

# 令和6年度島根県立武道館〔後期〕スポーツ教室実施予定表

休講日

| 曜日 | 教室名           | 時間          | 開講日   | 10月 |    |    |    | 11月 |    |    |    | 12月 |    |    |    | 1月 |    |          |          | 2月 |   |    |    | 3月 | 閉講日 |     |
|----|---------------|-------------|-------|-----|----|----|----|-----|----|----|----|-----|----|----|----|----|----|----------|----------|----|---|----|----|----|-----|-----|
|    |               |             |       | 8   | 15 | 22 | 29 | 5   | 12 | 19 | 26 | 3   | 10 | 17 | 24 | 31 | 7  | 14       | 21       | 28 | 4 | 11 | 18 |    |     | 25  |
| 火  | キッズ体育         | 15:30~16:30 | 10/8  | 8   | 15 | 22 | 29 | 5   | 12 | 19 | 26 | 3   | 10 | 17 | 24 | 31 | 7  | 14       | 21       | 28 | 4 | 11 | 18 | 25 | 4   | 3/4 |
|    | 柔道(小学生)       | 18:00~19:00 | 10/8  | 8   | 15 | 22 | 29 | 5   | 12 | 19 | 26 | 3   | 10 | 17 | 24 | 31 | 7  | 14       | 21       | 28 | 4 | 11 | 18 | 25 | 4   |     |
|    | 柔道(中学生・高校生)   | 19:10~20:10 | 10/8  | 8   | 15 | 22 | 29 | 5   | 12 | 19 | 26 | 3   | 10 | 17 | 24 | 31 | 7  | 14       | 21       | 28 | 4 | 11 | 18 | 25 | 4   |     |
|    | 柔道(大学・一般)     | 19:10~20:10 |       | 8   | 15 | 22 | 29 | 5   | 12 | 19 | 26 | 3   | 10 | 17 | 24 | 31 | 7  | 14       | 21       | 28 | 4 | 11 | 18 | 25 | 4   | 3/4 |
|    | 弓道(未経験・中学生以上) | 18:30~19:30 | 10/8  | 8   | 15 | 22 | 29 | 5   | 12 | 19 | 26 | 3   | 10 | 17 | 24 | 31 | 7  | 14       | 21       | 28 | 4 | 11 | 18 | 25 | 4   | 3/4 |
| 水  | 剣道(小学生)       | 18:00~19:00 |       | 9   | 16 | 23 | 30 | 6   | 13 | 20 | 27 | 4   | 11 | 18 | 25 | 1  | 8  | 15       | 22       | 29 | 5 | 12 | 19 | 26 | 5   |     |
|    | 剣道(中学生・高校生)   | 19:10~20:10 |       | 9   | 16 | 23 | 30 | 6   | 13 | 20 | 27 | 4   | 11 | 18 | 25 | 1  | 8  | 15       | 22       | 29 | 5 | 12 | 19 | 26 | 5   |     |
|    | 剣道(大学生・一般)    | 19:10~20:10 | 10/16 | 9   | 16 | 23 | 30 | 6   | 13 | 20 | 27 | 4   | 11 | 18 | 25 | 1  | 8  | 15       | 22       | 29 | 5 | 12 | 19 | 26 | 5   | 3/5 |
|    | レスリング(幼・小・中)  | 18:30~19:30 | 10/9  | 9   | 16 | 23 | 30 | 6   | 13 | 20 | 27 | 4   | 11 | 18 | 25 | 1  | 8  | 15       | 22       | 29 | 5 | 12 | 19 | 26 | 5   |     |
|    | 弓道(未経験・経験・一般) | 13:30~14:30 | 10/9  | 9   | 16 | 23 | 30 | 6   | 13 | 20 | 27 | 4   | 11 | 18 | 25 | 1  | 8  | 15       | 22       | 29 | 5 | 12 | 19 | 26 | 5   | 3/5 |
|    | 弓道(経験者・中学生以上) | 18:30~19:30 | 10/9  | 9   | 16 | 23 | 30 | 6   | 13 | 20 | 27 | 4   | 11 | 18 | 25 | 1  | 8  | 15       | 22       | 29 | 5 | 12 | 19 | 26 | 5   | 3/5 |
