

## FITNESS CLASSES

### VINYASA FLOW-LYNN BABIERA

DAY	TIME	AGES	COST PER MONTH
Mon	5:25-6:25 p.m.	18 & Up	\$56/8 Classes \$28/4 Classes, \$8/Walk-In
Tue	9-10 a.m.		
	6:25-7:25 p.m.		
Fri	10-11 a.m.		

### YIN YOGA-LYNN BABIERA

DAY	TIME	AGES	COST PER MONTH
Thu	10-11 a.m.	18 & Up	\$56/8 Classes, \$28/4 Classes, \$8/Walk-In

### ZUMBA®-ERI OGIDO

DAY	TIME	AGES	COST PER MONTH
Tue	5:15-6:15 p.m.	18 & Up	\$30/8 Classes, \$15/4 Classes \$5/Walk-In
Thu	5:15-6:15 p.m.		

## LAND BASED CLASSES

### BALLET-CHINATSU HOSHINO

DAY	TIME	AGES	COST PER MONTH
Tue	10:15-10:45 a.m.	18 Months-3	\$35/4 Classes
	11-11:45 a.m.	3-4	\$45/4 Classes
Wed	3:30-4:30 p.m.	9 & Up	\$55/4 Classes
	5:15-6 p.m.	5 & Up	\$45/4 Classes
Thu	6:30-7:30 p.m.	Adult	\$50/4 Classes
	3:30-4:30 p.m.	6 & Up	\$55/4 Classes
Fri	4:30-5:15 p.m.	3-4	\$45/4 Classes
	3:30-4:15 p.m.	3-4	\$45/4 Classes
	4:15-5 p.m.	5 & Up	\$45/4 Classes
	5-6 p.m.	6 & Up	\$55/4 Classes

### POINTE-CHINATSU HOSHINO

DAY	TIME	AGES	COST PER MONTH
Wed	4:30-5:15 p.m.	*9 & Up	\$45/4 Classes

\*Class eligibility dependent on instructor approval.

### HAWAIIAN KEIKI HULA-MIDORI SUDO

DAY	TIME	AGES	COST PER MONTH
Mon	3-3:45 p.m.	5-12 & Parents	\$35/4 Classes, \$10/Walk-In

## MARTIAL ARTS CLASSES

### TRADITIONAL KARATE-KAZUMA & GYOKO ITAKI

DAY	TIME	AGES	COST PER MONTH
Wed	3-3:40 p.m.	5-6	\$65/8 Classes, \$40/4 Classes
	3:45-4:35 p.m.	7 & Up	
Sat	10:40-11:30 a.m.	5-6	
	11:40 a.m.-12:20 p.m.		

## MARTIAL ARTS CLASSES

### JIU JITSU-RODRIGO TANIGUTI

DAY	TIME	AGES	COST PER MONTH
Mon	5-6 p.m.	9-15	\$50/8 Classes
	6-7:30 p.m.	Adult Advanced	\$30/4 Classes
Tue	12-1:30 p.m.	Adult Basic	\$60/8 Classes
	4-5 p.m.	6-8	\$50/8 Classes
	5-6 p.m.	9-15	\$50/8 Classes
	6-7:30 p.m.	Adult Basic	\$60/8 Classes
Wed	5-6 p.m.	9-15	\$50/8 Classes
	6-7:30 p.m.	All Ages	\$30/4 Classes
Thu	12-1:30 p.m.	Adult Basic	\$60/8 Classes
	4-5 p.m.	6-8	\$50/8 Classes
	5-6 p.m.	9-15	\$50/8 Classes
	6-7:30 p.m.	Adult Basic	\$60/8 Classes
Fri	5-6 p.m.	9-15 Competition	\$25/4 Classes
	6-7:30 p.m.	Adult Advanced	\$30/4 Classes

## WATER BASED CLASSES

### AQUA BABY I+II-PEYTON HAVLAS

DAY	TIME	AGES	COST PER MONTH
Wed/Fri	9-9:30 a.m.	6-18 months	\$65/8 Classes
	9:45-10:15 a.m.	18 months-3 years	

\*Aqua Baby classes are seasonal.

### SWIM TEAM-SHOTARO SHIMAZAKI

DAY	TIME	LEVEL	COST PER MONTH
Mon/Tue/Thu	4-5:30 p.m.	A Team	\$75/Month
Fri	3:15-4:45 p.m.		
Mon/Tue/Thu	3-4 p.m.	B Team	\$70/Month

### ADULT SWIM LESSONS-MIKITO KURIHARA, SHOTARO SHIMAZAKI, KEI YAMAMOTO, KENGO SHIMAKURA

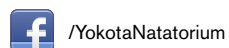
DAY	TIME	LEVEL	COST PER MONTH
Wed	6:15-7:15 p.m.	Learning the Basics	\$65/Month

### MASTER SWIM-SHOTARO SHIMAZAKI

DAY	TIME	LEVEL	COST PER MONTH
Mon-Fri	5-6 a.m.	Advanced	\$75/5 Weekly, \$50/3 Week
	6-7 a.m.	Intermediate	

All classes are subject to change. Please check with your physician before participating in any fitness program.

