

| | | 時間 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | | | | | | | | | | | |
|-----|--------------------------|-----|---------------------------------|--|--|-------------------------------------|--|--|----|----|----------------|----|----|----|-----|--|--|--|--|--|--|--|----------------------------|----------------------------|---|---|
| 曜日 | 日 | コース | | | | | | | | | | | | | コース | | | | | | | | | | | |
| 日曜日 | 4 11 18 25 | 幼 | | | | | | ウォーターキッズ教室 0.5コース 13:45~15:15(4日のみ) | | | | | | | 幼 | | | | | | | | | | | |
| | | 1 | | | | | | 筑紫高校(4・11・・) | | | ブリッパ(4・・18・25) | | | | 1 | | | | | | | | | | | |
| | | 2 | | | | | | 4日/14:00~16:00 11日/13:00~15:00 | | | 16:00~18:00 | | | | 2 | | | | | | | | | | | |
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| | | 5 | | | | | | | | | | | | | 5 | | | | | | | | | | | |
| | | 6 | 子ども水泳教室 9:00~12:45(4・11・18・25) | | | | | | | | | | | | 6 | | | | | | | | | | | |
| 月曜日 | 5 12 19 26 | 幼 | 11月12日~15日(4日間)は臨時休館します。 | | | | | | | | | | | | 幼 | | | | | | | | | | | |
| | | 1 | | | | | | | | | | | | | | | | | | | | | みなみSC 0.8コース (5・・19・26) | くじらの会 0.5コース (5・・19・26) | 1 | |
| | | 2 | | | | | | | | | | | | | | | | | | | | | みなみSC (5・・19・26) | くじらの会 (5・・19・26) | 2 | |
| | | 3 | | | | | | | | | | | | | | | | | | | | | 16:20~18:00 | 17:30~19:30 | 3 | |
| | | 4 | | | | | | | | | | | | | | | | | | | | | | | | 4 |
| | | 5 | | | | | | | | | | | | | | | | | | | | | | | | 5 |
| | | 6 | 1.5コース→ | 10:00~12:00 FLC(5・・19・26) | 12:00~13:10 水中Wもみじ (5・・19・26) | 13:15~13:45 ↓(5・・19・26) ワンホW | 14:00~16:00 YSクラブ(5・・19・26) | | | | | | | 6 | | | | | | | | | | | | |
| 火曜日 | 6 13 20 27 | 幼 | | | | | | | | | | | | | 幼 | | | | | | | | | | | |
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| | | 6 | | 10:30~12:00 (6・・20・27) 研修室 レベルアップスイム教室 | 12:00~14:00 ラプリーズ(6・・20・27) | 13:45~16:00 (6・・20・27) | | | | | | | | 6 | | | | | | | | | | | | |
| 水曜日 | 7 14 21 28 | 幼 | | | | | | | | | | | | | 幼 | | | | | | | | | | | |
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| | | 6 | | 10:00~12:00 あすか保育園 0.8コース (7・・21・28) | | 12:00~14:00 水中Wさくら (7・・21・28) | | 14:30~16:00 アクアビクス教室 | | | | | | 6 | | | | | | | | | | | | |
| 木曜日 | 8 15 22 29 | 幼 | ★ 休館日：毎週木曜日 ★ | | | | | | | | | | | | 幼 | | | | | | | | | | | |
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| 金曜日 | 2 9 16 23 30 | 幼 | | | | | | | | | | | | | 幼 | | | | | | | | | | | |
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| | | 6 | | 10:00~12:00 青葉会(2・9・16・・) | 12:00~13:00 水中Wひまわり (2・9・16・・30) | 12:45~14:00 水中Wりぼん (2・9・16・・) | ←1.5コース 14:00~16:00 さくらんぼ(2・9・16・・30) | | | | | | | 6 | | | | | | | | | | | | |
| 土曜日 | 3 10 17 24 | 幼 | | | | | | | | | | | | | 幼 | | | | | | | | | | | |
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| | | 6 | | 10:00~12:00 那珂川中学校 (3・・17・) | 12:00~14:00 福翔高校 (3・10・・) | | なかよし会 (3・10・17・24) | | | | | | | 6 | | | | | | | | | | | | |

※休館日 11月1, 8, 15, 22, 29日 臨時休館日 11月12日~15日(4日間)

 ワンポイントウォーキング
 プール主催教室
 水中体操(アクアビクス)※研修室併用
 プールのみ使用