

# Numazu Newsletter

No. 285  
August 1, 2014  
Voluntary Supporters  
Kalamazoo Division NICE

<http://www.city.numazu.shizuoka.jp/>

You can get information about Numazu twice a month on this home page and some hard copies issued by Supportive Volunteers at the Tourist Information Office at the Numazu Station, Palette, the City Library Participation, the City Gymnasium, Speakeasy, the Tap Room, Catholic Church, Kato Gakuen, Chiku Centers and the City Hall

## **Disaster Prevention**

### **The Disaster Prevention Drill is held on Aug. 31 (Sun)**

Local government, disaster prevention agencies and local disaster prevention committee are working together to strengthen disaster prevention and are going to hold first aid firefighting trainings and rescue drills on Aug. 31 (Sun). Let's join the drill and build a deeper cooperation between local communities and individuals.

#### **Schedule of the disaster drill on Aug. 31 (Sun)**

**9:00** The earthquake occurs. The electric bell rings. Keep yourself safe.  
**9:03** TSUNAMI warning. Siren rings. Run away to higher places.  
**11:30** The drill is finished.

## **Recruitment**

### **Support Your Job Hunting!**

Commerce Promotion Division ☎055-934-4749

City government will support people who have no working experience and want to get a job, or once left their work and have motivated themselves to get a job. The consultants will give you some advice such as how to write a resume, how to take an interview and so on.

To whom: Unemployed graduates who are living in Numazu and motivate themselves to get a job.

People who are living in Numazu and once left their jobs to raise their children or nursing care and want to get a job again.

Capacity: 20 people (There will be a lottery in Sept. if there are many applicants.)

How to apply: Call by Aug. 31(Sun) Numazu City Job Support Organization ☎0077-78-5455

■ How to support your job hunting

① Individual Consultation

We are going to listen to your job experience, your request for the job and so on.

② Decide the working experience place

Based on the consultation, you are going to decide the working experience place. Before working, you are going to take a manner seminar.

- ③ Experience working for one or two days  
You are going to work at the company.
- ④ Follow up interview with the consultants  
Based on the working experience, you are going to decide which company to work for.
- ⑤ Decide the company which suits you.

## **Classes and Courses**

### **Fitness Promotion Classes**

Applications & inquiries: Health Promotion Division (Health Center) ☎055-951-3480

#### **Fitness Promotion Class for Women “Koko Kara Bijin Juku”**

| Times | Date        | Content                                   |
|-------|-------------|---|
| 1     | Sep.4 (Thu) | Boxercise                                 |
| 2     | Sep.11(Thu) | Aerobics to increase basal metabolism     |
| 3     | Sep.18(Thu) | Balletone to prevent locomotives syndrome |

Time: 19:00~20:30

Where: San-Well Numazu (4F Multipurpose Hall)

Applicants: women aged between 40 and 54 who live in Numazu and want to start exercising

Capacity: 30 people (There will be a drawing in case of many applicants.)

Fee: 60 yen (insurance)

How to apply: Send a double-sided postcard or e-mail with your address, name, date of birth, phone number and transportation to the site.                      Deadline: no later than Aug.15 (Fri)

Applications: Health Promotion Division “Koko Kara Bijin Juku” 〒410-0881 Yahata-cho 97, e-mail address [kenkou@city.numazu.lg.jp](mailto:kenkou@city.numazu.lg.jp)

### **Cooking Class for 3-year-old Kids**

When: Sep.9 (Tue) 10:00~13:00

Where: Health Center cooking room

Applicants: children born on July 1 ~ Sep. 30, 2011 who live in Numazu, and their parents

Capacity: 18 pairs (in order of arrival)

Fee: 220 yen per person (ingredient and insurance)

What to bring: maternal and child health handbook, towel, apron, bandana, spoon & folk for kids

How to apply: by phone from 8:30 on Aug.8 (Fri)



### **Fukujiji Seal Donation**

As a campaign of tuberculosis prevention, we appreciate your donation through neighborhood community associations and Tuberculosis Prevention Women's Association.

## **Child Raising**

### **Ohisama Hiroba**



Inquiries: *Numazukko FUREAI* Center (popo) ☎055-952-8077

*Senbon* Child Support Center (kamome) ☎055-962-7818

Nursery teachers will play with children and parents.

When: Aug. 25(Mon), 10:30~12:00      Where: Ishibashi Plaza 4<sup>th</sup>, hall

Applicants: parents in the child-raising years and their children

\*Come to the site directly.

### **Nature Observation Class in Awashima**

Application and inquiries: Numazu City Silver *Jinzai* Center ☎ 055-964-1153

Inquiries: Longevity Welfare Division ☎ 055-934-4834

When: Aug. 21 (Thu) 9:00~ 15:30

Meeting time and place: 9:00 at the east side of *e-ra de* at Numazu Station South Exit

Where: *Awashima* Marine Park      Applicants: 3,4,5,6 graders of elementary school

Capacity: 40 students (In order of arrival)      Participation Fee: 750 yen (for entrance fee and others)

Things to bring: Lunch, drinks, towel, cap or hat, rain gear, writing implements,

How to apply: By phone from 9:00 on Aug. 8 (Fri)

### **Let's make Dyeing Pattern with Rubber bands and Marbles.**

Applications and inquiries: *Fureai* Exchange Room at San Well Numazu ☎ 055-922-1501

Social Welfare Division ☎ 055-934-4824

When: Aug. 23 (Sat) 13:30~ 15:00      Where: *Fureai* Exchange Room at San Well Numazu 5F

Contents: Let's make a dyeing pattern using rubber band or marbles.

