

スパ&スポーツ ユア-蔵 プールご利用コース・アクアレッスンスケジュール

2019年10月～

| コース         | 火曜日                                 |   |   |   |   |   |   |   |   | 水曜日                     |   |   |   |   |   |   |   |   | 木曜日                                   |   |   |   |   |   |   |   |   | 金曜日                                   |   |   |   |   |   |   |   |   | 土曜日                         |   |   |   |   |   |   |   |   | 日曜日                          |   |   |   |   |   |   |   |   | コース                 |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
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|             | 1                                   | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1                       | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1                                     | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1                                     | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1                           | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1                            | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |                     |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 9:00        | 立止可                                 |   |   |   |   |   |   |   |   | 立止可                     |   |   |   |   |   |   |   |   | 立止可                                   |   |   |   |   |   |   |   |   | 立止可                                   |   |   |   |   |   |   |   |   | 立止可                         |   |   |   |   |   |   |   |   | 立止可                          |   |   |   |   |   |   |   |   | 9:00                |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 9:30~9:45   | プチウォーキング<定員50名><br>小出 有紀子           |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   | プチウォーキング<定員50名><br>岸本 悠乃              |   |   |   |   |   |   |   |   | プチウォーキング<定員50名><br>田沼 栄一    |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   | 9:30~9:45           |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 9:50~10:20  | やさしいアクア<定員50名><br>小出 有紀子            |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   | ウォーキング&ストレッチ<定員50名><br>神 香            |   |   |   |   |   |   |   |   | やさしいアクア<定員50名><br>岸本 悠乃               |   |   |   |   |   |   |   |   | スクール<br>親子教室<br>10:30~11:30 |   |   |   |   |   |   |   |   | ウォーキング&ストレッチ<定員50名><br>小倉 理沙 |   |   |   |   |   |   |   |   | 10:00               |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 10:00       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  | 10:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 10:25~11:25 | レディース<br>10:25~11:25<br>11:30~12:30 |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   | レディース<br>10:25~11:25<br>11:30~12:30   |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   | アカアピクス<定員50名><br>小倉 理沙       |   |   |   |   |   |   |   |   | 11:00               |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 11:00       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  | 11:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 12:00       | 歩行                                  |   |   |   |   |   |   |   |   | 歩行                      |   |   |   |   |   |   |   |   | 歩行                                    |   |   |   |   |   |   |   |   | 歩行                                    |   |   |   |   |   |   |   |   | 歩行                          |   |   |   |   |   |   |   |   | 歩行                           |   |   |   |   |   |   |   |   | 12:00               |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 12:20~12:50 |                                     |   |   |   |   |   |   |   |   | 12:20~12:50<br>クロール・背泳ぎ |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   | 12:45~13:15<br>フリーアドバイス     |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   | 12:00               |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 12:35~13:05 | パワーダンス<定員40名><br>多賀 久江              |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   | お腹引締めアクア<定員35名><br>橋場 幸恵              |   |   |   |   |   |   |   |   | アクアヌードル<定員40名><br>藤野 一美               |   |   |   |   |   |   |   |   | 立止可                         |   |   |   |   |   |   |   |   | 13:00                        |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 13:00       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  | 13:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 13:15~13:45 | お腹引締めアクア<定員35名><br>多賀 久江            |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   | 13:10~13:40<br>アクアピクス<定員50名><br>藤野 一美 |   |   |   |   |   |   |   |   | 13:15~13:45<br>アクアピクス<定員50名><br>藤野 一美 |   |   |   |   |   |   |   |   | 立止可                         |   |   |   |   |   |   |   |   | 13:00                        |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 13:50~14:50 | フレッシュ<br>13:50~14:50                |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   | 13:50~14:20<br>平泳ぎ・バタフライ              |   |   |   |   |   |   |   |   | フレッシュ<br>13:50~14:50                  |   |   |   |   |   |   |   |   | 歩行                          |   |   |   |   |   |   |   |   | 14:00                        |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 14:00       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  | 14:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 15:00       | A・B                                 |   |   |   |   |   |   |   |   | A・B                     |   |   |   |   |   |   |   |   | A・B                                   |   |   |   |   |   |   |   |   | A・B                                   |   |   |   |   |   |   |   |   | A・B                         |   |   |   |   |   |   |   |   | C                            |   |   |   |   |   |   |   |   | 15:00               |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 16:00       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  | 16:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 17:00       | C                                   |   |   |   |   |   |   |   |   | C                       |   |   |   |   |   |   |   |   | C                                     |   |   |   |   |   |   |   |   | C                                     |   |   |   |   |   |   |   |   | C                           |   |   |   |   |   |   |   |   | D                            |   |   |   |   |   |   |   |   | 17:00               |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 18:00       | D                                   |   |   |   |   |   |   |   |   | D                       |   |   |   |   |   |   |   |   | D                                     |   |   |   |   |   |   |   |   | D                                     |   |   |   |   |   |   |   |   | D                           |   |   |   |   |   |   |   |   | D                            |   |   |   |   |   |   |   |   | F                   |  |  |  |  |  |  |  |  | 18:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 19:00       | 立止可                                 |   |   |   |   |   |   |   |   | 立止可                     |   |   |   |   |   |   |   |   | 立止可                                   |   |   |   |   |   |   |   |   | 立止可                                   |   |   |   |   |   |   |   |   | 立止可                         |   |   |   |   |   |   |   |   | F                            |   |   |   |   |   |   |   |   | 19:00               |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 20:00       | 歩行                                  |   |   |   |   |   |   |   |   | 歩行                      |   |   |   |   |   |   |   |   | 歩行                                    |   |   |   |   |   |   |   |   | 歩行                                    |   |   |   |   |   |   |   |   | 歩行                          |   |   |   |   |   |   |   |   | F                            |   |   |   |   |   |   |   |   | 19:30~20:30         |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 20:00       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   | アダルト<br>18:30~19:30 |  |  |  |  |  |  |  |  | 19:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 20:40~21:10 | AQUA ZUMBA®<定員40名><br>田沼 栄一         |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   | 20:35~21:05<br>アクアピクス<定員40名><br>田沼 栄一 |   |   |   |   |   |   |   |   | アダルト<br>19:30~20:30         |   |   |   |   |   |   |   |   | 20:00                        |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 21:00       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  | アダルト<br>20:30~21:30 |  |  |  |  |  |  |  |  | 21:00 |  |  |  |  |  |  |  |  |       |
| 22:00       | 歩行                                  |   |   |   |   |   |   |   |   | 歩行                      |   |   |   |   |   |   |   |   | 歩行                                    |   |   |   |   |   |   |   |   | 歩行                                    |   |   |   |   |   |   |   |   | 歩行                          |   |   |   |   |   |   |   |   | 歩行                           |   |   |   |   |   |   |   |   | 歩行                  |  |  |  |  |  |  |  |  | 22:00               |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  |       |
| 22:30       |                                     |   |   |   |   |   |   |   |   |                         |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                                       |   |   |   |   |   |   |   |   |                             |   |   |   |   |   |   |   |   |                              |   |   |   |   |   |   |   |   |                     |  |  |  |  |  |  |  |  |                     |  |  |  |  |  |  |  |  |       |  |  |  |  |  |  |  |  | 22:30 |

スイミングスクール 成人スイミングスクール ワンポイントレッスン (無料)

※レッスンは全て予約制です  
プールサイドにて予約ゴムを配布します。  
※レッスン開始後5分以降のご入場はお断り致します。  
※アクアレッションは基本3~4コース使用致します。尚、人数によってコース数に変更がございます。  
<コース数> ~24名 2コース / 25~34名 3コース / 35名~50名 4コース