

## 令和6年度 海南市公民館講座・教室、サークル一覧 ○:講座・教室、●:サークル

| 館<br>講座・教室<br>サークル | 黒江<br>483-<br>5220 | 日方<br>482-<br>6865 | 内海<br>482-<br>2158 | 大野<br>483-<br>5150 | 亀川<br>483-<br>5282 | 巽<br>487-<br>4753 | 北野上<br>488-<br>0988 | 中野上<br>487-<br>4726 | 南野上<br>487-<br>1481 | 方集会所<br>492-<br>4706 | 下津防災<br>492-<br>0251 | 大崎<br>492-<br>2110 | 塩津<br>492-<br>2066 |
|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------------------|---------------------|---------------------|---------------------|----------------------|----------------------|--------------------|--------------------|
| アイシングクッキー          |                    |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| 編みバッグ              |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| いきいき百歳体操           |                    |                    |                    |                    |                    |                   |                     | ●                   |                     |                      |                      |                    |                    |
| 生花                 |                    | ○                  |                    | ●                  |                    |                   |                     | ○                   |                     |                      |                      |                    |                    |
| 囲碁                 | ●                  |                    | ●                  |                    |                    |                   | ●                   |                     | ●                   |                      |                      |                    |                    |
| ウォーキング             |                    |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| うさぎとかめ             |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ●                  |
| 内海サロン              |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 漆工芸                | ○                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 英会話                |                    |                    | ○                  |                    |                    |                   | ○                   |                     | ●                   |                      |                      |                    |                    |
| 絵手紙                | ○                  |                    |                    |                    | ○                  | ●                 | ○                   | ●                   |                     |                      |                      |                    |                    |
| 絵本                 |                    |                    | ●                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 美味しい出汁のとりかた        |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| 大野こども楽団            |                    |                    |                    | ●                  |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| お菓子作り              |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ●                  |
| 押し花                |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| おしゃれ教室             |                    |                    |                    | ○                  |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 男の出番               |                    |                    | ●                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 大人のお話会             |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 己書                 |                    |                    |                    |                    |                    | ○                 |                     |                     |                     |                      | ○                    |                    | ○                  |
| 親子英語               |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| 親子で茶道講座            |                    | ○                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 音楽ケア体操             | ○                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 音楽サークル             |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ●                  |
| 絵画                 |                    |                    |                    |                    |                    |                   |                     | ○                   |                     |                      |                      |                    |                    |
| 輝く女性               |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| 歌唱指導               |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| 紙芝居                |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| 亀池を歩く会             |                    |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| 歌謡                 |                    |                    |                    |                    | ●                  | ●                 | ●                   |                     |                     |                      |                      |                    |                    |
| カラオケ               | ●                  |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| 身体ほぐし体操            |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| カローリング             |                    |                    |                    |                    |                    |                   | ●                   |                     | ●                   |                      |                      |                    | ●                  |
| ギター                |                    |                    |                    |                    | ○                  | ○                 |                     |                     |                     |                      |                      |                    |                    |
| 着付け                |                    |                    |                    |                    |                    | ○                 |                     | ○                   |                     |                      |                      |                    |                    |
| 木彫り&革創作            | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 着物リフォーム            |                    |                    |                    |                    | ●                  | ●                 |                     |                     | ○                   |                      |                      |                    |                    |
| 郷土史                | ○                  |                    | ●                  |                    |                    |                   | ●                   |                     |                     |                      |                      |                    |                    |
| 金山寺味噌づくり           |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| 草花講座               |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| グラウンドゴルフ           |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| クラフト               |                    |                    |                    | ●                  |                    | ○                 |                     |                     |                     |                      |                      |                    |                    |
| 携帯電話(スマホ・タブレット)    |                    |                    |                    |                    |                    |                   |                     |                     | ●                   | ○                    |                      |                    | ○                  |
| 健康教室               |                    |                    |                    |                    | ○                  |                   |                     |                     |                     |                      |                      |                    |                    |
| 健康マージャン            |                    |                    |                    |                    | ●                  |                   |                     |                     |                     |                      |                      |                    |                    |
| 憲法を考える会            |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| コーラス               | ●                  |                    |                    | ○                  | ●                  |                   | ○                   |                     |                     |                      |                      |                    |                    |
| 古典を楽しむ会            |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| こども英会話             |                    |                    |                    | ○                  |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 子どもお茶席             |                    |                    |                    |                    |                    |                   |                     | ○                   |                     |                      |                      |                    |                    |
| 子どもダンス             |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 子どもチアダンス           |                    | ○                  |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| 子ども舞踊              |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 子ども浴衣着付け講座         |                    | ○                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 茶道                 | ●                  |                    |                    | ●                  | ○                  |                   |                     |                     |                     |                      |                      |                    |                    |
| 3B体操               |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ●                    |                    |                    |

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|---------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------------------|---------------------|---------------------|---------------------|----------------------|----------------------|--------------------|--------------------|
| 詩吟                  |                    |                    | ○                  |                    |                    |                   |                     | ○                   |                     |                      |                      |                    |                    |
