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| 10　月　予　定　表 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | 行　　　　　　　　事 | 泉　市　民　体　育　館 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | 柴崎市民体育館 | | | | | | | | | | | | |
|  | | 11:00～ | 12:00～ | | | | | | | | | | | | | 14：00～ | | | 16:00～ | | | | | | | | 17：00  ～ | | | | | 19:00～ | | 20：00～ |  | 11:00～ | | | 12:00～ | | | | 16：00～ | 17:00～ | | | | |
| １ | 日 |  | A-5 | ウオーキング | | | | | | | | | | | | |  | | | | 育　成 | | | | | | | | | | | |  | | |  |  | | | | | | | | | | | | |
| 成人日曜 | | | | | | | | | | | | |
| ２ | 月 | ☆ | 日本泳法 | 成人  月曜 | | | | | | | | | | | | |  | | | | | Ａ－６ | | | | | Ａ－７ | | | | | |  | | |  |  | | | | | | | | | | | | |
| 成人月曜 |
| ３ | 火 | ☆ |  | | | | | | | | | | | | | | | | | | | Ａ－１ | | | | | Ａ－３ | | | | | |  | | |  |  | | | | Ｂ－１ | | | | Ｂ－３ | | | | |
| ４ | 水 | ☆ | カトレア  水曜 | | カトレア  水曜 | | | | | | | | | | | |  | | | | 育　成 | | | | | | | | | | | |  | | |  | 空調工事の為プール休み | | | | | | | | | | | | |
| ５ | 木 |  | 研修部-ウオーキングＰＭ２時～（泉体育館） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| ６ | 金 | ☆ | カトレア  金曜 | | | | | | カトレア  金曜 | | | | | | | |  | Ａ－２ | | | | | | | | | | Ａ－４ | | | | | |  | |  |  | | | | Ｂ－２ | | | | Ｂ－４ | | | | |
| ７ | 土 |  | 成人  土曜 | | | | | 成人  土曜 | | | | | | | | |  | | ハンディ  育成 | | | | | | | | | 育成 | | | | | |  | |  |  | | | | | | | | | | | | |
| ８ | 日 |  |  | | | | | |  | | | | | | | | | | | | | | 育成 | | | | | | | | | |  | | |  |  | | | | | | | | | | | | |
|  | | | | | |  | | | | | | | | | |  |  | | | | | | | | | | | | |
| ９ | 月 | 祝日（体育の日）  泉体育館館まつり |  | | | | | |  | | | | | | | |  | | | | | | | | | | | | | | | | | | |  |  | | | | | | | | | | | | |
|  | | | | | | | |  |
| １０ | 火 | ☆ |  | | | | | | | | | | | | | |  | | | | | | Ａ－１ | | | | | Ａ－３ | | | | |  | | |  | 空調工事の為プール休み | | | | | | | | | | | | |
|  | | | | | | | | | | | | | |  |
| １１ | 水 | ☆ | カトレア  水曜 | | | | | | | | カトレア  水曜 | | | | | |  | | | | | | 育　成 | | | | | | | | | |  | | |  |
| １２ | 木 |  |  | | | | | | | | | | | | | |  | | | | | |  | | | | | | | | | |  | | |  |  | |  | | | | | | | | | | |
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| １３ | 金 | ☆ | カトレア | | | | | | | | | | カトレア | | | |  | | | | | | Ａ－２ | | | | | | Ａ－４ | | | |  | | |  |  | | | | | | | | | | | | |
| 金曜 | | | | | | | | | | 金曜 | | | |  |
| １４ | 土 |  | 成人  土曜 | | | | | | | | | | 成人  土曜 | | | |  | | | | | | 市  ハンディ | | | | | | 育成 | | | |  | | |  |  | | | | | | | | | | | | |
