

## スポーツアカデミー ー関 レッスンプログラム

| 火                |                                  |   |   |   |   | 水                |                               |                                  |   |   |   | 木                |                                               |     |                        |   |   | 金                |                               |      |     |                                  |   | 土   |                               |   |      |     |                     | 日               |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|------------------|----------------------------------|---|---|---|---|------------------|-------------------------------|----------------------------------|---|---|---|------------------|-----------------------------------------------|-----|------------------------|---|---|------------------|-------------------------------|------|-----|----------------------------------|---|-----|-------------------------------|---|------|-----|---------------------|-----------------|--------------------------------|---|---|-----|---------------------|-----|----------------------------------|--|--|--|--|--|--|
| 時刻               | プール                              |   |   |   |   | スタジオ             | 時刻                            | プール                              |   |   |   |                  | スタジオ                                          | 時刻  | プール                    |   |   |                  |                               | スタジオ | 時刻  | プール                              |   |     |                               |   | スタジオ | 時刻  | プール                 |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  | 1                                | 2 | 3 | 4 | 5 |                  |                               | 1                                | 2 | 3 | 4 | 5                |                                               |     | 1                      | 2 | 3 | 4                | 5                             |      |     | 1                                | 2 | 3   | 4                             | 5 |      |     | 1                   | 2               | 3                              | 4 | 5 |     |                     |     |                                  |  |  |  |  |  |  |
| 10:              | 10:00 OPEN                       |   |   |   |   | スタジオ             | 10:                           | 10:00 OPEN                       |   |   |   |                  | スタジオ                                          | 10: | 10:00 OPEN             |   |   |                  |                               | スタジオ | 10: | 10:00 OPEN                       |   |     |                               |   | スタジオ | 10: | 10:00 OPEN          |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  | 10:15-11:00<br>ベビー               |   |   |   |   |                  | 10:                           | 10:15-10:45<br>水中ウォーキング          |   |   |   |                  |                                               | 10: | 10:15-10:45<br>ベビー     |   |   |                  |                               |      | 10: | 10:15-11:00<br>ベビー               |   |     |                               |   |      | 10: | 10:00-11:00<br>学童-B |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 11:              | 11:15-12:15<br>スイムレッスン<br>初級・中上級 |   |   |   |   |                  | 11:                           | 10:45-11:45<br>スイムレッスン<br>初級・中上級 |   |   |   |                  |                                               | 11: | 11:30-12:00<br>モビバンアクア |   |   |                  |                               |      | 11: | 10:45-11:45<br>スイムレッスン<br>初級・中上級 |   |     |                               |   |      | 11: | 11:00-12:00<br>幼児   |                 |                                |   |   | 11: | 11:00-12:00<br>学童-C |     |                                  |  |  |  |  |  |  |
| 12:              | 12:15-12:45<br>水中ウォーキング          |   |   |   |   | 12:              | 11:45-12:15<br>アクア            |                                  |   |   |   | 12:              | 12:00-13:00<br>シルバー                           |     |                        |   |   | 12:              | 11:45-12:15<br>水中運動           |      |     |                                  |   | 12: | フリーコース<br>10:00-13:00         |   |      |     |                     | 12:             | 12:00-13:30<br>育成<br>※記録会日中止   |   |   |     |                     | 12: | フリーコース<br>12:00-15:45<br>※記録会日中止 |  |  |  |  |  |  |
