

Time	Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday				Time
10:00																walk	long	short	beginner	10:00
10:30	walk	swim	10 : 30~11:15 Aquabics45	walk	swim	10 : 15~11 : 00 little swim	walk	long	short	swim	10 : 15~11 : 00 little swim	walk	swim	10 : 15~11 : 00 baby swim						10:30
11:00																				11:00
11:30	11:30~12:15 Underwater walking	swim	walk	walk	swim	11 : 15~12 : 00 baby swim	11:30~12:15 Underwater walking	swim	walk	walk	swim	11 : 15~12 : 00 baby swim	11:15~12:00 Underwater walking	swim	walk					11:30
12:00																				12:00
12:30				walk	swim	12 : 15~13 : 00 How to swim	walk	swim	12 : 30~13 : 00 breaststroke butterfly	walk	swim	12 : 15~12 : 45 How to swim	walk	swim	12 : 15~13 : 00 How to swim					12:30
13:00	walk	swim	12 : 45~13 : 45 How to swim (upper intermediate)																	13:00
13:30				walk	swim	13 : 15~14 : 00 Underwater shape	walk	swim	13 : 15~14 : 00 Aquabics45	walk	swim	13 : 00~13 : 45 Aqua ZUMBA	walk	swim	13 : 15~14 : 00 little swim					13:30
14:00	14:00~15:30			14:00~15:30			14:00~15:30			14:00~15:30			14:00~15:30							14:00
14:30	walk	long	beginner	walk	long	beginner	walk	long	beginner	walk	long	beginner	walk	long	beginner					14:30
15:00																				15:00
15:30																				15:30
16:00	walk	swim	15 : 30~16 : 30 Jr swimming	walk	swim	15 : 30~16 : 30 Jr swimming	walk	swim	15 : 30~16 : 30 Jr swimming	walk	swim	15 : 30~16 : 30 Jr swimming	walk	swim	15 : 30~16 : 30 Jr swimming					16:00
16:30																				16:30
17:00	walk		16 : 30~17 : 30 Jr swimming	walk		16 : 30~17 : 30 Jr swimming	walk		16 : 30~17 : 30 Jr swimming	walk		16 : 30~17 : 30 Jr swimming	walk		16 : 30~17 : 30 Jr swimming					17:00
17:30																				17:30
18:00	walk	swim	17 : 30~18 : 30 Jr swimming	walk	swim	17 : 30~18 : 30 Jr swimming	walk	swim	17 : 30~18 : 30 Jr swimming	walk	swim	17 : 30~18 : 30 Jr swimming	walk	swim	17 : 30~18 : 30 Jr swimming					18:00
18:30	18:30~19:30			18:30~19:30			18:30~19:00			18:30~19:30			18:30~19:30							18:30
19:00	walk	long	beginner	walk	long	beginner	walk	long	beginner	walk	long	beginner	walk	long	beginner					19:00
19:30	19:30~20:30						19:00~19:30 Underwater walking													19:30
20:00	walk	long	beginner	20:00~20:30			19:30~20:30													20:00
20:30																				20:30
20:45	walk	long	short	walk	long	short	walk	long	short				walk	long	short					20:45

: 30、18 : 30~19 : 30(火・水・金・土)、18 : 30~19 : 00(木)、19 : 30~20 : 30(木)、20 : 00~20 : 30(水)、11 : 00~16 : 00(日)⇒ It will be the course usage status when there is a reservation for a paid lesson.

There may be changes made to these contents. Please note.