横田基地にアクセスできる日本人の方は、  
ナタトリウムの施設とクラスを利用できます。



YokotaFSS.com/Natatorium  
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# NATATORIUM INDOOR POOL

## Pool Hours

Mon-Fri 5 a.m.-8 p.m.  
Sat/Sun 10:30 a.m.-6 p.m.  
Holidays Closed

## Front Desk Hours

Mon-Fri 8 a.m.-7 p.m.  
Sat 10:30 a.m.-4 p.m.  
Holidays Closed



# AQUATICS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5 a.m.		LAP SWIM 5 a.m.–1 p.m.	LAP SWIM 5 a.m.–1 p.m.	LAP SWIM 5 a.m.–1 p.m.	LAP SWIM 5 a.m.–1 p.m.	LAP SWIM 5 a.m.–1 p.m.		
6 a.m.								
7 a.m.								
8 a.m.								
9 a.m.								
10 a.m.	LAP SWIM 10:30 a.m.–12 p.m.	OPEN SWIM* 1–3 p.m.	OPEN SWIM* 1–3 p.m.	OPEN SWIM* 1–3 p.m.	OPEN SWIM* 1–3 p.m.	OPEN SWIM* 1–3 p.m.	LAP SWIM 10:30 a.m.–12 p.m.	
11 a.m.								
12 p.m.								
1 p.m.	OPEN SWIM 12–6 p.m.	LAP SWIM 3:15–6 p.m.	SWIM LESSON 3:15–6 p.m.	SWIM LESSON 3:15–6 p.m.	SWIM LESSON 3:15–6 p.m.	SWIM LESSON 3:15–6 p.m.	OPEN SWIM 12–6 p.m.	
2 p.m.								
3 p.m.		OPEN SWIM* 6:15–8 p.m.	OPEN SWIM* 6:15–8 p.m.	ADULTS ONLY LAP SWIM & SWIM LESSONS 6:15–8 p.m.	OPEN SWIM* 6:15–8 p.m.	OPEN SWIM* 6:15–8 p.m.		
4 p.m.								
5 p.m.								
6 p.m.								
7 p.m.								
8 p.m.								

Schedule is tentative and subject to change according to need, availability of instructors and enrollment levels. Pool is closed during swim lessons.

\*Limited lap lanes.

## POOL ACTIVITIES

### LAP SWIM

Lap lanes are reserved for lap swimmers only, and we ask that swimmers share lanes due to limited space. There will be no recreational diving, swimming or loitering in the lap swim area.

### OPEN SWIM

Family fun in the pool! Children under the age of 11 must be accompanied by an adult, either in the pool or on deck. Please adhere to age and supervision requirements. Lifeguards are on duty to ensure the safety of all participants. During open swim, lap lanes are not guaranteed. Due to pool capacity changes, open swim may begin late or end early based on other facility needs such as, instruction and training.

### WATER AEROBICS

Wednesdays & Fridays • 11:45 a.m.–12:30 p.m.

Tuesdays & Thursdays • 6:15–7 p.m.

This class uses the water to add resistance, improving your cardiovascular and muscular endurance, as well as strength and flexibility. Exercises are adaptable for all fitness levels.

### SWIM LESSONS

Programs include Aqua Baby (parent and child course), Preschool Swim Lessons and Learn to Swim (levels 1–5).

#### Adult Swim Lessons

Wednesdays • 6:15–7:15 p.m.

### PARTY PACKAGES

Saturdays • 12:30–2:30 p.m. or 3:30–5:30 p.m.

All Ages

Reservations are required at least two weeks in advance.

### RETAIL

The Natatorium features a great line of swim gear which includes items such as high-end swim goggles, caps and more.

### AGE & SUPERVISION REQUIREMENTS

- Children six and under must be accompanied by an adult ages 18 or older while in the water.
- Children who are wearing life jackets or unable to swim must have an adult in the water with them at all times.
- Children unable to stand in the water must be within arm's length of an adult at all times.
- Children ages seven to 10 must be attentively supervised by an adult in the pool area at all times (no sleeping or reading).
- Children ages 11 to 13 may remain in the pool unaccompanied by taking and passing the Deep Water Access Test consisting of swimming any stroke at least 15 meters, one minute tread water and 30 second back float. A parent must be present during the swim test.
- Children ages 14 to 18 may use the pool unaccompanied.