| 13:              | フリーコース<br>10:00-15:45            |   |   |   |   | 13:              | フリーコース<br>10:00-15:45         |                                  |   |   |   | 13:              | フリーコース<br>10:00-15:45                         |     |                        |   |   | 13:              | フリーコース<br>10:00-15:45         |      |     |                                  |   | 13: | 13:00-14:00<br>学童-B           |   |      |     |                     | 13:             | 13:00-13:30<br>※記録会日中止         |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 14:              | やさしい<br>筋トレ                      |   |   |   |   | 14:              | 13:00-13:45<br>ボディ<br>バランス    |                                  |   |   |   | 14:              | 13:00-13:30<br>ストレッチ<br>ボール<br>アクティブ<br>ストレッチ |     |                        |   |   | 14:              | 13:00-14:00<br>陸モビ<br>ボールEX   |      |     |                                  |   | 14: | 13:00-14:00<br>学童-B           |   |      |     |                     | 14:             | 自由遊泳<br>13:30-15:45<br>※記録会日中止 |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 15:              |                                  |   |   |   |   | 15:              |                               |                                  |   |   |   | 15:              |                                               |     |                        |   |   | 15:              |                               |      |     |                                  |   | 15: |                               |   |      |     |                     | 15:             |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 16:              | 15:45-16:45<br>幼児・学童-B           |   |   |   |   | 16:              | 15:45-16:45<br>幼児・学童-B        |                                  |   |   |   | 16:              | 15:45-16:45<br>幼児・学童-B                        |     |                        |   |   | 16:              | 15:45-16:45<br>幼児・学童-B        |      |     |                                  |   | 16: | 15:30-16:30<br>学童-D           |   |      |     |                     | 16:             | 16:00 CLOSE                    |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 17:              | 16:45-17:45<br>学童-C              |   |   |   |   | 17:              | 16:45-17:45<br>学童-C           |                                  |   |   |   | 17:              | 16:45-17:45<br>学童-C                           |     |                        |   |   | 17:              | 16:45-17:45<br>学童-C           |      |     |                                  |   | 17: | 17:00-17:45<br>ボディ<br>バランス    |   |      |     |                     | 17:             | 施設のご利用は<15:45>まで               |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 18:              | 17:45-18:45<br>選手・準選手<br>学童-D    |   |   |   |   | 18:              | 17:45-18:45<br>選手・準選手<br>学童-D |                                  |   |   |   | 18:              | 17:45-18:45<br>選手・準選手<br>学童-D                 |     |                        |   |   | 18:              | 17:45-18:45<br>選手・準選手<br>学童-D |      |     |                                  |   | 18: | 選手・準選手                        |   |      |     |                     | 18:             |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 19:              | フリーコース<br>19:30-20:15            |   |   |   |   | 19:              | 18:45-19:15<br>ストレッチ<br>ボール   |                                  |   |   |   | 19:              | 19:00-19:30<br>かんたん<br>筋トレ                    |     |                        |   |   | 19:              | フリーコース                        |      |     |                                  |   | 19: | 19:00 CLOSE                   |   |      |     |                     | 19:             |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 20:              | 19:30-20:30<br>スイムレッスン<br>中上級    |   |   |   |   | 20:              | 19:30-20:00<br>マーシャル<br>エアロ   |                                  |   |   |   | 20:              | フリーコース                                        |     |                        |   |   | 20:              | 19:00-20:45                   |      |     |                                  |   | 20: | 19:30-20:30<br>スイムレッスン<br>中上級 |   |      |     |                     | 20:             | 施設のご利用は<18:45>まで               |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 21:              | 21:00 CLOSE                      |   |   |   |   | 21:              | 21:00 CLOSE                   |                                  |   |   |   | 21:              | 21:00 CLOSE                                   |     |                        |   |   | 21:              | 21:00 CLOSE                   |      |     |                                  |   | 21: | 21:00 CLOSE                   |   |      |     |                     | 21:             |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
| 施設のご利用は<20:45>まで |                                  |   |   |   |   | 施設のご利用は<20:45>まで |                               |                                  |   |   |   | 施設のご利用は<20:45>まで |                                               |     |                        |   |   | 施設のご利用は<20:45>まで |                               |      |     |                                  |   |     |                               |   |      |     |                     | 施設のご利用は閉館15分前まで |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |
|                  |                                  |   |   |   |   |                  |                               |                                  |   |   |   |                  |                                               |     |                        |   |   |                  |                               |      |     |                                  |   |     |                               |   |      |     |                     |                 |                                |   |   |     |                     |     |                                  |  |  |  |  |  |  |