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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 | 月 | ☆ | 日本泳法 | 成人  月曜 | | |  | | Ａ－６ | | | | Ａ－７ | | | | | | |  | | |  |  | | | | | | | | | | | | | | | |
| 成人月曜 |
| ２ | 火 | ☆ |  | | | | | | Ａ－１ | | | | Ａ－３ | | | | | | |  | | |  |  | | | | | | | | Ｂ－１ | | | | | Ｂ－３ | | |
| ３ | 水 | ☆ | カトレア  水曜 | カトレア  水曜 | | |  | | 育　成 | | | | | | | | | | |  | | |  |  | | | | | | | | | | | | | | | |
| ４ | 木 | ウオーキング（泉14：00～16：00） |  | | | | | | | | | | | | | | | | | | | |  | 日本泳法 | | | 成人  木曜 | | | |  | | | | | | | | |
| 成人木曜 | | |
| ５ | 金 | ☆ | カトレア  金曜 | | カトレア  金曜 | |  | | | | Ａ－２ | | | | Ａ－４ | | |  | | | | |  |  | | | | | | | Ｂ－２ | | | | | | | Ｂ－４ | |
| ６ | 土 |  | 成人  土曜 | | 成人  土曜 | |  | | | | ハンディ  育成 | | | 成人  土曜 | | | |  | | | | |  |  | | | | | | | | | | | | | | | |
| ７ | 日 |  | Ａ－５ | 短期ウォーキング | | |  | | | | 育　成 | | | | | | |  | | | | |  |  | | | | | | | | | | | | | | | |
| 成人日曜 | | |
| ８ | 月 | 祝日（体育の日） |  | | | | | | | | | | | | | | | | | | | |  |  | | | | | | | | | | | | | | | |
| ９ | 火 | ☆ |  | | | | | | | | Ａ－１ | | | | | Ａ－３ | | | |  | | |  |  | | | | | | | Ｂ－１ | | | | | | | Ｂ－３ | |
| １０ | 水 | ☆ | 休館日（泉） | | | | | | | | | | | | | | | | | | | |  |  | | | | | | | | | | | | | | | |
| １１ | 木 |  | 休館日（泉） | | | | | | | | | | | | | | | | | | | |  | 日本泳法 | | 成人  木曜 | | | | |  | | | | | | | | |
| 成人木曜 | |
| １２ | 金 | ☆ | カトレア  金曜 | カトレア  金曜 | | |  | | | | Ａ－２ | | | Ａ－４ | | | | | |  | | |  |  | | | | | | | Ｂ－２ | | | | | | | | Ｂ－４ |
| １３ | 土 |  | 成人  土曜 | 成人  土曜 | | |  | | | | 市  ハンディ | | | 育成 | | | | |  | | | |  |  | | | | | | | | | | | | | | | |
| １４ | 日 |  | Ａ－５ | 短期ウォーキング | | |  | | | | 育　成 | | | | | | |  | | | | |  |  | | | | | | | | | | | | | | | |
| 成人日曜 | | |
| １５ | 月 | ☆ | 日本泳法 | 成人  月曜 | | |  | | Ａ－６ | | | | | Ａ－７ | | | | | | 指導員研修  （18：00～） | | |  | 休館日（柴崎） | | | | | | | | | | | | | | | |
| 成人月曜 |
| １６ | 火 | ☆ |  | | | | | | Ａ－１ | | | | | Ａ－３ | | | | | |  | | |  |  | | | | | | Ｂ－１ | | | | | | Ｂ－３ | | | |
| １７ | 水 | ☆ | カトレア  水曜 | | | カトレア  水曜 | |  | 育　成 | | | | | | | | | | |  | | |  |  | | | | | | | | | | | | | | | |
| １８ | 木 |  |  | | | | | | | | | | | | | | | | | | | |  | 日本泳法 | 成人  木曜 | | |  | | | | | | | | | | | |
|  | 成人木曜 |  | | | | | | | | | | | |
| １９ | 金 | ☆ | カトレア  金曜 | カトレア  金曜 | | | |  | Ａ－２ | | | | | Ａ－４ | | |  | | | | | |  |  |  | | | Ｂ－２ | | | | | | | Ｂ－４ | | | | |
|  |  | | |
| ２０ | 土 |  | 成人  土曜 | 成人  土曜 | | | |  | ハンディ  育成 | | | | | 育成 | | |  | | | | | |  |  | | | | | | | | | | | | | | | |
| ２１ | 日 |  | Ａ－５ | 短期ウォーキング | | | |  | | 育　成 | | | | | | |  | | | | | |  |  | | | | | | | | | | | | | | | |
| 成人日曜 | | | |
| ２２ | 月 | ☆ | 日本泳法 | 成人  月曜 | | | |  | | | Ａ－６ | Ａ－７ | | | | | | | | |  | |  |  | | | | | | | | | | | | | | | |
| 成人月曜 |
| ２３ | 火 | ☆ |  |  | | | | | | | Ａ－１ | Ａ－３ | | | | | | | |  | | |  |  | | | | | | | Ｂ－１ | | | | | Ｂ－３ | | | |
| ２４ | 水 | ☆ | カトレア  水曜 | カトレア  水曜 | | | |  | | | 育　成 | | | | | | | | |  | | |  |  | | | | | | | | | | | | | | | |
| ２５ | 木 |  |  | 休　館　日　（泉） | | | | | | | | | | | | | | | | | | |  | 日本泳法 | 成人  木曜 | | | | |  | | | | | | | | | |
| 成人木曜 |
| ２６ | 金 | ☆ | カトレア  金曜 | カトレア  金曜 | | | |  | | | Ａ－２ | | | | Ａ－４ | | | | |  | | |  |  | | | | | | Ｂ－２ | | | | | | Ｂ－４ | | | |
| ２７ | 土 |  | 成人  土曜 | 成人  土曜 | | | |  | | | 市  ハンディ | | | | 育成 | | | | |  | | |  |  | | | | | | | | | | | | | | | |
| ２８ | 日 |  | Ａ－５ | 短期ウォーキング | | | |  | | | 育　成 | | | | | | | | |  | | |  |  | | | | | | | | | | | | | | | |
| 成人日曜 | | | |
| ２９ | 月 | ☆ | 日本泳法 | 成人  月曜 | | | |  | | | Ａ－６ | | Ａ－７ | | | | | | |  | | |  |  | | | | | | | | | | | | | | | |
| 成人月曜 |  |
| ３０ | 火 | ☆ |  |  | | | |  | | | Ａ－１ | | Ａ－３ | | | | | | |  | | |  |  | | | | | Ｂ－１ | | | | | | Ｂ－３ | | | | |
|  |
| ３１ | 水 | ☆ | カトレア  水曜 | カトレア  水曜 | | | |  | | | 育　成 | | | | | | | | |  | | |  |  | | | | | | | | | | | | | | | |

☆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