Applicants: Elementary school students      Capacity: 20 (In order of arrival)

Things to bring: Drinks, towel      How to apply: By phone or directly from 9:30 on Aug. 11 (Mon)

## **Events**

### **Let's Make OMOSU, Mandarin Orange Vinegar.**

Applications & Inquiries: Agricultural Products Direct Sales Store OH! MOS ☎ 055-934-2136

Inquiries: Agriculture and Forestry Division ☎055-934-4751

When: Aug. 20 (Wed) 8:30 -15:30

Where: Agricultural Products Direct Sales Store OH! MOS located in Uchiura Omosu

Contents: Squeezing green mandarin oranges, tour in a tangerine orchard, tasting the vinegar.

Capacity: 15 persons aged 18 - 65, if many applicants, a drawing will be held.

What to bring: Apron, lunch

How to apply: By phone from Aug. 13 (Wed) 9:00 ~16:00.

## **“Kenmin no Hi (the day of Residents of Shizuoka Prefecture)” Event**

### **Observation Tour of Watershed Sewage Clarification Center**

Applications and inquiries: Kano River Seibu Clarification Center ☎ 055-968-2623

Inquiries: Water and Sewage Service General Affair ☎ 055-934-4862

When: Aug. 21(Thu) ①9:30 ~ 11:30 ②13:30 ~ 15:30

Where: Kano River Seibu Clarification Center (in Hara)

How to apply: By phone by Aug. 20(Wed)

## **Classes and Courses**

### **“Gatekeeper” Training Course**

Applications & inquiries: Handicapped Person's Welfare Division ☎ 055-934-4830

A “gatekeeper” is a person who can notice someone with worries, and talk with and watch over him or her. Why don't you learn about gatekeeper?

When:① Aug. 21(Thu), 13:30 – 15:00 ② Sep. 5(Fri), 18:30 – 20:00

Where: San Well Numazu, 2F big conference room

Contents: Basic knowledge of depression, how to treat it, mental health of a gate keeper, etc.

Instructor: Mr. Kamio Takaaki (clinical psychologist) How to apply: By telephone

### **The Second “Life Seminar”**

Applications & Inquiries: Citizens Consultation Center ☎ 055-934-4841

When: Aug.31 (Sun), 13:30 – 15:30 Where: Cultural Center, big conference room

Theme: Talk about health foods and supplement by an expert

Lecturer: Chiba Takeshi san (National Institute of Health and Nutrition)

Capacity: 90 people (in order of arrival) How to apply: By telephone or at website from Aug.8 (Fri)

### **Introductory Course for Reading Ancient Documents**

Applications & inquiries: Meiji Historical Museum ☎ 055-923-3335

When: Saturdays from Sep.6 to Oct.4, 9:30 – 11:30(total 5 times)

Where: Meiji Historical Museum 2F, lecture room

Contents: Learning how to read ancient documents (local historical materials)

Applicants: A person who read ancient documents for the first time

Capacity: 30 people (in order of arrival)

Things to bring: Writing materials, a dictionary of cursive-style writing (if you have one)

How to apply: By telephone from Aug.8 (Fri), 9:00

### **Training Course of Supporters for Multicultural Information and Assistance**

Applications and Inquiries: Fuji no kuni Tabunka Kyosei Net Kubota san ☎ 055-931-1133

Civic Collaboration Division ☎ 055-934-4717

★ Course 1 :Japanese lesson for the supporters

When: Aug. 30(Sat) to Dec.13 (Sat) (total 12 times)

Capacity: 20 people (in order of arrival)

★ **Course 2: Cross-cultural communication class for the supporters**

When: Sep.7 (Sun) to Dec.14 (Sun) (total 4 times)

Capacity: 30 people (in order of arrival)

Applicants for both courses: foreigners who have moderate Japanese proficiency

or Japanese who are interested in multicultural information and assistance

How to apply: By telephone from Aug. 8(Fri), 9:00

Please ask us about details.

### Personal Computer Beginner's Class



Applications & Inquiries: NPO HANASAKI Net ☎ 090-6335-8739

Civic Collaboration Division ☎ 055-934-4807

When: Aug. 22 (Fri) 13:30 ~ 16:30

Where: San-Well Numazu (2F OA Room)

Contents: Basic skills of PC & surfing the Internet

Capacity: 16 persons (first-come-first-served)

How to apply: By phone from Aug. 10 (Sun), 9:00 –

### Kimono and Manners Class

Applications and Inquiries: Numazu Imperial Villa Park ☎055-931-0005, FAX 055-933-3614

Inquiries: Park & Tree Planning Division ☎055-934-4795

When: Tuesdays from Sep.2 –Feb. 24 (except national holidays, 24 times in total)

①morning class 10:00-12:00

②afternoon class 14:00-16:00

Where : Numazu Imperial Villa Park

Contents: How to wear Kimono, manners in daily life

Instructor: Ms.Igusa Rumi

Applicant: Women

Capacity: 10 persons for each class (in case of a lot of application, there will be a drawing)

Fee: 29,800 yen

Things to bring: Kimono, Obi (belt), Nagajuban (underwear), other little items

Application: By phone or fax, by Aug. 20(Wed)



### Health Class

Applications and Inquiries: San well Numazu ☎055-922-2020

Inquiries: Social Welfare Division ☎055-934-4824

When: Sep. 9 (Tue) 10:00-11:00

Where: San Well Numazu, 4F

Instructor: Mr.Kohei Hayashi

Applicants: Numazu citizens

Capacity: 50 people

Contents: stretching exercise to release knee pain

Things to bring: sport shoes, yoga mat or bath towel, drink

How to apply: By phone, from Aug. 8 (Fri) 9:00

## **Information**

### **We Would Appreciate Your Understanding and Cooperation for Appropriate Use of Ambulances** ----- let's keep the emergency ambulances for emergencies! -----

Applications and Inquiries: Medical Emergency Training Workstation, ☎ 055-921-9999

#### ■ In order to save lives

There were 9,042 Ambulance responses in the 2013 fiscal year. Over 9,000 ambulance dispatches three years in a row. But about half of the people taken to the hospital by an ambulance had only minor symptoms or injuries. The number of ambulance response increases by non-urgent calls

An increase in the number of ambulance responses has the potential to delay responses to serious emergencies and put lives at risk.



