



People who have tattoos are not allowed to enter the pool area unless their tattoos are covered. If you have tattoos, please wear a rash guard over your swim suit or apply taping. We appreciate your cooperation in eliminating the awful feeling of other users and children to ensure everyone's enjoyment in the pool area.

Please bring your rash guard or your tape to a pool.(We have a limited number of rash guards for rent.)

Exposure of tattoos prohibited!

※Please end your swimming and walking in the pool water before 10 minutes(facility close time/before 15 minutes) from public closing time.This Facility close 10pm.You can buy ticket before 5 minutes from each opening time and use changing room from the same time.

1	tue	9:00am~3:40pm open to public 11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6	Booked	6:20pm~10:00pm open to public
2	wed	9:00am~10:00pm open to public 1:00pm~1:45pm swim one point lesson ※one lane used		
3	thu	9:00am~10:00pm open to public		
4	fri			
5	sat	9:00am~10:00pm open to public (children free admission day)		
6	sun	9:00am~10:00pm open to public		
7	mon	9:00am~10:00pm open to public 10:00am~10:45am aqua walking ※one lane used	3:30pm~6:00pm Booked ※in lane 5・6	
8	tue	9:00am~3:40pm open to public 11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6	Booked	6:20pm~10:00pm open to public
9	wed	Booked	11:20am~10:00pm open to public 1:00pm~1:45pm swim one point lesson ※one lane used	
10	thu	9:00am~6:10pm open to public 9:00am~11:00am swim coaching ※in lane 5・6	Booked	8:50pm~10:00pm open to public
11	fri	9:00am~3:40pm open to public	Booked	6:20pm~10:00pm open to public 6:30pm~8:30pm swim lesson ※in lane 5・6
12	sat	9:00am~10:00pm open to public (children free admission day)		
13	sun	9:00am~10:00pm open to public		
14	mon	9:00am~10:00pm open to public 10:00am~10:45am aqua walking ※one lane used	3:30pm~6:00pm Booked ※in lane 5・6	
15	tue	9:00am~3:40pm open to public 11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6	Booked	6:20pm~10:00pm open to public
16	wed	Booked	11:20am~10:00pm open to public 1:00pm~1:45pm swim one point lesson ※one lane used	
17	thu	9:00am~6:10pm open to public 9:00am~11:00am swim coaching ※in lane 5・6	Booked	8:50pm~10:00pm open to public
18	fri	9:00am~3:40pm open to public	Booked	6:20pm~10:00pm open to public 6:30pm~8:30pm swim lesson ※in lane 5・6
19	sat	9:00am~10:00pm open to public (children free admission day)		
20	sun	9:00am~10:00pm open to public		
21	mon	9:00am~10:00pm open to public 10:00am~10:45am aqua walking ※one lane used	3:30pm~6:00pm Booked ※in lane 5・6	
22	tue	9:00am~3:40pm open to public 11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6	Booked	6:20pm~10:00pm open to public
23	wed	Half Booked * 9:00am~11:00am half available to public 9:00am~3:40pm open to public 1:00pm~1:45pm swim one point lesson ※one lane used	Booked	6:20pm~10:00pm open to public
24	thu	9:00am~6:10pm open to public 9:00am~11:00am swim coaching ※in lane 5・6	Booked	8:50pm~10:00pm open to public
25	fri	9:00am~3:40pm open to public	Booked	6:20pm~10:00pm open to public 6:30pm~8:30pm swim lesson ※in lane 5・6
26	sat	9:00am~10:00pm open to public (children free admission day)		
27	sun	9:00am~10:00pm open to public		
28	mon	9:00am~10:00pm open to public 10:00am~10:45am aqua walking ※one lane used		
29	tue	9:00am~3:40pm open to public 11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6	Booked	6:20pm~10:00pm open to public
30	wed	Booked	11:20am~3:40pm open to public 1:00pm~1:45pm swim one point lesson ※one lane used	6:20pm~10:00pm open to public
31	thu	9:00am~6:10pm open to public 9:00am~11:00am swim coaching ※in lane 5・6	Booked	8:50pm~10:00pm open to public

* Free admission for children up to junior high school on Saturdays(5・12・19・26th).

On every free admission days for children , The round-trip lanes will be set from 6:00pm.

* Fully booked 3:40pm~6:20pm on 11・18・23・25・30th. Will be closed to public during the period.

Open Hours: 9:00am~10:00pm ※Must leave facility before 10:00pm at all times.

Booked

※General user may not enter when booked.

Half Booked

※The other half will be available to public.

Admission Fee (2hr) Adult 400yen / Senior (over 65) 200yen / Child (age 3 w/o diapers~junior high school) 200yen / Handicapped 200yen

Exceeding Fee (per hour) Adult 300yen / Senior 150yen / Child 150yen / Handicapped 150yen

Extra fee will be charged for use exceeding 2 hours.

