

# Numazu Newsletter

No. 300  
April 1, 2015  
Voluntary Supporters

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

Kalamazoo Division NICE

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.

## Childcare

### ■ *Nihongo Hiroba*, Japanese Language Class for Parent and Child (for Foreign Residents)

Applications & Inquiries: Civic Collaboration Division ☎ 055-934-4717

Why don't you enjoy learning Japanese language and culture with Japanese volunteer supporters?

When (Sundays)	Where	Time
April, 2015 ~Mar., 2016 (around twice a month) (20 times in total)	<i>Imazawa</i> Chiku Center	9:30 ~ 11:00
	Dai-go Chiku Center	13:30 ~ 15:00



\*Please ask us about the details (e.g. dates, applications).

### “*Ohisama Hiroba*(open playing space for kids)” Will Be Open

Inquiries: *Numazukko Fureai* Center(*Poppo*) ☎055-952-8077

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

Nursery teachers will instruct children playing together.

When: April 30(Thu) 10:30-12:00(In case of rain, the event will be canceled.

Where: At the square in front of *Nagahama Kominkan* in *Uchiura Nagahama*

Applicants: Kids and their parents

\* Please come to the site directly wearing clothes that participants don't mind getting dirty.

## Information from City Hall

### Night Consultation and Payment of Water Fee

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

When: Apr. 21(Tue), 17:15 – 20:00

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

### Payment Window at Night & Weekend for City Tax

Inquiries: Tax Collection Division ☎055-934-4730

When: Apr.16 (Thu), 17:15 – 20:00 / Apr.19 (Sun), 9:00 – 15:00

Where: City Hall 2F, Tax Collection Division

### National Health Insurance Payment is Available at Night and on Holidays

Inquiries: National Health Insurance Division☎ 055-934-4727

When: Apr.16 (Thu), 18:15-20:00, / Apr. 19(Sun), 9:00-15:00

Where: City Hall 1F, National Health Insurance Division

### Take the Procedure for Joining or Leaving National Health Insurance

Inquiries: National Health Insurance Division ☎ 055-934-4725

If you join or quit social insurance, move to another city, or come to live in Numazu, you need to carry out the procedure of National Health Insurance at City Hall or Citizens Information Office at each area as soon as possible.

### Consultation on Everyday Living

Inquiries: Life Support Center (eastern Shizuoka) ☎ 055-929-9820

Commerce and Industry Promotion Division ☎ 055-934-4749

Contents: problems with consumer affairs, pension and legal relations, etc.

When: weekdays, 9:00~17:00 / Acceptance: ☎ 055-922-3715

※If you need to see experts, we can introduce you to them. The consultation by the experts may cost you.

## **Events**

### Spring Green Festival

Inquiries: Park and Tree Planning Division ☎055-934-4796

When: Apr. 25(Sat), 26(Sun) 9:30~16:00(~15:00 on 26<sup>th</sup>)

Where: Plaza Verde, Multipurpose Hall

Contents: Workshops, sales of gardening tools and local products, lottery, plant auction, etc.

\*Small gifts for children are prepared and you can get a gift depending on the amount you spend at the festival...

\*Please see City's website for more information.



### Observation of Spring Wildflowers

Applications & Inquiries: *Shonen Shizen no Ie* (Youth house in Nature) ☎055-922-1746

When: Apr. 19(Sun), 9:15~12:30 / Where: *Shonen Shizen no Ie*

Contents: wildflower observation, lunch made of wildflowers

Applicants: Anyone is welcomed. Children under 12 years old should be with guardians.  
Capacity: first 40 persons / Fee: 500 yen including insurance and lunch ingredients  
Things to bring: writing implements, drinks, work gloves, bags for wildflowers, etc.  
How to apply: by phone from Apr. 9(Thu), 9:30~

### **“Tsukigama” Tea Ceremony at Goyotei (Numazu Imperial Villa)**

Inquiries: Numazu Bunka Kyokai, Sado-bu Nagashima ☎055-962-0505  
Culture Promotion Division ☎055-934-4812

When: Apr. 19(Sun), 10:00~15:00 / Where: Imperial Villa Park, East house, *Suisyo-tei*  
Fee: 700 yen for one time (please buy a ticket at the entrance of East house on the day)