#### \*Do not call 119 in the following situations.

- A person thinks he can get the priority to see a doctor when taken to the hospital by ambulance.
- A person uses an ambulance as a taxi service because taking a taxi is expensive.
- A person doesn't know which hospital he should go to at night or on holidays.

Please remember only to dial 119 if someone is seriously ill or injured or their life is at risk.

#### \* Please call 119 immediately in the following situations

unconsciousness, extremely severe headache, stomachache or chest pain, not breathing, difficulty in breathing, continuing spasm, slurred speech, severe burns, excessive blood loss, etc.

#### ■ Please make use of these services for emergencies

- Telephone service of the emergency hospitals at night and on holidays

☎ 055-935-0119 (24 hours a day, all year)

- Shizuoka Kodomo Kyukyu Denwa Sodan (Telephone service offering advice on emergency care for children) ☎ #8000 (available between 18:00~8:00 in the following day, all year)

### **Lifesaving Class**

When: ① Lifesaving class = Aug. 17 (Sun), 9:00 ~ 12:00

② Advanced lifesaving class = Sep. 21 (Sun), 9:00 ~ 17:00

Where: Medical Emergency Training Workstation (in Numazu City Hospital)

Contents: Cardiopulmonary resuscitation with AED, hemostatic method, etc. (①for adults  
②for adults and infants)

Applicants: Junior high school age or older and living in or commuting to Numazu city.

Capacity: 30 people per class

How to apply: by phone ①by Aug. 14 (Thu) ②by Sep. 18 (Thu)

## **Recruitment**

### **The Photos for Citizens Calendar 2015 ‘Appeal of Numazu’**

~ Your Picture will be put on the Numazu Citizens Calendar ~

Inquiries: Public Relations Division ☎ 055-934-4703

Photo contest with theme of “Appeal of Numazu” will be held.

Winning works will be used as the photos of the Numazu Citizens Calendar 2015. Would you like to apply your works for it?



Theme: Appeal of Numazu

Deadline: No later than Jan. 23 (Fri), 2015

Application Rule: The photo is color print of the lateral position, 4 cutting size or A4 size. Not accept any other size photos or set photos. It should be your own original work, unpublished and taken only in Numazu.

How to apply (choose ① or ②):

- ①. Fill in the application form downloaded from the city website or available at Public Relations Division (City Hall 2F), stick it on the back of your photo and send it to us by mail or hand in.
- ② E-mail us the contents of the application form with the attachment of photo data (JPEG, within 10MB)

\*13 winning works (one per month and one for the cover) will be used for the 2015 Citizens Calendar. Good works other than winning ones will be scheduled to be displayed at photo exhibitions.

\*The works are not returned.

\*13 winners will be given prizes and applicants will be presented tokens.

\*Pay careful attention to the portrait rights of the subjects. Please apply after you have solved all the problems relating to it.

\*Please visit city website or look at the application form for details.

Applications: Public Relations Division, Numazu City Hall 〒410-8601

Email: [kouhou-photo@city.numazu.lg.jp](mailto:kouhou-photo@city.numazu.lg.jp)

### **“Koukousei Shaberiba” in Numazu**

Inquiries: Lifelong Education Division ☎055-934-4871

“Koukousei Shaberiba” is the event that High school students exchange opinions with each other about Numazu City. They are going to discuss what is important to make “attractive community.”

Why don't you listen to their fresh voice?

When: Aug. 24(Sun) 13:00-15:00

Where: City Cultural Center Meeting Room

Capacity: about 70 people \*No reservation is required.

Theme: “How can we make Numazu City more attractive?”



## City Housing Tenants

Application & Inquiries: Apartment Upkeep Division ☎ 055-934-4792

Ishida( 1 apartment), Jiyugaoka( 5 apartments), Ookubo(1 apartment), Matsubara(1 apartment), Haratorisawa(1 apartment), Hara(7apartments), Haramachi naka(3 apartments), Nishiide(1 apartment), Imazawa(3 apartments),

- Parking lot is limited.

Requirements:

- \*Family Unit. People born before Apr.1, 1956, can apply for Jiyugaoka, Hara, and Imazawa.
- \*Your income is under the certain level.
- \*You live or are working in Numazu.
- \*You seriously need a house to live in.
- \*You or your family is not a gangster.

Application term: Aug. 13 (Wed) – 15(Fri) 8:30 - 17:00

Drawing: Aug. 29 (Fri), 13:30 –

\*If there are more applicants than capacity, the open drawing will be held. If you apply for the first time, come to Apartment Upkeep Division before the application term. Call us or check the website of Numazu City for more information.

## Female bloggers who are history or castle fans

Applications & inquiries: Hojo Godai Kanko Suishin Kyogikai (Odawara Tourism Division)

☎ 0465-33-1521

Tourism and Exchange Division ☎ 055-934-4747

We are looking for female bloggers who visit places associated with Hojo clan and report fascination of historic site and sightseeing spots.

Applicants: Women who can transmit information in their blog.

Capacity: 100 people

Term to apply: Sep. 1(Mon) to 23(holiday)

Please look at the website for the details.

<http://www.city.odawara.kanagawa.jp/kanko/hojo/>

## **Information**

### Information from Longevity Care Division

Inquiries: Longevity Care Division ☎055-934-4834

### Performance by *Sukoyaka Numazu* (Numazu Federation of Senior Citizens' Club)

When: Aug.10 (Sun) 10:00 (Doors open at 9:00)      Where: Cultural Center (main hall)

\*No reservation required.

