Meguro Civic Center Indoor Swimming Pool Schedule〔2026 NOVEMBER〕



Exposure of tattoos prohibited!

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.)

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

※Please climb out of the pool before 10 minutes from public closing time.
(When we open until 10pm, climb out of the pool at 9:45pm)
Our facility closing time is 10pm and also you can use changing room until closing time.

		9 10 11 12 13 14 15 16 17 18 19 20 21 22
1	Sun	9：00～22：00 open to public
2	Mon	9：00～15：40 open to public ※11～11:45aqua walking ※one lane used ※13～13:45 beginner swimming ※one lane used / Booked / 18:20～22:00 open to public
3	Tue	9：00～22：00 open to public ※9～11 swim coaching ※in lane 5・6
4	Wed	Half Booked ※9～11 open to public / 9：00～22：00 一般公開 ※13～13:55 swim one point lesson ※one lane used
5	Thu	9：00～15：40 open to public ※9～11 swim coaching ※in lane 5・6 / Booked / Booked / 20:50～22:00 open to public
6	Fri	9：00～22：00 open to public 15:00～16:00 Booked ※in Lane 5･6 / 18:30～20:30 swim coaching ※in lane 5・6
7	Sat	9：00～22：00 open to public（children free admission day）
8	Sun	9：00～22：00 open to public
9	Mon	9：00～22：00 open to public ※11～11:45aqua walking ※one lane used ※13～13:45 beginner swiming ※one lane used
10	Tue	9：00～22：00 open to public ※11～11:45・13～13:45 aqua exercise ※in lane 5・6 / Half Booked ※16～18 open to public
11	Wed	Half Booked ※9～11 open to public / 9：00～22：00 一般公開 ※13～13:55 swim one point lesson ※one lane used
12	Thu	9：00～15：40 open to public ※9～11 swim coaching ※in lane 5・6 / Booked / Booked / 20:50～22:00 open to public
13	Fri	9：00～22：00 open to public 15:00～16:00 Booked ※in Lane 5･6 / 18:30～20:30 swim coaching ※in lane 5・6
14	Sat	9：00～22：00 open to public（children free admission day）
15	Sun	9：00～22：00 open to public
16	Mon	9：00～22：00 open to public ※11～11:45aqua walking ※one lane used ※13～13:45 beginner swiming ※one lane used
17	Tue	9：00～22：00 open to public ※11～11:45・13～13:45 aqua exercise ※in lane 5・6 / Half Booked ※16～18 open to public
18	Wed	Half Booked ※9～11 open to public / 9：00～22：00 一般公開 ※13～13:55 swim one point lesson ※one lane used
19	Thu	9：00～15：40 open to public ※9～11 swim coaching ※in lane 5・6 / Booked / Booked / 20:50～22:00 open to public
20	Fri	9：00～22：00 open to public 15:00～16:00 Booked ※in Lane 5･6 / 18:30～20:30 swim coaching ※in lane 5・6
21	Sat	9：00～22：00 open to public（children free admission day）
22	Sun	9：00～22：00 open to public
23	Mon	9：00～22：00 open to public
24	Tue	9：00～22：00 open to public ※11～11:45・13～13:45 aqua exercise ※in lane 5・6 / Half Booked ※16～18 open to public
25	Wed	9：00～22：00 open to public ※13～13:55 swim one point lesson ※one lane used
26	Thu	9：00～18：10 open to public ※9～11 swim coaching ※in lane 5・6 / Booked / 20:50～22:00 open to public
27	Fri	9：00～22：00 open to public 15:00～16:00 Booked ※in Lane 5･6 / 18:30～20:30 swim coaching ※in lane 5・6
28	Sat	9：00～22：00 open to public（children free admission day）
29	Sun	9：00～22：00 open to public
30	Mon	9：00～22：00 open to public ※11～11:45aqua walking ※one lane used ※13～13:45 beginner swiming ※one lane used

Booked　※General user may not enter when booked.

Half Booked　※The other half will be available to public.

＊Fully booked 18:10pm-20:50pm on 5・12・19・26th. Will be closed to public during the period.
＊Fully booked 15:40pm-18:20pm on 2・5・12・19th. Will be closed to public during the period.
＊Free admission for children under the junior high school student on Saturdays.（7・14・21・th）

Admission Fee（2hr） Adult 400yen ／ Senior（over 65）・Child（age 3 w/o diapers ～ high school）・Handicapped200yen

Extra fee will be charged for use exceeding 2 hours.

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

Booked 20:50～ Adult 300yen ／ Senior（over 65）・Child（age 3 w/o diapers ～ high school）・Handicapped 150yen

Monday, Tuesday, Thursday and Friday programs

Registraition will be held at the pool front desk 30 minutes before the program starts on the day.

