



# April-19 Pool Timetable

Inquiries: Iki Iki Plaza Ichibancho 1st floor office

TEL:03-3265-6311 FAX:3265-6317

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
			Reserving 10:00~18:00	◎ ★		Reserving for the plaza event 10:00~12:00 ◎
7	8	9	10	11	12	13
Ukisima Time 10:00~12:00 (1/2 of the pool)			Reserving 10:00~18:00	◎ ★		Reserving for the plaza event 10:00~12:00 ◎
14	15	16	17	18	19	20
			Reserving 10:00~18:00	◎ ★		Reserving for the plaza event 10:00~12:00 ◎
21	22	23	24	25	26	27
Ukisima Time 10:00~12:00 (1/2 of the pool)			Reserving 10:00~16:00	◎ ★		Reserving for the plaza event 10:00~12:00 ◎
28	29	30				
Closed						

Anyone can use the pool and/or attend the health advice sessions.

contents	volunteer instructor	place	schedule	time
Aqua advice	Health Fitness Programme Ms. Yoko Utsu	pool	2・16th(TUE) 12・26th(FRI)	14:00~15:00

★Day : Health improvement advice are available from 13:30~15:30 at the Health Corner.(Health Promotion Adviser:Dr.keiko Ishii & nurse rieko touge)  
The above mentioned dates and times of advice sessions.

◎Day : When you need "Pool Partner" , you can reserve on Thursday 10:00 ~ 12:00 13:00~18:00 and Saturday 13:00~18:00 ,  
at the reception of the grond floor.

Open:10am~8pm