Inquiries: Numazu Federation of Senior Citizens' Club (Oshima-san) ☎055-966-3494



### **Recruitment of Guide Volunteers on Respect-for-Senior-Citizens Day Event**

When: Sep.18 (Thu) & 19 (Fri) 8:30~16:30

Where: Cultural Center

Applicants: people aged between 18 and 74 who live in Numazu and can participate on each day (except for high school students)

Capacity: about 4 people

How to apply: Send mail, fax or e-mail with your address, name, age, gender, occupation (or name of school), phone number, volunteer experience if you have any

Deadline: no later than Aug.15 (Fri)

Applications: Longevity Care Division 〒410-8601 Numazu City Hall, Fax055-935-0335, e-mail address [chouju@city.numazu.lg.jp](mailto:chouju@city.numazu.lg.jp)

#### **Application:**

##### **1) Your message**

Please tell your experience and knowledge in writing or video picture.

Deadline: Oct.31 (Fri) as indicated by the postmark on the envelope

##### **2) Your works for Sukoyaka Choju-sai (Longevity Festival) Art Exhibition**

Please show your paintings and photos at the exhibition.

Works: unpublished pieces produced by an amateur who was born before April 1, 1956 and lives in Shizuoka prefecture

Auction price: 2,000 yen (one piece per person)

Deadline: Sep.30 (Tue) as indicated by the postmark on the envelope

\* The presented works will be exhibited at the Prefectural Art Museum in December.

\* Please see the homepage for details. <http://www.sukoyaka.or.jp>

Applications & inquiries: Shizuoka Kenko Choju Zaidan ☎054-253-4221

### **Information about Tax, Fees**

#### **Night Window for City Tax and National Health Insurance Premium**

|           | City Tax                                  | National Health Insurance Premium                    |
|-----------|---|--|
| Inquiries | Tax Collection Division<br>☎ 055-934-4730 | National Health Insurance Division<br>☎ 055-934-4727 |
| When      | Aug. 19(Tue) 17:15 ~ 20:00                | Aug. 19(Tue) 18:15 ~ 20:00                           |
| Where     | Tax Collection Division<br>(City Hall 2F) | National Health Insurance Division<br>(City Hall 1F) |

#### **Consultation and Payment of Water Fee at Night**

Inquiries: Water Sewage Service Division ☎ 055-934-4853

When: Aug. 19(Tue), Sep. 9(Tue) 17:15 ~ 20:00

Where: Water Service Department Office Building 1F, Water Sewage Service Division



## **Information**

### **The City Peace Declaration and the Abolition of Nuclear Weapons**

Inquiries: General Affairs Division ☎ 055-934-4712

The City Government made a declaration of “Peaceful City” and “Abolition of Nuclear Weapons” in March, 1987, resolving to strive to create real world peace without repeating the tragedy of the nuclear war. Let’s observe a moment of silence, praying for world peace and paying tribute to the war dead on the following memorial days.

|  |  |
|--|--|
| Hiroshima Peace Memorial Day             | Aug. 6(Wed) 8:15 (the time of atomic bombing)  |
| Nagasaki Peace Day                       | Aug. 9(Sat) 11:02 (the time of atomic bombing) |
| Anniversary Commemorating the End of War | Aug. 15(Fri) 12:00                             |

### **Blood Donation**

Inquiries: Shizuoka Red Blood Center Numazu Affiliate ☎ 055-924-6611

Social Welfare Division ☎ 055-934-4824

When: Aug. 10(Sun) 9:30 ~ 12:00 13:15 ~ 16:00

Where: Seiyu Matsunaga Store

## **Free Events**

### **Let’s Visit Taishoen**

Inquiries: Taishoen Prevention group office, Osawa-san ☎ 090-6761-3267

When: Aug. 31(Sun), Sep. 28(Sun) 10:00 ~ 12:00

Where: meet at Hara Sengenjinja Shrine at 9:50

Capacity: about 20 people each day

How to apply: by phone (9:00 ~ 17:00)

### **Let’s Shoot a Blowpipe**

Inquiries: Numazu Darts Club, Umehara-san ☎ 055-962-0320

When: Aug. 14(Thu), 21(Thu), 28(Thu) 18:30 ~ 21:00

Where: Katahama Chiku Center

※ Please come to the site directly.



### **Exhibition of Senbon Plaza Mini Gallery**

\* Pastel Art Paintings Drawn with Fingers

Aug. 17(Sun) ~ 23(Sat)

## Feature

### Tour around 100 Selections of Treasures in Numazu City NO. 30: *Sanmaibashi-jo* and *Numazu-jo* used to be located in the current Central City



In Sengoku era (the age of provincial wars), *Sanmaibashi-jo* (castle), which used to be located between JR Numazu station today and Kano River, was one of the bases ruled over by the Takeda family, who had influence on the area of Suruga (current eastern and central Shizuoka Pref.). After the fall of the Takeda family, the castellan of *Sanmaibashi-jo* changed from the Tokugawa family to the *Toyotomi* family, and again

to the Tokugawa family. At the beginning of Edo era, the last castellan *Ookubo Tadasuke* died and the castle was abandoned.

In the latter half of Edo era, the Numazu Mizuno clan came on the scene and Mizuno *Tadatomo* built Numazu-jo on the former site of *Sanmaibashi-jo*. The size of the castle was about one third of *Sanmaibashi-jo*, and its inner citadel was located near the current Chuo Koen (Park).

In Meiji era, Numazu-jo was used as Numazu Service Academy, then it disappeared because of many reasons; building new roads associated with the newly-opened-up railway, massive fires, filling up its moats and others.