### **The 6<sup>th</sup> Anniversary Event at “Numazu Minato Shinsenkan”**

Inquiries: Numazu Fish Broker Dealer Association ☎055-962-2882  
Fisheries & Seashore Division ☎055-934-4756

When: Apr. 11(Sat) 9:00~16:00, 12(Sun) 10:00~16:00

Where: Numazu Minato Shinsenkan (Numazu port)

Contents: Minato morning market (Apr.11, 9:00~10:00), A live concert by *Iida Noritaka* (14:00~, both days), Orange port live concert (Apr.12, 11:30~), A lottery (10:00~, both days)

### **Port Town Party**

Inquiries: Port Town Party Office ☎ 055-962-3700 or Tourism and Exchange Division,  
☎055-934-4747

Exhibition of classic cars, selling of miscellaneous goods, clothes, etc.

When: April 19(Sun), 10:30 – 15:00 Where: Numazu Fish Market, Daiichi (first) Market

### **Yoshida Brothers 15<sup>th</sup> Anniversary Concert “the World of Shamisen Only”**

Inquiries: Cultural Center ☎ 055-932-6111  
Cultural Promotion Division ☎ 055-934-4812

When: June 21(Sun), 16:00 - Where: Cultural Center (main hall)

Entrance fee: 4,000 yen (All seats reserved, pre-school children forbidden)

How to get the ticket: Visit the ticket sales counter at Cultural Center or other ticket agencies after Apr. 10 (Fri)



### **Taiko Drum Duo Yosoro 15<sup>th</sup> Anniversary Concert “the Road”**

Inquiries: Cultural Center ☎ 055-932-6111 / Cultural Promotion Division ☎ 055-934-4812

When: June, 7(Sun), 14:30 – Where: Cultural Center (small hall)

Entrance fee: 3,800 yen for adults, 2,500 yen for students under high school

(All seats reserved, children three-year-old and under forbidden)

How to get the ticket: Visit the ticket sales counter at Cultural Center or other ticket agencies

## **Classes, Lectures**

### **Life Saving Class**

Applications and inquiries: Emergency Work Station ☎055-921-9999

When: ①April 19(Sun) 9:00-12:00 General life saving class

②May 17(Sun) 9:00-17:00 Advanced life saving class

Where: Emergency Work Station (in Numazu City Hospital)

Contents: CPR(Cardio-pulmonary resuscitation) by using AED(Automated External Defibrillator

a hemostatic method(②includes infants)

Applicants: People older than junior high students living in or commuting to Numazu City

Capacity: About 30 people for each class

How to apply: By phone by ①April 16(Thu) ②May 14(Thu)



### **Body Self Care Class for the Elderly by Acupuncturist and Moxa-cauterizer**

Applications and inquiries: Longevity Welfare Division ☎055-934-4834

Instead of issuing a ticket for acupuncture, moxa and massage, a new class starts this year. Acupuncturists and moxa-cauterizers visit the class and instruct the elderly so that they can learn how to care for themselves in order to keep and improve their health.

When: Weekdays, 9:00-17:00 about an hour and a half

Where: The leader of the group must arrange the place for practice in Numazu City.

Applicants: The group which consists of 10-30 members over 65-years-old living in Numazu City

How to apply: Please apply directly 1 month before the scheduled day.

\*We can't send instructors to the moneymaking group. Please ask about the details.

### **Numazu *Furusato Zukuri Jyuku* (Let's learn about Numazu)**

Inquiries: Numazu *Shidankai* (group learning the history of Numazu),

*Kosaka san* ☎090-7686-8612

Cultural Promotion Division ☎055-934-4812

Lecturer: Ms. *Okano Hisayo*(a scholar of literature) / Ms.YUKARI from Numazu City (jazz flutist)

When: Apr. 19 (Sun), 14:30 – / Where: Audio Hall, Numazu City Library

Theme: *Akashi Kaijin* (a *tanka* poet from Numazu who suffered from Hansen's disease)

Fee: 500 yen (for materials) / Capacity: 200 people ( in order of arrival on the day)

### **NICE Chinese Class, 2015**

Applications & Inquiries: Numazu Association for International Communication and Exchange

☎055-934-4717

When: Wednesday from May 20 to Sep. 9, 19:00~20:30 (16 lessons in total except Aug. 12)

Where: Cultural Center, meeting room

Contents: Beginner's class (for people who have not studied Chinese)

Basic class (for people who have studied Chinese pronunciation)

Capacity: first 20 persons for each class

Fee: 6000yen for the lesson, 2592 yen for the textbook)

How to apply: by phone from Apr. 8(Wed), 8:30~

\*This class is related to "Shizuoka Prefectural College".