| 木  | 卓球(初級)        | 10:00~11:30 | 10/10 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | 卓球(中級)        | 13:00~14:30 | 10/10 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | 卓球(上級)        | 14:40~15:40 | 10/10 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | キッズ体育         | 15:30~16:30 | 10/10 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | 柔道(小学生)       | 18:00~19:00 |       | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | 柔道(中学生・高校生)   | 19:10~20:10 |       | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | 柔道(一般・大学生)    | 19:10~20:10 | 10/10 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   |     |
|    | なぎなた          | 18:00~19:00 | 10/17 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | 居合道           | 19:10~20:10 | 10/10 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
|    | レッツ健康ボクシング    | 19:30~20:30 | 10/10 | 10  | 17 | 24 | 31 | 7   | 14 | 21 | 28 | 5   | 12 | 19 | 26 | 2  | 9  | 16       | 23       | 30 | 6 | 13 | 20 | 27 | 6   | 3/6 |
| 金  | 剣道(小学生)       | 18:00~19:00 | 10/11 | 11  | 18 | 25 | 1  | 8   | 15 | 22 | 29 | 6   | 13 | 20 | 27 | 3  | 10 | 17       | 24       | 31 | 7 | 14 | 21 | 28 | 7   | 3/7 |
|    | 剣道(中学生・高校生)   | 19:10~20:10 | 10/11 | 11  | 18 | 25 | 1  | 8   | 15 | 22 | 29 | 6   | 13 | 20 | 27 | 3  | 10 | 17       | 24       | 31 | 7 | 14 | 21 | 28 | 7   | 3/7 |
|    | 剣道(大学生・一般)    | 19:10~20:10 |       | 11  | 18 | 25 | 1  | 8   | 15 | 22 | 29 | 6   | 13 | 20 | 27 | 3  | 10 | 17       | 24       | 31 | 7 | 14 | 21 | 28 | 7   |     |
|    | レスリング(幼・小・中)  | 18:30~19:30 |       | 11  | 18 | 25 | 1  | 8   | 15 | 22 | 29 | 6   | 13 | 20 | 27 | 3  | 10 | 17       | 24       | 31 | 7 | 14 | 21 | 28 | 7   | 3/7 |
| 土  | 弓道(未経験・大学生以上) | 9:00~10:00  | 10/12 | 12  | 19 | 26 | 2  | 9   | 16 | 23 | 30 | 7   | 14 | 21 | 28 | 4  | 11 | 18       | 25       | 1  | 8 | 15 | 22 | 1  | 8   | 3/8 |
|    | 弓道(中学生・高校生)   | 10:05~11:05 | 10/12 | 12  | 19 | 26 | 2  | 9   | 16 | 23 | 30 | 7   | 14 | 21 | 28 | 4  | 11 | 18       | 25       | 1  | 8 | 15 | 22 | 1  | 8   | 3/8 |
|    | 弓道(経験・大学生以上)  | 11:10~12:10 | 10/12 | 12  | 19 | 26 | 2  | 9   | 16 | 23 | 30 | 7   | 14 | 21 | 28 | 4  | 11 | 18       | 25       | 1  | 8 | 15 | 22 | 1  | 8   | 3/8 |
|    | 剣道形錬成         | 15:00~16:00 | 10/12 | 12  | 19 | 26 | 2  | 9   | 16 | 23 | 30 | 7   | 14 | 21 | 28 | 4  | 11 | 18<br>トレ | 25<br>トレ | 1  | 8 | 15 | 22 | 1  | 8   | 3/8 |