At present, only a stone monument standing in the central city or remains of stone walls in the city show people the fact that there used to be a castle in this area. Also excavated stones that were used to build *Sanmaibashi-jo* or Numazu-jo are going to be placed as art objects around *Tsukiyama* (artificial hill), which is being built at the area of *Sembon Tokiwa Chiku* (Area). [Please take a look at page 3 for more information about *Tsukiyama*.]

| ERA                             | YEAR | EVENTS associated with <i>Sanmaibashi-jo</i> or <i>Numazu-jo</i>  |
|---------------------------------|------|---|
| Sengoku: age of provincial wars | 1579 | <i>Sanmaibashi-jo</i> was built by the Takeda family.   |
|                                 | 1580 | Naval battles took place in Suruga Bay and off the coast of <i>Sembon</i> .   |
|                                 | 1582 | After the downfall of the <i>Takeda</i> family, the castle was owned by the Tokugawa family.  |
|                                 | 1590 | As the <i>Hojo</i> family perished, the Tokugawa family changed their territory from Suruga area to Kanto area. The castle was owned by the <i>Toyotomi</i> family. |
| Edo                             | 1601 | After the Battle of <i>Sekigahara</i> , the castle was owned again by the Tokugawa family.  |
|                                 | 1614 | <i>Sanmaibashi-jo</i> was abandoned.  |
|                                 | 1780 | Numazu-jo was built by Mizuno Tadatomo.   |
|                                 | 1829 | The Numazu clan was given a territory of 50,000 <i>koku</i> . (1 <i>koku</i> is equal   |

|       |      |   |
|-------|------|---|
|       |      | to 180 liters of rice)  |
| Meiji | 1868 | Numazu-jo was handed over from the Mizuno clan to the Tokugawa clan.  |
|       | 1869 | Numazu Service Academy opened. Its affiliated elementary school (Daiichi Elementary School as we know it today) opened. |
|       | 1872 | Numazu-jo was sold at auction and liquidated.   |

## Enjoy Exercises and Sports!

### Participants in Training, Sports or Physical Fitness Classes (Sep. ~ Nov.)

Inquiries: Sports Promotion Division (in the City Gymnasium) ☎ 055-922-7200

Applicants: Physical fitness classes=People living in Numazu City

Physical fitness classes in each community=People living in or around the sites

How to apply: Send an *Ofuku Hagaki* (a postpaid postcard) with the following items written on it to the address below by Aug. 13(Wed). Or fill in the form, which is in the gym, and hand it in with a postcard.

\*On the card: ①Site ②The name of the class you want to participate in ③Your name(with *furigana*) and birth date, Sex, Age (If you participate with your child, write the child's name, too.) ④ Address ⑤Phone number      🗑️ **One class per postcard**

\*On the return card: Your address, zip code and name

\*Address: City Gymnasium *Shido Kakari* 1-4 Takashima Hon-cho, Numazu-shi 〒410-0055

🗑️ If your children take part in the ※marked class, write their names on a postcard.

🗑️ If you want to take part in the ♠️♦️♥️♣️-marked class, you can send a postcard for each marked class.


🗑️ You can take part in one 'Fureai Gymnastics' or one 'Physical Fitness' of the physical fitness classes in each community if you want to.


🗑️ You can't join the classes except for Father(Parent) and Child class accompanied with your child under school age.

🗑️ In case of too many applicants, there will be a drawing. The results of a drawing and notice of decision will be sent around Aug. 19(Tue) by a return card.

🗑️ If you are prohibited from doing exercise, you can't join.

### Physical Fitness Classes

| Numazu City Gymnasium |               | [Address:1-4 Takashima Hon-cho] |               |                      |              |  |  |
|-----------------------|---------------|---------------------------------|---------------|----------------------|--------------|--|--|
| Class                 | Period        | Day                             | Time          | Capacity<br>(people) | Fee<br>(yen) | Applicant  | Contents   |
| Father & Child (※)    | 9/6~<br>11/15 | Sat.                            | 10:00~        | 30<br>(pairs)        |              | Child who was born between Apr. 2, 2008 and Apr. 1, 2011, and Father or Mother | Parent and child enjoying gymnastics & rhythmical exercises  |
|                       |               |                                 | 10:30         |                      |              |  |  |
| 3-year-old Course (※) | 9/4~<br>11/6  | Thu.                            | A: 9:30~      | 100<br>(pairs)       | 2,700        | Child who was born between Apr. 2, 2011 and Apr. 1, 2012, and Parent           | <br>If you come |
|                       |               |                                 | B:11:00~12:00 |                      |              |  |  |

|  |               |      |                 |               |       |  |   |
|--|---------------|------|-----------------|---------------|-------|--|---|
| 4,5,6-year-old Course (※)                                      | 9/2~<br>11/11 | Tue. | 15:30~<br>16:30 | 80<br>(pairs) |       | Child who was born between Apr. 2, 2008 and Apr. 1, 2011, and Parent   | with your baby, you need to carry him or her on your back |
| School kids Gymnastics (※)                                     | 9/5~<br>11/7  | Fri. | 17:00~<br>18:00 | 40            | 2,000 | 1 <sup>st</sup> &2 <sup>nd</sup> graders who are not good at sports  | Mat exercise, Vaulting box                                |
| Senior sports  | 9/4~<br>11/6  | Thu. | 19:00~<br>20:30 | 30            | 3,200 | Men over 30 years old  | Indoor sports such as Soft Volleyball                     |
| Female Gymnastics  | 9/1~<br>12/1  | Mon. | 10:00~<br>11:30 | 50            | 2,700 | Women over 18 years old<br> | Stretching, Aerobics                                      |
|  | 9/2~<br>11/11 | Tue. | 10:00~<br>11:30 | 150           | 2,700 |  |   |
|  | 9/5~<br>11/7  | Fri. | 19:00~<br>20:30 | 100           | 3,200 |  |   |
| (♠) Body Balance   | 9/3~<br>11/5  | Wed. | 14:30~<br>15:45 | 40            | 2,700 | People over 18 years old   | Muscle power strengthening, Balance training              |
| Prevention of knee pain(♠)                                     | 9/4~<br>11/6  | Thu. | 13:30~<br>15:00 | 40            | 2,700 | People over 50 years old who can do exercise   | Exercises for relieving the pain in knees                 |
| Fall Prevention  | 9/3~<br>11/5  | Wed. | 13:00~<br>14:15 | 40            | 2,700 | People over 60 years old   | Walking   |
| Healthy gymnastics   | 9/2~<br>11/11 | Tue. | 13:30~<br>15:00 | 100           | 2,700 | People over 60 years old   | Stretching, Recreation games, Rhythmical exercise         |
| <b>The Center for Working Youth</b> [Address: 15-1 Miyuki-cho] |               |      |                 |               |       |  |   |
| Female gymnastics  | 9/3~<br>11/5  | Wed. | 10:00~<br>11:30 | 120           | 2,700 | Women over 18 years old  | Aerobics, Stretching                                      |
|  | 9/4~<br>11/13 | Thu. | 10:00~<br>11:30 | 120           |       |  |   |
| Healthy gymnastics   | 9/4~<br>11/13 | Thu. | 13:30~<br>15:00 | 120           | 2,700 | People over 60 years old   | Recreation, Stretching,                                   |

