





October-18 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			
				★◎		◎
28	29	30	31			
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)	TUE 14:00~15:00 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 grand floor.

Open:10am~8pm