| １５ | 日 |  | Ａ－５ | | | | | | | | | | ウォーキング | | | |  | | | | 育　成 | | | | | | | | | | | |  | | |  |  | | | | | | | | | | | | |
| 成人日曜 | | | |
| １６ | 月 | ☆ | 日本泳法 | | | | | | | | | | 成人月曜 | | | |  | | | | | | Ａ－６ | | | | | | Ａ－７ | | | 指導員研修  18：00～21：00 | | | |  |  | | | | | | | | | | | | |
| 成人月曜 | | | | | | | | | |
| １７ | 火 | ☆ |  | | | | | | | | | | | | | | | | | | | | Ａ－１ | | | | | | Ａ－３ | | | |  | | |  |  | | | | | Ｂ－１ | | | | | Ｂ－３ | | |
| １８ | 水 | ☆ | カトレア  水曜 | | | | | | | カトレア  水曜 | | | | | |  | | | | | | 育　成 | | | | | | | | | | |  | | |  |  | | | | | | | | | | | | |
| １９ | 木 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | 日本泳法 | 木曜  短期 | | | |  | | | | | | | |
| 木曜短期 |
| ２０ | 金 | ☆ | カトレア  金曜 | | カトレア  金曜 | | | | | | | | | |  | | | | | | | Ａ－２ | | | | | | | | Ａ－４ | |  | | | |  |  | | | | | Ｂ－２ | | | | Ｂ－４ | | | |
| ２１ | 土 |  | 成人  土曜 | | | 成人  土曜 | | | | | | | |  | | | | | | | | ハンディ  育成 | | | | | | | | 育成 |  | | | | |  |  | | | | | | | | | | | | |  |  |
| ２２ | 日 |  | Ａ－５ | | | | | | | ウォーキング | | | | | |  | | | | | | 育　成 | | | | | | | | | |  | | | |  |  | | | | | | | | | | | | |
| 成人日曜 | | | | | |  |
| ２３ | 月 | ☆ | 日本泳法 | | | | | | | 成人月曜 | | | | | |  | | | | | | | Ａ－６ | | | | Ａ－７ | | | | |  | | | |  |  | | | | | | | | | | | | |
| 成人月曜 | | | | | | |  |
| ２４ | 火 | ☆ |  | | | | | | | | | | | | | | | | | | | | Ａ－１ | | | | Ａ－３ | | | | |  | | | |  |  | | | | | | Ｂ－１ | | | Ｂ－３ | | | |
| ２５ | 水 | ☆ | カトレア  水曜 | | | | | | | | | カトレア  水曜 | | | | |  | | | | | | 育　成 | | | | | | | | |  | | | |  |  | | | | | | | | | | | | |
| ２６ | 木 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | 日本泳法 | 木曜  短期 | | | | |  | | | | | | |
|  | 木曜短期 |
| ２７ | 金 | ☆ | カトレア  金曜 | | | | カトレア  金曜 | | | | | | | | | |  | | | | | | | Ａ－２ | | | | | Ａ－４ | | |  | | | |  |  | | | | | | Ｂ－２ | | | | | Ｂ－４ | |
| ２８ | 土 |  | 成人  土曜 | | | | 成人  土曜 | | | | | | | | | |  | | | | | | | 市  ハンディ | | | | | 育成 | | |  | | | |  |  | | | | | | | | | | | | |
| ２９ | 日 |  | Ａ－５ | | | | ウォーキング | | | | | | | | | |  | | | | | | | | 育　成 | | | | | | |  | | | |  |  | | | | | | | | | | | | |
| 成人日曜 | | | | | | | | | |
| ３０ | 月 | ☆ | 日本泳法 | | | | 成人月曜 | | | | | | | | | |  | | | | | | | | Ａ－６ | Ａ－７ | | | | | |  | | | |  |  | | | | | | | | | | | | |
| 成人月曜 | | | |
| ３１ | 火 | ☆ |  | | | | | | | | | | | | | | | | | | | | | | Ａ－１ | Ａ－３ | | | | | |  | | | |  |  | | | | | Ｂ－１ | | | | | | | Ｂ－３ |

○はワンポイント指導日

☆印は事務所在室日　月・火・水・金（午前１０時～午後５時）　　ＴＥＬ　０４２－５１９－４１１５

　　　　　　　　　　　１２時～１３時は昼休みです。　　　　ＦＡＸ　０４２―５３４－８８３５