|  |                |      |                 |               |       |  |  |
|--|----------------|------|-----------------|---------------|-------|--|--|
|  |                |      |                 |               |       |  | Rhythmical exercise  |
| (♠) Body Balance   | 9/2~<br>11/11  | Tue. | 19:00~<br>20:30 | 20            | 2,700 | People over 18 years old   | Muscle power strengthening, Balance training                               |
| <b>Heda B&amp;G Community Sports Center</b> [Address: 2053 Heda]   |                |      |                 |               |       |  |  |
| Preschool kids<br>Gymnastics                                       | 9/10~<br>12/3  | Wed. | 14:30~<br>15:20 | 20            | 2,640 | Child who was born between Apr. 2, 2008 and Apr. 1, 2011             | Playing using balls or hoops   |
| <b>Indoor Swimming Pool</b> [Address: 2416-1 Kami-kanuki Ninohora] |                |      |                 |               |       |  |  |
| Parent and Child   | 9/9~<br>11/18  | Tue. | 10:00~<br>11:00 | 30<br>(pairs) | 4,200 | Child who was born between Apr. 2, 2011 and Apr. 1, 2012, and Parent | Emotional communication bet. parent & child through skin contact in a pool |
| Preschool kids course  | 9/8~<br>12/8   | Mon. | 15:30~<br>16:30 | 30            | 3,200 | Child who was born between Apr. 2, 2008 and Apr. 1, 2011             | Playing and exercises in a pool  |
| (◆) Elementary school kids course (※)                              | 9/9~<br>11/18  | Tue. | 16:00~<br>17:00 | 40            | 3,200 | Elementary school students who can't swim 25m in front crawl         | How to swim in front crawl   |
|  | 9/11~<br>11/13 | Thu  | 16:00~<br>17:00 | 40            | 3,200 |  |  |
| (♥)Aqua walking  | 9/8~<br>12/8   | Mon. | 9:45~<br>10:55  | 60            | 4,200 | Women over 18 years old  | Walking in a pool  |
|  | 9/9~<br>11/18  | Tue. | 9:45~<br>10:55  | 30            | 4,200 |  | Exercises in a pool for relieving the pain in knees                        |
| (♥)Aerobics in a pool  | 9/8~<br>12/8   | Mon. | 11:00~<br>12:10 | 60            | 4,200 | Women over 18 years old  | Aerobics dance in a pool   |
| (♥)Healthy swimming  | 9/8~<br>12/8   | Mon. | 13:30~<br>14:40 | 60            | 4,200 | People over 50 years old   | Crawl, Backstroke  |



## Physical Fitness Classes in Each Community

| Class   | Period        | Day  | Time              | Capacity<br>(people) | Fee<br>(yen) | Applicant  | Contents  |
|---|---------------|------|-------------------|----------------------|--------------|--|---|
| <b>Hara Area: Hara Chiku Center</b> [Address: 1200-3 Hara]                  |               |      |                   |                      |              |  |   |
| Parent & 3<br>years old<br>child (※)  | 9/4~<br>11/6  | Thu. | 10:45~<br>11:45   | 30<br>(pairs)        | 2,700        | Child who was born<br>between Apr. 2,<br>2011 and Apr. 1,<br>2012 and Parent | Parent and<br>child enjoying<br>gymnastics &<br>rhythmical<br>exercises |
| Parent &<br>4,5,6 years<br>old child(※)                                     | 9/3~<br>11/12 | Wed. | 15:30~<br>16:30   | 30<br>(pairs)        |              | Child who was born<br>between Apr. 2,<br>2008 and Apr. 1,<br>2011 and Parent |   |
| (♣)<br>Female<br>gymnastics   | 8/26~<br>12/9 | Tue. | A: 9:30<br>~10:40 | 45                   | 2,200        | Women over 18<br>years old   | Aerobics,<br>Stretching   |
|   |               |      | B:10:50<br>~12:00 | 45                   |              |  |   |
| <i>Fureai</i><br>gymnastics   | 9/3~<br>11/12 | Wed. | 13:30~<br>15:00   | 80                   | 2,200        | People over 60 years<br>old  | Recreation,<br>Stretching,<br>Rhythmical<br>exercise                    |
|   | 9/4~<br>11/6  | Thu. | 13:30~<br>15:00   | 80                   |              |  |   |
| <b>Ohira Area: Ohira Chiku Center</b> [Address: 2197-1 Ohira]               |               |      |                   |                      |              |  |   |
| <i>Fureai</i><br>gymnastics   | 9/3~<br>11/12 | Wed. | A:13:00<br>~14:15 | 30                   | 2,200        | People over 60 years<br>old  | Recreation,<br>Stretching,<br>Rhythmical<br>exercise                    |
|   |               |      | B:14:30<br>~15:45 | 30                   |              |  |   |
| Male<br>fitness   | 9/5~<br>11/7  | Fri. | 10:00~<br>11:30   | 20                   | 2,200        | Men over 50 years<br>old   | Muscle power<br>training,<br>Stretching                                 |
| <b>Shizuura Area: Shizuura Chiku Center</b> [Address: 34 Shishihama]        |               |      |                   |                      |              |  |   |
| <i>Fureai</i><br>gymnastics   | 9/5~<br>11/7  | Fri. | 13:30~<br>15:00   | 40                   | 2,200        | People over 60 years<br>old  | Recreation,<br>Stretching,<br>Rhythmical<br>exercise                    |
| <b>Ukishima Area: Ukishima Chiku Center</b> [Address: 375-1 Hiranuma]       |               |      |                   |                      |              |  |   |
| <i>Fureai</i><br>gymnastics   | 9/2~<br>12/9  | Tue. | 13:30~<br>15:00   | 40                   | 2,200        | People over 60 years<br>old  | Recreation,<br>Stretching,<br>Rhythmical<br>exercise                    |
| <b>Heda Area: Heda B&amp;G Community Sports Center</b> [Address: 2053 Heda] |               |      |                   |                      |              |  |   |