| 児童ペン習字              |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| シニアエクササイズ           | ●                  |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 詩舞                  |                    |                    |                    |                    |                    |                   |                     | ●                   |                     |                      |                      |                    |                    |
| シフォンケーキ作り           |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| 社交ダンス               | ●                  |                    | ○                  | ●                  |                    | ●                 |                     | ●                   | ●                   |                      |                      |                    |                    |
| 写真                  |                    |                    | ●                  | ○                  | ○                  |                   | ●                   |                     | ●                   |                      |                      | ○                  | ○                  |
| 三味線                 | ●                  |                    |                    | ○                  |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 自由計画(絆纏・小物づくり等)     |                    |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| 手芸                  |                    |                    |                    |                    | ●                  |                   |                     |                     | ●                   | ●                    |                      | ○                  | ○                  |
| 趣味人                 |                    |                    | ●                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 手話教室                |                    |                    |                    | ○                  |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 将棋                  |                    |                    |                    | ○                  |                    |                   |                     |                     |                     |                      |                      | ●                  |                    |
| 少林寺拳法               | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 書写                  |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| 書道                  | ●                  | ●○                 | ○                  | ○                  | ○                  |                   | ○                   | ○                   |                     | ●                    | ○                    | ○                  |                    |
| 水墨画                 |                    |                    |                    |                    | ●                  |                   |                     |                     |                     | ●                    |                      |                    |                    |
| スケッチ                |                    |                    |                    |                    | ○                  |                   |                     |                     |                     |                      |                      |                    |                    |
| ストレッチ               | ●                  | ○                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 川柳                  | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 創作紙粘土               |                    |                    | ○                  |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| ソフトバレーボール           |                    |                    | ●                  |                    |                    |                   | ●                   | ●                   |                     |                      |                      |                    |                    |
| 太極拳                 |                    |                    |                    |                    | ●                  |                   |                     |                     |                     | ●                    |                      |                    |                    |
| 太鼓                  |                    |                    |                    |                    |                    | ○                 | ○                   |                     |                     |                      |                      |                    |                    |
| 大正琴                 |                    |                    |                    |                    |                    | ●                 |                     |                     | ●                   | ●                    |                      |                    |                    |
| 体操                  |                    |                    |                    |                    |                    | ○                 | ○                   |                     |                     |                      |                      | ●                  |                    |
| 台湾料理                |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      | ○                    |                    |                    |
| 畳を知る講座              |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 卓球                  |                    |                    | ●                  | ●                  | ○                  |                   |                     | ●                   | ●                   |                      |                      |                    |                    |
| 短歌                  |                    |                    | ●                  |                    |                    | ●                 |                     | ○                   |                     |                      |                      |                    |                    |
| ダンス・演劇指導            |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 中国語                 |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| チョークアート             |                    |                    |                    |                    |                    | ○                 |                     |                     |                     |                      |                      |                    | ○                  |
| 手編み                 |                    |                    |                    |                    |                    |                   |                     |                     |                     | ●                    |                      |                    |                    |
| 手打ちうどん              |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| 手ごねdeパン作り           |                    |                    |                    |                    |                    |                   |                     |                     |                     | ●                    |                      |                    |                    |
| デザインフラワー            |                    |                    |                    |                    | ○                  | ○                 |                     |                     |                     |                      |                      |                    |                    |
| 手品                  |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| 手作り                 |                    | ●                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 伝承活動(コンニャク・なれ寿司・味噌) |                    | ○                  |                    |                    |                    | ○                 |                     |                     |                     |                      |                      |                    |                    |
| 伝統芸能(つつてん踊り)        | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 伝統芸能(念仏踊り)          |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 陶芸                  | ○                  |                    | ○                  |                    |                    |                   | ○                   | ○                   |                     |                      | ○                    |                    | ○                  |
| 童謡を歌う会              |                    |                    |                    | ●                  |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| トールペイント             |                    | ○                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 友の会 海南最寄            | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 懐メロ                 |                    |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| なでしこ会(エクササイズ)       |                    |                    |                    |                    | ●                  |                   |                     |                     |                     |                      |                      |                    |                    |
| 南中ソーラン              | ●                  |                    |                    |                    | ●                  |                   |                     |                     |                     |                      |                      |                    |                    |
| 南米音楽(フォルクローレ)       | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 脳トレーニング             |                    |                    |                    |                    |                    |                   | ○                   |                     | ●                   |                      |                      |                    |                    |
| ハーバリウムネームプレート       |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| ハーモニカ               |                    |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| ハイキング               |                    |                    | ●                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 俳句                  | ●                  | ●                  |                    |                    | ●                  |                   |                     | ○                   |                     | ●                    |                      | ●                  |                    |
