



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 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.

|    |     |   |        |   |
|----|-----|---|--------|---|
| 1  | Tue | 9:00am~3:40pm open to public<br>11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6  | Booked | 6:20pm~10:00pm<br>open to public        |
| 2  | Wed | Half Booked ※9:00am~11:00am half available to public<br>9:00am~3:40am open to public 1:00pm~1:55pm swim one point lesson ※one lane used | Booked | 6:20pm~10:00pm<br>open to public        |
| 3  | Thu | 9:00am~3:40pm open to public<br>9:00am~11:00am swim coaching ※in lane 5・6   | Booked | Booked 8:50pm~10:00pm<br>open to public |
| 4  | Fri | 9:00am~10:00pm open to public<br>6:30pm~8:30pm swim coaching ※in lane 5・6   |        |   |
| 5  | Sat | 9:00am~10:00pm<br>open to public (children free admission day)  |        |   |
| 6  | Sun | 9:00am~10:00pm<br>open to public  |        |   |
| 7  | Mon | 9:00am~3:40pm open to public<br>11:00am~11:45am aqua walking 1:00pm~1:45pm beginner swimming ※one lane used                             | Booked | 6:20pm~10:00pm<br>open to public        |
| 8  | Tue | 9:00am~3:40pm open to public<br>11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6  | Booked | 6:20pm~10:00pm<br>open to public        |
| 9  | Wed | Half Booked ※9:00am~11:00am half available to public<br>9:00am~3:40am open to public 1:00pm~1:55pm swim one point lesson ※one lane used | Booked | 6:20pm~10:00pm<br>open to public        |
| 10 | Thu | 9:00am~3:40pm open to public<br>9:00am~11:00am swim coaching ※in lane 5・6   | Booked | Booked 8:50pm~10:00pm<br>open to public |
| 11 | Fri | 9:00am~10:00pm open to public<br>6:30pm~8:30pm swim coaching ※in lane 5・6   |        |   |
| 12 | Sat | 9:00am~10:00pm<br>open to public (children free admission day)  |        |   |
| 13 | Sun | 9:00am~10:00pm<br>open to public  |        |   |
| 14 | Mon | 9:00am~10:00pm<br>open to public  |        |   |
| 15 | Tue | 9:00am~3:40pm open to public<br>11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6  | Booked | 6:20pm~10:00pm<br>open to public        |
| 16 | Wed | Half Booked ※9:00am~11:00am half available to public<br>9:00am~3:40am open to public 1:00pm~1:55pm swim one point lesson ※one lane used | Booked | 6:20pm~10:00pm<br>open to public        |
| 17 | Thu | 9:00am~3:40pm open to public<br>9:00am~11:00am swim coaching ※in lane 5・6   | Booked | Booked 8:50pm~10:00pm<br>open to public |
| 18 | Fri | 9:00am~10:00pm open to public<br>6:30pm~8:30pm swim coaching ※in lane 5・6   |        |   |
| 19 | Sat | 9:00am~10:00pm<br>open to public (children free admission day)  |        |   |
| 20 | Sun | 9:00am~10:00pm<br>open to public  |        |   |
| 21 | Mon | 9:00am~3:40pm open to public<br>11:00am~11:45am aqua walking 1:00pm~1:45pm beginner swimming ※one lane used                             | Booked | 6:20pm~10:00pm<br>open to public        |
| 22 | Tue | 9:00am~3:40pm open to public<br>11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6  | Booked | 6:20pm~10:00pm<br>open to public        |
| 23 | Wed | 9:00am~3:40pm open to public<br>1:00pm~1:55pm swim one point lesson ※in lane 5・6  | Booked | 6:20pm~10:00pm<br>open to public        |
| 24 | Thu | 9:00am~3:40pm open to public<br>9:00am~11:00am swim coaching ※in lane 5・6   | Booked | Booked 8:50pm~10:00pm<br>open to public |
| 25 | Fri | 9:00am~10:00pm open to public<br>6:30pm~8:30pm swim coaching ※in lane 5・6   |        |   |
| 26 | Sat | 9:00am~10:00pm<br>open to public (children free admission day)  |        |   |
| 27 | Sun | 9:00am~10:00pm<br>open to public  |        |   |
| 28 | Mon | 9:00am~3:40pm open to public<br>11:00am~11:45am aqua walking 1:00pm~1:45pm beginner swimming ※one lane used                             | Booked | 6:20pm~10:00pm<br>open to public        |
| 29 | Tue | 9:00am~3:40pm open to public<br>11:00am~11:45am & 1:00pm~1:45pm aqua exercise ※in lane 5・6  | Booked | 6:20pm~10:00pm<br>open to public        |
| 30 | Wed | 9:00am~3:40pm open to public<br>1:00pm~1:55pm swim one point lesson ※in lane 5・6  | Booked | 6:20pm~10:00pm<br>open to public        |
| 31 | Thu | 9:00am~3:40pm open to public<br>9:00am~11:00am swim coaching ※in lane 5・6   | Booked | Booked 8:50pm~10:00pm<br>open to public |

\*Fully booked 3:40pm~6:20pm on 3・10・17・24・31th. Will be closed to public during the period.  
 \*Fully booked 3:40pm~6:20pm on 2・7・9・16・21・23・28・30th. Will be closed to public during the period.  
 \*Free admission for children under the junior high school student on Saturdays. (5・12・19・26 t h)

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 ①11:00am~11:45am/②1:00pm~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 ①10:30am/②12:30pm on appointed days.  
 (up to 20 people available)

**【Aqua Walking】** (one lane used)  
 Every Monday 11:00am~11:45am  
 For Junior High school students and above and up to 10 people available.

**【Swimming Lesson】** (in lane 5・6)  
 ①Every Thursday 9:00am~11am ②Every Friday 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.  
 (Up to 24 people available)

**【Swimming OnePoint Lesson】** (one lane used)  
 Every Wednesday 1:00pm~1:55pm  
 For Junior High school students and above and up to 10 people available.

**【Beginner Swimming Lesson】** (one lane used)  
 Every Monday 1:00pm~1:45pm  
 For Junior High school students and above up to 10 people available.

**Weekly program course**

**【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 of the accessories.
- \*Entering facility with normal clothing is prohibited. (chaperones and supervisors included)
- \*May not enter in the pool with wet suits. (rash guards accepted)
- \*May not bring electrical devices including the phone.
- \*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.
- \*May 13, 2023 We prohibit an instruction acts unless I assist parent and child or the impaired person about the general release (Children's Support Plan) of Saturday.
- \*Children's Support Plan  
 Please note that there is not round-trip course from 9:00 to 18:00 on Saturday.
- \*From February 1, 2024, the same will apply to public baths in Meguro Ward, and 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.

**【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.

These are the official SNS that delivers the latest information on the Meguro Citizens Center Gymnasium. Please follow and check it out!