|  |               |      |                 |    |                                     |                                       |  |
|--|---------------|------|-----------------|----|-------------------------------------|---------------------------------------|--|
| <i>Fureai</i><br>gymnastics  | 9/4~<br>11/20 | Thu. | 13:30<br>~15:00 | 50 | 2,640                               | People over 60 years<br>old           | Recreation,<br>Stretching,<br>Rhythmical<br>exercise   |
| <b>Ashitaka Area: Ashitaka Chiku Center</b> [Address: 358-1 Higashibara]       |               |      |                 |    |                                     |                                       |  |
| <i>Fureai</i><br>gymnastics  | 9/4~<br>11/6  | Thu. | 13:30~<br>15:00 | 40 | 2,200                               | People over 60 years<br>old           | Recreation,<br>Stretching,<br>Rhythmical<br>exercise   |
| <b>Dai-3 Area: Dai-3 Chiku Center</b> [Address: 750-4 Shimokanuki Yanagihara ] |               |      |                 |    |                                     |                                       |  |
| <i>Fureai</i><br>gymnastics  | 9/3~<br>11/12 | Wed. | 13:30~<br>15:00 | 40 | 2,200                               | People over 60 years<br>old           | Recreation,<br>Stretching,<br>Rhythmical<br>exercise   |
|  | 9/4~<br>11/6  | Thu. | 13:30~<br>15:00 | 40 | 2,200                               |                                       |  |
| <b>Katahama Area: Katahama Chiku Center</b> [Address: 46-1 Ozuwa]              |               |      |                 |    |                                     |                                       |  |
| Male<br>fitness  | 9/4~<br>11/6  | Thu. | 10:00~<br>11:30 | 20 | 2,200<br>+500 (for the ingredients) | Men over 50 years<br>old              | About diet,<br>Muscle power<br>training,<br>Stretching |
| <b>Dai-5 Area: Dai-5 Chiku Center</b> [Address: 15-1 Satsuki-cho]              |               |      |                 |    |                                     |                                       |  |
| Physical<br>fitness  | 9/4~<br>11/6  | Thu. | 10:00~<br>11:30 | 40 | 2,200                               | People between 18<br>and 50 years old | Muscle power<br>strengthening,<br>Balance<br>training  |
| <b>Kadoike Area: Kadoike Chiku Center</b> [Address: 788-7 Okaisshiki]          |               |      |                 |    |                                     |                                       |  |
| <i>Physical</i><br><i>fitness</i>  | 9/3~<br>11/12 | Wed. | 10:00<br>~11:30 | 40 | 2,200                               | People between 18<br>and 50 years old | Muscle power<br>strengthening,<br>Balance<br>training  |
| <i>Fureai</i><br>gymnastics  | 9/5~<br>11/7  | Fri. | 13:30~<br>15:00 | 40 | 2,200                               | People over 60 years<br>old           | Recreation,<br>Stretching,<br>Rhythmical<br>exercise   |

### Sports Classes

Applicants: People living in or commuting to Numazu City

Inquiries: NPO Numazu-shi *Taiku Kyokai* (in City Gym) ☎ 055-922-7200

How to apply: Come to the designated place directly with the admission fee on the application day.



☞ Applications by phone are not accepted.

Applications for the classes in Indoor Swimming Pool: Write your name with Furigana, address, birthdate, sex, age and the class name you'll apply for on a double-sided postcard and mail it to the Indoor Swimming Pool (〒410-0813, 2416-1 Kamikanuki Ninohora)



\*The classes with ※ mark: In case of a lot of applicants, there will be a drawing.

| Numazu City Gymnasium [Address: 1-4 Takashima Hon-cho] |                  |              |                     |                      |              |  |  |                                  |
|--|------------------|--------------|---------------------|----------------------|--------------|--|--|----------------------------------|
| Class  | Period           | Day          | Time                | Capacity<br>(people) | Fee<br>(yen) | Applicant  | Contents   | Application<br>day               |
| Junior rhythmic gymnastics                             | 9/1~<br>12/1     | Mon.         | 17:00<br>~18:30     | 20                   | 4,800        | 6-year-old~<br>2 <sup>nd</sup> grade<br>elementary<br>school girls   | Basic skills,<br>rules,<br>manners,<br>rhythmic<br>exercises | 8/18<br>(Mon)<br>17:30           |
|  |                  |              | 17:30<br>~19:00     | 20                   |              | 3 <sup>rd</sup> -6 <sup>th</sup> grade<br>elementary<br>school girls |  |                                  |
| <i>Iaido</i>   | 9/2~<br>11/11    | Tue.         | 19:00<br>~20:30     | 25                   | 3,000        | Junior high school students and older                                | Basic <i>Iaido</i> skills, manners and rules                 | 8/21<br>(Thu)<br>19:00           |
| <i>Judo</i><br>(twice a week)                          | 9/2~<br>11/11    | Tue.<br>Fri. | 18:00<br>~19:30     | 50                   | 5,000        | 5 yrs. ~ junior high school students                                 | Basic <i>Judo</i> technique, manners and rules               | 8/19<br>(Tue)<br>19:00           |
| <i>Kyudo</i><br>(twice a week)                         | 9/2~<br>11/11    | Tue.<br>Fri. | 18:30<br>~<br>20:30 | 20                   | 5,000        | Beginners (junior high school students and older)                    | Basic <i>Kyudo</i> technique, manners and rules              | 8/19<br>(Tue)<br>18:30           |
| Soft tennis (※)  | 9/3<br>~<br>11/5 | Wed.         | 17:00<br>~18:30     | 20                   | 2,000        | 3 <sup>rd</sup> -6 <sup>th</sup> grade elementary school children    | Basic skills, manners, rules, games                          | 8/20<br>(Wed)<br>17:30~<br>18:00 |
|  |                  |              | 18:30<br>~20:30     | 30                   | 3,500        | Junior high school students and older                                |  | 8/20<br>(Wed)<br>18:30~<br>19:00 |

