

| 9月 白根総合公園屋内プール 開放予定表 (1日～15日) |         |     |           |               |       |       |       |       |       |       |       |       |       |       | ※2026. 8. 22現在 |  |
|-------------------------------|---------|-----|-----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------------|--|
| 日                             | 曜       | コース | 10:00     | 11:00         | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00          |  |
| 1                             | 火       | 休館日 |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 2                             | 水       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース        |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 3                             | 木       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース        |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 4                             | 金       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース        |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 5                             | 土       | 1   | 自由遊泳コース   |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   | スイムコース    |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   | ウォーキングコース |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 6                             | 日       | 1   | 自由遊泳コース   |               |       |       |       |       |       |       | 18時閉館 |       |       |       |                |  |
|                               |         | 2   | スイムコース    |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   | ウォーキングコース |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 7                             | 月       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース        |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 8                             | 火       | 休館日 |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 9                             | 水       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース おしえて水泳 |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 10                            | 木       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース        |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 11                            | 金       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース        |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 12                            | 土       | 1   | 自由遊泳コース   |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   | スイムコース    |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   | ウォーキングコース |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 13                            | 日       | 1   | 自由遊泳コース   |               |       |       |       |       |       |       | 18時閉館 |       |       |       |                |  |
|                               |         | 2   | スイムコース    |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   | ウォーキングコース |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 14                            | 月       | 1   |           | 自由遊泳コース       |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 2   |           | スイムコース        |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 3   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 4   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 5   |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
|                               |         | 6   |           | ウォーキングコース     |       |       |       |       |       |       |       |       |       |       |                |  |
| 22m                           | 自由遊泳コース |     |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 15                            | 火       | 休館日 |           |               |       |       |       |       |       |       |       |       |       |       |                |  |
| 日                             |         | コース | 10:00     | 11:00         | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00          |  |

| 9月 白根総合公園屋内プール 開放予定表 (16日～31日) |         |     |         |        |         |       |       |       |       |       |           |       |         |           | ※2026. 8. 19現在 |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|--------------------------------|---------|-----|---------|--------|---------|-------|-------|-------|-------|-------|-----------|-------|---------|-----------|----------------|---------|------|--|---------|---------|--|---------|--|-----------|---------|-------|-----------------|-------|
| 日                              | 曜       | コース | 10:00   | 11:00  | 12:00   | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00     | 19:00 | 20:00   | 21:00     | 22:00          |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 16                             | 水       | 1   |         |        | 自由遊泳コース |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   |         |        |         |       |       |       |       |       |           |       |         |           |                | スイムコース  |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       | ウォーキングコース       |       |
|                                |         | 22m |         |        |         |       |       |       |       |       |           |       |         |           |                | 自由遊泳コース |      |  |         |         |  |         |  |           |         |       |                 |       |
| 17                             | 木       | 1   | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       |           |       |         | ウォーキングコース |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 18                             | 金       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           | 自由遊泳コース |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       |           |       |         | ウォーキングコース |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 19                             | 土       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           | 自由遊泳コース |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       |           |       |         | ウォーキングコース |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 20                             | 日       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           | 自由遊泳コース |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       | ウォーキングコース |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 21                             | 月       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  | 自由遊泳コース |         |  |         |  |           |         |       | 【敬老の日】<br>18時閉館 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       | ウォーキングコース |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 22                             | 火       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  | 自由遊泳コース |         |  |         |  |           |         |       | 【国民の日】<br>18時閉館 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       | ウォーキングコース |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 23                             | 水       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  | 自由遊泳コース |         |  |         |  |           |         |       | 【秋分の日】<br>18時閉館 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       | ウォーキングコース |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 24                             | 木       | 休館日 |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 25                             | 金       | 1   |         |        |         |       |       |       |       |       |           |       | 自由遊泳コース |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  | ウォーキングコース |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 26                             | 土       | 1   |         |        |         |       |       |       |       |       |           |       |         | 自由遊泳コース   |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       |           |       |         | ウォーキングコース |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 27                             | 日       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           | 自由遊泳コース |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       | ウォーキングコース |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 28                             | 月       | 1   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         | 教室      |  | 自由遊泳コース |  |           | 教室      |       |                 |       |
|                                |         | 2   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 3   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 4   | スイムコース  |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 5   |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 6   |         |        |         |       |       |       |       |       |           |       |         | ウォーキングコース |                |         | 自由遊泳 |  |         |         |  | 自由遊泳    |  |           |         |       |                 |       |
|                                |         | 22m | 自由遊泳コース |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 29                             | 火       | 休館日 |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         | 30  |         |        |         |       |       |       |       |       |           |       |         | 水         | 1              |         |      |  |         | 自由遊泳コース |  |         |  |           |         |       |                 |       |
|                                |         |     | 2       |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         |     | 3       |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         |     | 4       | スイムコース |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         |     | 5       |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
|                                |         |     | 6       |        |         |       |       |       |       |       |           |       |         |           | ウォーキングコース      |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 22m                            | 自由遊泳コース |     |         |        |         |       |       |       |       |       |           |       |         |           |                |         |      |  |         |         |  |         |  |           |         |       |                 |       |
| 日                              |         |     |         |        |         |       |       |       |       |       |           | コース   | 10:00   | 11:00     |                |         |      |  |         |         |  |         |  |           | 12:00   | 13:00 | 14:00           | 15:00 |