For more information, please see guidance at front desk of the pool.

【Aqua Exercise】(in lane 5・6)

every Tuesday 11:00am~11:45am, 1:00pm~1:45pm Aqua exercise class will be held by Yuki Maeda of Citizens Center Gymnasium Training Room!! Join and exercise in water without stress! We will start accepting registration from 10:30am, 12:30pm on appointed days. (up to 30 people available)

【Aqua Walking】(one lane used)

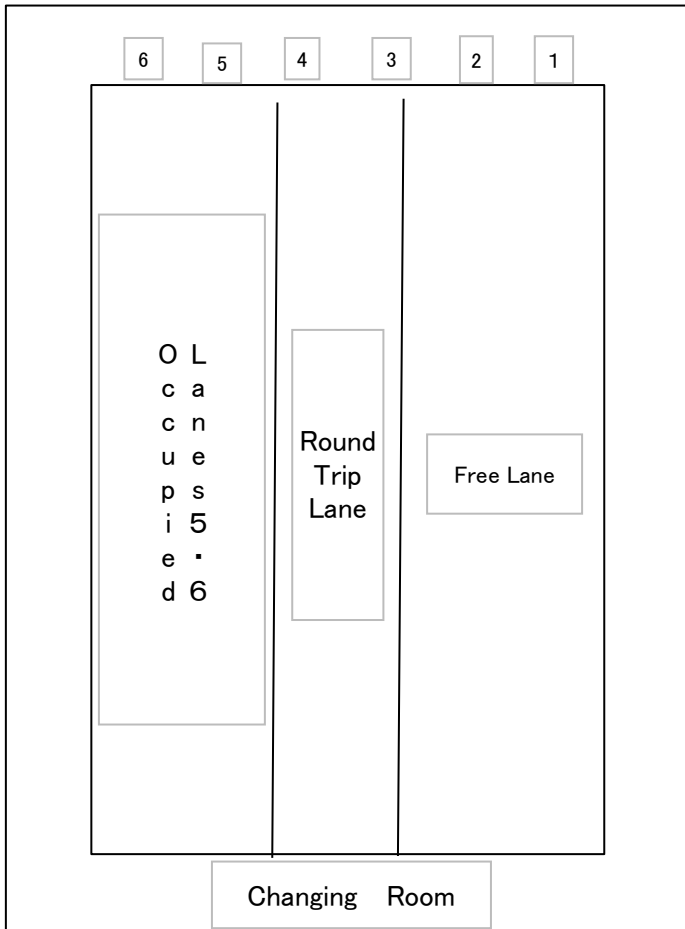
every Monday 10:00am~10:45am
Max. 10 people. For Junior High school students and above.

【Swimming Lesson】(in lane 5・6)

every Thursday 9:00am~11am, every Friday (excluding national holidays) 6:30pm~8:30pm Lessons will be held by an instructor from the Meguro Swimming Federation! Join and enjoy learning tips from a friendly instructor! Gather inside the pool facility by starting time of appointed days.

【Swimming One Point Lesson】(one lane used)

every Wednesday 1:00pm~1:45pm
Max. 10 people. For Junior High school students and above.



【Aqua Exercise・Swimming Lesson】

During the time above three are held, the pool formation will be as left illustration. Please note that lane 5・6 will not be available.

【Notification】

- * Please wear swim caps. (No rental available.)
 - * Please drain hair styling products and make up fully in the shower before entering the pool.
 - * Remove all accessories.
 - * Entering facility with normal clothing is prohibited. (chaperones and supervisors included)
 - * May not enter water with wet suits. (rash guards accepted)
 - * May not bring electrical devices including cell phones.
 - * No use of fins, plastic paddles, snorkels, glass goggles, floats, beach boats, or beach balls.
 - * Do not ride on the kick boards.
 - * Remove glasses when entering water. (including when attending children)
 - * Do not use the diving board.
 - * Do not dive, swim or walk underwater, head stand, piggy back, toss children into water, shove others, or run around the deck.
 - * Please secure valuables in the safe box to prevent loss.
 - * People who have tattoos are not allowed to enter the pool unless their tattoos are covered. If you have tattoos, please wear a rash guard. We appreciate your cooperation in eliminating the anxiety of other users and children, and to ensure everyone's enjoyment of the facilities.
- Please prepare a rash guard yourself. Also, rash guards are available to rent, but a number is limited.

Follow the instructions of pool staff.

【Attending children】

Children age 3~2nd grade need a chaperone over 10th grade to enter the pool together.
1 chaperone may attend up to 2 children at once.

【Regarding night time use of children】

Supervisor over 10th grade must be in charge of children 3rd grade~6th grade using the pool after 6:30pm.
Entering water will not be necessary.

Bunch of enjoyable sports sessions ☆
Check out our Meguro Citizens Center Gymnasium staff blog!!
http://www.mizuno.co.jp/school/facility/shisetsu_05/staffblog.html