|   |                  |              |                     |    |       |   |  |                                  |
|---|------------------|--------------|---------------------|----|-------|---|--|----------------------------------|
| Table Tennis<br>                       | 9/4~<br>11/6     | Thu.         | 18:00<br>~19:00     | 25 | 2,000 | Elementary<br>& Junior high<br>school<br>students (※)         | Basic skills,<br>manners, rules<br>and games   | 8/21<br>(Thu)<br>17:30~<br>18:00 |
|   |                  |              | 19:10<br>~20:40     | 20 | 3,500 | Beginners<br>(senior high<br>school<br>students and<br>older) |  | 8/21<br>(Thu)<br>19:00           |
| Badminton<br>for<br>beginners   | 9/4<br>~<br>11/6 | Thu.         | 19:00<br>~<br>20:30 | 30 | 4,000 | Women over<br>high school<br>age                              | Basic skills,<br>manners, rules<br>and games   | 8/21<br>(Thu)<br>19:00           |
| <i>Kendo</i><br>(twice a<br>week)<br> | 9/4~<br>11/ 8    | Thu.         | 18:30<br>~19:30     | 50 | 5,000 | Elementary<br>school<br>children and<br>older                 | Basic Kendo<br>skills,<br>manners and<br>rules | 8/21<br>(Thu)<br>19:00           |
|   |                  | Sat.         | 18:00<br>~19:00     |    |       |   |  |                                  |
| Ladies<br>badminton   | 9/5~<br>11/7     | Fri.         | 10:00<br>~<br>12:00 | 35 | 3,000 | Female<br>beginners   | Basic skills,<br>rules and<br>games            | 8/22<br>(Fri)<br>10:00           |
| Tennis (※)  | 9/5~<br>11/7     | Fri.         | 18:30<br>~20:30     | 25 | 3,500 | Female<br>beginners<br>over 15 years<br>old                   | Basic skills,<br>rules, and<br>games           | 8/22<br>(Fri)<br>18:30           |
| <i>Aikido</i>   | 9/7~<br>11/23    | Sun.         | 9:00<br>~10:00      | 20 | 5,000 | Beginners<br>over junior<br>high school<br>age                | Basic art of<br>self defense                   | 8/17<br>(Sun)<br>9:00            |
| Sport<br>Dance  | 9/3~<br>11/5     | Wed.         | 19:00<br>~<br>20:30 | 30 | 5,000 | Beginners<br>(working<br>people)                              | Rhythmical<br>exercises                        | 8/20<br>(Wed)<br>19:00           |
| <b><i>Koryo Budojo</i></b> [Address: 15-1 Miyuki-cho]   |                  |              |                     |    |       |   |  |                                  |
| <i>Kyudo</i>  | 9/2~<br>11/11    | Tue.<br>Thu. | 10:00<br>~11:30     | 20 | 4,000 | Female<br>beginners   | Basic skills,<br>manners                       | 8/19<br>(Tue)<br>10:00           |
| <i>Kendo</i>  | 9/2~<br>11/11    | Tue.<br>Fri. | 18:30<br>~19:30     | 30 | 5,000 | Elementary<br>school children<br>and older                    | Basic skills,<br>rules and<br>manners          | 8/19<br>(Tue)<br>19:00           |

|   |                    |      |                     |    |       |  |  |   |
|---|--------------------|------|---------------------|----|-------|--|--|---|
| <i>Naginata</i>   | 9/3~<br>11/5       | Wed. | 14:00<br>~16:00     | 10 | 2,500 | People over 18<br>years old                                    | Basic skills,<br>rules and<br>manners                              | 8/20<br>(Wed)<br>14:00  |
| <i>Judo</i>   | 9/6~<br>11/8       | Sat. | 18:30<br>~19:30     | 50 | 3,000 | Elementary<br>school children                                  | Basic skills,<br>rules, and<br>manners                             | 8/16<br>(Sat)<br>19:00  |
| Fencing   | 9/6~<br>11/8       | Sat. | 17:00~<br>19:00     | 15 | 5,000 | 4 <sup>th</sup> graders ~<br>junior high<br>school<br>students | Basic skills,<br>manners,<br>rules, and<br>games                   | 8/23<br>(Sat)<br>17:00  |
| <b>Indoor Swimming Pool</b> [Address: 2416-1 Kamikanuki Ninohora] |                    |      |                     |    |       |  |  |   |
| Beginners'<br>Course<br>(morning)                                 | 9/12<br>~<br>11/14 | Fri. | 10:00<br>~11:30     | 40 | 5,000 | Beginners over<br>18 years old                                 | To swim the<br>crawl and<br>backstroke<br>through 25m              | Applicati<br>ons by<br>double-<br>sided<br>postcard<br>must<br>reach us<br>by<br>8/12(Tue)<br>. |
| Beginners'<br>Course<br>(evening)                                 | 9/11<br>~<br>11/13 | Thu. | 18:30<br>~<br>20:00 | 25 | 5,000 |  |  |   |
| Intermediate<br>Course  | 9/12<br>~<br>11/14 | Fri. | 13:30<br>~<br>15:00 | 15 | 5,000 | Those over 18<br>years old who<br>can swim over<br>25 meters   | To swim the<br>crawl and<br>backstroke<br>through more<br>than 25m |   |