

| 1月 | | 競泳 | | | | 水球 | 備考 | |
|----|---|-------------|-------------|-------------|----|-----|------------------|----------|
| | | ML (男) | ML (女) | SP | ST | | | |
| 1 | 金 | OFF | | | | OFF | | |
| 2 | 土 | OFF | | | | | | |
| 3 | 日 | OFF | | | | | 自主練(尼崎スポーツの森) | |
| 4 | 月 | 12:00~14:00 | | 14:00~16:00 | | | 高等部 | |
| 5 | 火 | 12:00~14:00 | | 14:00~16:00 | | | 高等部 | |
| 6 | 水 | 9:00~11:00 | 13:00~15:00 | 11:00~13:00 | | | | |
| 7 | 木 | 13:00~15:00 | 11:00~13:00 | 9:00~11:00 | | | | |
| 8 | 金 | 13:00~15:00 | 15:00~17:00 | 8:00~10:00 | | | 2限授業 (有) / クリーナー | |
| 9 | 土 | 11:00~13:00 | 9:00~11:00 | 13:00~15:00 | | | | |
| 10 | 日 | OFF | | | | | 兵庫県短水路 | |
| 11 | 月 | 9:00~11:00 | | 11:00~13:00 | | | 兵庫県短水路 | |
| 12 | 火 | 17:00~19:00 | 8:00~10:00 | 15:00~17:00 | | | 2限授業 (有) | |
| 13 | 水 | 13:00~15:00 | 11:00~13:00 | 9:00~11:00 | | | 高等部 (2/3まで) | |
| 14 | 木 | 13:00~15:00 | 11:00~13:00 | 9:00~11:00 | | | | |
| 15 | 金 | 13:00~15:00 | 11:00~13:00 | 9:00~11:00 | | | | |
| 16 | 土 | 未定 | | | | | OFF | 尼崎スポーツの森 |
| 17 | 日 | OFF | | | | | | |
| 18 | 月 | 11:00~13:00 | 9:00~11:00 | 13:00~15:00 | | | | |
| 19 | 火 | 11:00~13:00 | 9:00~11:00 | 13:00~15:00 | | | | |
| 20 | 水 | 11:00~13:00 | 9:00~11:00 | 13:00~15:00 | | | | |
| 21 | 木 | 11:00~13:00 | 9:00~11:00 | 13:00~15:00 | | | | |
| 22 | 金 | 11:00~13:00 | 9:00~11:00 | 13:00~15:00 | | | | |
| 23 | 土 | 12:00~14:00 | | 14:00~16:00 | | | | |
| 24 | 日 | OFF | | | | | | |
| 25 | 月 | 9:00~11:00 | 13:00~15:00 | 11:00~13:00 | | | | |
| 26 | 火 | 9:00~11:00 | 13:00~15:00 | 11:00~13:00 | | | | |
| 27 | 水 | 9:00~11:00 | 13:00~15:00 | 11:00~13:00 | | | | |
| 28 | 木 | 9:00~11:00 | 13:00~15:00 | 11:00~13:00 | | | | |
| 29 | 金 | 9:00~11:00 | 13:00~15:00 | 11:00~13:00 | | | | |
| 30 | 土 | 未定 | | | | | | |
| 31 | 日 | OFF | | | | | | |