

JSS 多治見中央 らくらくメイト タイムスケジュール

2020年4月～

| 火曜日 | | | | | | 水曜日 | | | | | | 木曜日 | | | | | | 金曜日 | | | | | | 土曜日 | | | | | |
|--------------|-------|---|---|------------------------|---------|-------------|-------|---|---|---------------------|---|-------------|-------|-------|---|--------------|---------|--------------------|-------|---|---|-------------|---------|--------|---|---|---|---|---|
| プールコース | | | | | | プールコース | | | | | | プールコース | | | | | | プールコース | | | | | | プールコース | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | 10:00~10:30 | | 10:00~10:45 | | | | 10:00~10:30 | | | | | | 10:00~10:30 | | | | | | 10:00~10:45 | | | | | | | |
| | | | | 水中運動 | | ベビー | | | | 水中運動 | | | | | | 水中運動 | | | | | | ベビー | | | | | | | |
| 10:30~11:15 | | | | 10:30~11:15 | | | | | | 10:30~11:15 | | 10:30~11:15 | | | | 10:30~11:15 | | | | | | 10:55~11:25 | | | | | | | |
| 幼稚園 | | | | 幼稚園 | | | | | | 幼稚園 | | 幼稚園 | | | | 幼稚園 | | | | | | はじめてクロール | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | 11:30~12:00 | | | | | | | |
| 11:35~12:05 | | | | | | | | | | 11:35~12:05 | | 11:35~12:05 | | | | | | | | | | 水中シェイプアップ | | | | | | | |
| 水中エアロ | | | | | | | | | | 水中エアロ | | 水中エアロ | | | | | | | | | | 12:00~12:45 | | | | | | | |
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| | | | | 12:30~13:15 | | | | | | 12:30~13:15 | | | | | | 12:10~12:40 | | | | | | 初級スイム | 中級スイム | | | | | | |
| | | | | 初級スイム | 中・上級スイム | | | | | ★ Jパドルバイク & フローマシーン | | ★ Jパドルバイク | | | | 初級平泳ぎ | | | | | | 12:40~13:25 | | | | | | | |
| | | | | | | | | | | 13:30~14:00 | | | | | | 13:45~14:30 | | | | | | ★ シルバーコース | | | | | | | |
| | | | | 13:30~14:30 | | | | | | 中・上級 楽に4泳法 | | | | | | 初級スイム | 中・上級スイム | | | | | ★ シルバーコース | | | | | | | |
| アクアコンディショニング | | | | ★ シルバーコース | | | | | | | | | | | | アクアコンディショニング | | | | | | ★ シルバーコース | | | | | | | |
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| | | | | 14:40~15:20 | | | | | | | | | | | | | | | | | | 14:40~15:10 | | | | | | | |
| | | | | パーソナルレッスン 特別レッスン ★ コース | | | | | | | | | | | | | | | | | | いっぱいスイム | | | | | | | |
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| 15:20 | | | | | | 15:20 | | | | | | 15:20 | | | | | | 15:20 | | | | | | | | | | | |
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| | | | | 選手コース | | | | | | 育成コース | | | | | | 育成コース | | | | | | 選手コース | | | | | | | |
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| 19:00 | | | | | | 19:00 | | | | | | 19:00 | | | | | | 19:00 | | | | | | | | | | | |
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| 19:25~ | 19:55 | | | | | 19:25~ | 19:55 | | | | | 19:25~ | 19:55 | 19:30 | | | | 19:20~ | 19:45 | | | | | | | | | | |
| 水中運動 | | | | | | 初級スイム | | | | | | 水中運動 | | | | | 初級平泳ぎ | | | | | | | | | | | | |
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| 20:00~ | 20:30 | | | | | 20:00~ | 20:30 | | | | | 20:00~ | 20:30 | 20:00 | | | | ★ アクアスティック Jパドルバイク | | | | | | | | | | | |
| 初級背泳ぎ | | | | | | 水中運動 | | | | | | 初級クロール | | | | | | | | | | | | | | | | | |
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| 20:35~21:05 | | | | | | 20:35~21:05 | | | | | | 20:35~21:05 | | | | | | 20:40~21:10 | | | | | | | | | | | |
| 初級スイム | 中級スイム | | | | | 中級スイム | 上級スイム | | | | | 初級スイム | 中級スイム | | | | 中級スイム | 上級スイム | | | | | | | | | | | |
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