Mon **【Aqua Walking】（one lane used）**
Every Monday 11:00～11:45
For Junior High school students and above and up to 10 people availble.
Instructor : Meguro Civic Center Pool Staff

Mon **【Beginner Swimming Lesson】（one lane used）**
Every Monday1:00pm～1:45pm
For Junior High school students and above up to 10 people available.
Instructor : Meguro Civic Center Pool Staff

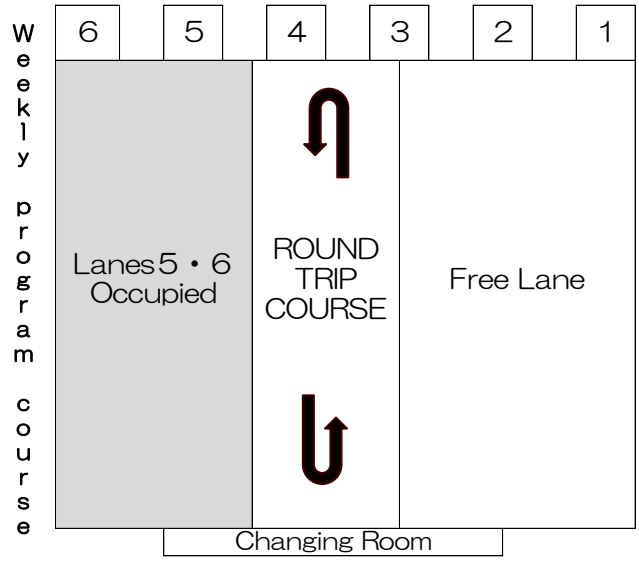
Tue **【Aqua Excercise】（in lane 5・6）** Join and excercise in water without stress !
Every Tuesday ①11:00～11:45 ②13:00～13:45
Aqua excercise class will be held by Yuki Maeda of Citizens Center Gymnasium Training Room!!
（up to 20 people available）

Wed **【Swimming OnePoint Lesson】（one lane used）**
Every Wednesday13:00～13:55
For Junior High school students and above and up to 12 people available.
Instructor : Meguro Civic Center Pool Staff

Thu Fri **【Swimming Lesson】**（in lane 5・6）
OEvery Thursday 9:00～11
OEvery Friday 18:30～20:30
For Junior High school students and above up to 24 people available.
Instructor : Meguro Ward Swimming Federathion

【Aqua Excercise・Swimming Lesson】

The pool formation will be as lower illustration.
Please note that lane 5・6 will not be available.



【Attending children】
Children from 3 years old to 2nd grade elementary school students must be accompanied by an adult and must enter the pool together.
1 chaperone may attend up to 2 children at once.

【Regarding night time use of children】
Elementary school students in grade 3 fnrough 6 must be accompanied by an adult after 6:30 p.m. When accompanie the adult is not required to enter the pool

【Notification】
＊Please wear swim caps.（No rental available.）
＊Please remove hair styling products and cosmetics fully in the shower before entering the pool.
＊Please remove all accessories.
＊Entering facility with normal clothing is prohibited.
（Including chaperones and escorts.）
＊Wetsuits are not allowed in the pool.（rash guards accepted）
＊Cell phone and other electronic devices are not allowed.
＊No use of fins, plastic paddles, snorkels, glass goggles, floats, beach boats, or beach balls.
＊Please refrain from standing the beat board as this may cause damage.
＊Remove glasses when entering water.
（including chaperone and escorts）
＊Do not use the diving board.
＊Diving, go under water, standing on one's head, carrying on one's shoulders, pushing from behind, throwing children, running along the poolside, and other dangerous activities are prohibited.
＊Please secure valuables in the safe box to prevent loss.
＊As of July 1, 2013, person with tattoos will not be allowed to enter the swimming pool.
Please be sure to wear rash gurad or other protective item when entering
We appreciate your understanding and cooperation so that other patrons and children can enjoy a pleasant swimming experience without feeling uneasy.
As a rule, please bring your own rash guard. Also, we have a limited number of these available for loan.
＊Form April 27, 2024, teaching activities are prohibited on Saturdays (children's Support Plan) except for parent and child, married couples, or those assisting persons with disabilites.
＊Children's Support Plan
Please note that there is no round-trip course from the 9:00 a.m. to 18:00 p.m. on Saturday.
＊From February 1, 2024, children over the age of 7 will not be allowed in changing rooms of the opposite sex.
If you need assistance changing clothes, please use the multipurpose changing room.
＊A silicone, supporter-type wrist - worn protectve band is required for use with the smartwatch.
＊In addition, please follow the instructions of the pool staff.

These are the official SNS that delivers the latest information on the Meguro Civic Center Gymnasium. Please follow and check it out!
☎03－3711－1139

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