 | | | | 水中健康運動 | | キッズスイム | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 19日 | 水曜日 | 1 | | | | | 成人水泳 | | | | | SAY | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | キッズスイム | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | キッズスイム | | | 5 |
| | | 6 | 女性水泳 | | | | | | | | | | | 6 |
| | | 7 | | | | | | | キッズスイム | | | | | 7 |
| | | 8 | | | | 成人水泳 | | キッズスイム | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 20日 | 木曜日 | 1 | | | | | | | | キッズスイム | | LBSS | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | キッズスイム | | | | 5 |
| | | 6 | | | 水泳指導 | | | | | | キッズスイム | | | 6 |
| | | 7 | 水中健康運動 | | | | 水泳指導 | | キッズスイム | | | 水泳指導 | | 7 |
| | | 8 | | | | 水中健康運動 | | キッズスイム | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 21日 | 金曜日 | 1 | | | | | | | | キッズスイム | | わかあゆ | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | キッズスイム | キッズスイム | | | 5 |
| | | 6 | 女性水泳 | | | | | | | | | | | 6 |
| | | 7 | | | | | 水泳指導 | | キッズスイム | | | | | 7 |
| | | 8 | | | | 水中健康運動 | | キッズスイム | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 22日 | 土曜日 | 1 | パシドル | | | ウォーターキッズ | | | | | | LBSS | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 23日 | 日曜日 | 1 | SAY | | | | | | | | | わかあゆ | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 日 | 曜 | L | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | L |

| 日 | 曜 | L | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | L |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 24日 | 月曜日 | 1 | | | | | | | | | | | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 25日 | 火曜日 | 1 | 休館日 | | | | | | | | | | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 26日 | 水曜日 | 1 | | | | | 成人水泳 | | | | | SAY | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | キッズスイム | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | キッズスイム | キッズスイム | | | 5 |
| | | 6 | 女性水泳 | | | | | | | | | | | 6 |
| | | 7 | | | | | | | キッズスイム | | | | | 7 |
| | | 8 | | | | | 成人水泳 | キッズスイム | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 27日 | 木曜日 | 1 | | | | | | | | キッズスイム | | LBSS | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | キッズスイム | | | | 5 |
| | | 6 | | | 水泳指導 | | | | | | キッズスイム | | | 6 |
| | | 7 | 水中健康運動 | | | | 水泳指導 | | キッズスイム | | | 水泳指導 | | 7 |
| | | 8 | | | | 水中健康運動 | | キッズスイム | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 28日 | 金曜日 | 1 | | | | | | | | キッズスイム | | わかあゆ | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | キッズスイム | キッズスイム | | | 5 |
| | | 6 | 女性水泳 | | | | | | | | | | | 6 |
| | | 7 | | | | | 水泳指導 | | キッズスイム | | | | | 7 |
| | | 8 | | | | 水中健康運動 | | キッズスイム | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 29日 | 土曜日 | 1 | 無料開放日 | | | | | | | | | | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| | | 1 | | | | | | | | | | | | 1 |
| | | 2 | | | | | | | | | | | | 2 |
| | | 3 | | | | | | | | | | | | 3 |
| | | 4 | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | 5 |
| | | 6 | | | | | | | | | | | | 6 |
| | | 7 | | | | | | | | | | | | 7 |
| | | 8 | | | | | | | | | | | | 8 |
| | | 小 | | | | | | | | | | | | 小 |
| | | 幼 | | | | | | | | | | | | 幼 |
| 日 | 曜 | L | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | L |