| パソコン                | ●                  |                    |                    |                    | ●                  |                   |                     |                     | ○                   |                      | ○                    |                    |                    |
| パソコン(初級)            |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      |                      |                    |                    |
| 発酵料理                |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| 発達ゆつくりちゃんのママたちの集い   |                    |                    |                    |                    |                    |                   | ●                   |                     |                     |                      |                      |                    |                    |
| パッチワーク              |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○●                 |
| 花のある暮らし             |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |

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|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------------------|---------------------|---------------------|---------------------|----------------------|----------------------|--------------------|--------------------|
| バラエティ寿司            |                    |                    |                    |                    |                    | ○                 |                     |                     |                     |                      |                      |                    |                    |
| はりはり大根作り           |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| バレエエクササイズ          | ○                  |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| パン教室               |                    |                    |                    |                    |                    |                   |                     |                     | ●                   |                      | ○                    |                    |                    |
| パン工房               |                    |                    |                    |                    |                    | ○                 |                     |                     |                     |                      |                      |                    |                    |
| ハンドベル              |                    |                    |                    |                    | ○                  |                   |                     |                     |                     |                      |                      |                    | ○                  |
| バンド                |                    | ●                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| ビーズ                |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| 百歳体操               |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ●                  |
| 100トレ              |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| ピラティス              | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| フォークダンス            |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 吹き矢                | ●                  |                    |                    |                    | ●                  |                   |                     |                     |                     |                      |                      |                    |                    |
| 腹話術                |                    |                    |                    |                    |                    |                   |                     |                     |                     | ●                    |                      |                    |                    |
| 舞踊                 |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| フラダンス(フラワーズ)       | ●                  |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| フラワーアレンジメント        |                    |                    | ○                  |                    | ○                  |                   | ○                   |                     | ○                   |                      | ○                    |                    | ○                  |
| ブリザーブドフラワーリース      |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| フルーツパフェ            |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| ペタンク               |                    |                    |                    | ●                  |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| ベリーダンス             |                    | ○                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 防災料理講座             |                    | ○                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| ぼちぼちいこか            |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ●                  |
| ボディリセット            |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| 本格的なケーキ作り          |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| ポン酢作り              |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| マクラメ               |                    |                    |                    |                    |                    |                   |                     | ○                   |                     |                      |                      |                    |                    |
| まさみちゃんの時事講座        |                    |                    |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    |                    |
| 学ばら会               |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ●                  |
| 眉の描き方              |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| 味噌作り               |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| 民謡                 |                    |                    |                    | ○                  |                    |                   |                     |                     | ○                   | ●                    |                      |                    |                    |
| ものづくり教室            |                    |                    |                    |                    |                    |                   |                     | ○                   |                     |                      |                      |                    |                    |
| 安来節 どじょっこ会         |                    |                    |                    |                    |                    |                   |                     | ●                   |                     |                      |                      |                    |                    |
| ゆらぎ体操              |                    | ●                  |                    |                    |                    |                   |                     |                     |                     | ●                    |                      |                    |                    |
| 羊毛フェルト             |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| ヨガ                 | ●                  |                    |                    |                    |                    |                   | ○                   | ●                   |                     |                      |                      | ○                  |                    |
| よさこいソーラン           |                    |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| 寄せ植え               |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| ラジオ体操              | ●                  |                    |                    |                    |                    |                   |                     | ●                   |                     |                      |                      |                    | ●                  |
| リズム体操              |                    |                    |                    |                    |                    | ○                 |                     |                     |                     |                      |                      |                    | ○                  |
| リフォーム洋裁            |                    |                    | ○                  |                    | ●                  |                   |                     |                     | ○                   | ○                    |                      |                    |                    |
| リフレッシュ体操           |                    | ○                  |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    |                    |
| 料理(お菓子作り)          | ○                  |                    |                    |                    |                    | ●                 |                     |                     |                     |                      |                      |                    |                    |
| 料理(女性)             |                    | ○                  |                    |                    |                    |                   |                     |                     | ○                   |                      |                      |                    | ○                  |
| 料理(男性・女性)          |                    |                    |                    |                    |                    |                   |                     |                     |                     |                      |                      |                    | ○                  |
| リラックスヨガ            |                    |                    | ○                  |                    |                    |                   |                     |                     |                     |                      | ○                    |                    |                    |
| レザークラフト            |                    |                    |                    |                    |                    |                   |                     |                     |                     | ○                    |                      |                    |                    |
| 朗読                 |                    |                    |                    |                    |                    | ○                 |                     |                     |                     |                      |                      |                    |                    |