### **Mental Care Counselor's Talk "Dementia"**

Inquiries: Mental Care Counselor Association ☎055-941-9006

When : Apr.12(Sun) Start at 14:00, Open at 13:30

Where: Convention Center "Plaza Verde", Meeting room 401

Subject: What you should do when your family member gets dementia ※No reservation necessary

## **Recruitment**

### **Unique Proposal for Making Numazu City Bustle**

Applications and inquiries: Tourism and Exchange Division☎055-934-4747

Numazu City subsidizes part of the cost for its activity to unique proposals which create activity and lead to attracting a lot of tourist to Numazu City.

Applicants: A group which consists of more than 5 members and has an office in Numazu City

Subsidy: A half of the total cost (up to a limit of 500,000 yen)

How to apply: Fill in the necessary items on an application form, which is on the city homepage, and send or bring it directly to Tourism and Exchange Division.

The deadline of application: April 30(Thu)

(The letter of application must be postmarked by the deadline.)

\*The qualifying competition will be held at the beginning of May.

\*As for the details, ask or look at the city homepage.

### **Host Family for Goodwill Mission from Sister City, Kalamazoo, Michigan in U.S.A.**

Applications and inquiries: Numazu International Exchange Association Office ☎055-934-4717

A goodwill mission from Kalamazoo is to visit Numazu City this summer.

Citizens and students will promote goodwill with Numazu citizens staying at home. We are looking for families which will accept them.

Period: Citizens group: June 23(Thu)-31(Fri)

Students: about 1 week during June 17(Fri)-31(Fri)

Families to be recruited: 20

How to apply: Hand in the prescribed form, which is at the Civic Collaboration Division, City Hall 2F), directly by April 30(Thu).

## Participants of Tours to Cultural Treasures in Numazu

Applications and inquiries: Cultural Promotion Division (Cultural Treasure Center)

☎055-952-0844

You can choose a course from among 9 courses according to your plan.

Ex. North course: *Shoinji Temple*→the ruins of *Kokokuji Castle*, etc.

South Course: *Ose Shrine*, etc.

One day course, half a day course

When: Weekdays, 9:00-16:00

Applicants: A group, a business firm or a company which consist of 10-25 persons in Numazu City

How to apply: By phone, 1 month before you would like to go on the tour.

\* Ask about the details of each course.

\* You must pay admission fee when you enter the facility.

## Volunteers for Mon Musee Numazu

Application and inquiries: Mon Musee Numazu ☎055-952-8711

Inquiries: Cultural Promotion Division ☎055-934-4812

We are looking for volunteers who can show visitors around the museum.

How to apply: By phone \* Please ask about the details.

## Why don't you register as a volunteer and support for foreign people in our city?

Applications & Inquiries: Civic Collaboration Division ☎ 055-934-4717

### ■Volunteers for Multicultural Information and Assistance

Numazu City has about 3,500 foreign residents. We want a lot of people to register as a volunteer member and support those people.

Applicants: Those who live in Numazu City or around the city

Those aged 18 and older who are interested in volunteer activities and meet all the following requirements

(a foreigner who has qualifications to live in Japan)

Category	Contents	Requirements
Interpretation, translation	To interpret or translate something at Numazu City's request	To be able to translate or interpret between Japanese and a foreign language
Japanese language support	To support foreign residents to learn Japanese at classes held by the city	To have an experience as a Japanese teacher or eagerness to teach Japanese
Host family	To accept foreign visitors who come from our sister city or friendly city as a host family	Those who live with their own family members and their family help supporting the visitors

Introduction of Japanese culture or foreign cultures	To introduce our cultures or foreign ones at some events and lectures	To be able to explain their own culture and foreign cultures and dishes in Japanese
Supporting foreign people when natural disasters happen	To show foreigners information and react to their question when natural disasters happen	To have an eagerness to act for foreigners when a disaster strikes

How to apply: submit a form (filled by yourself)

\*A form is placed at Civic Collaboration Division (City Hall 2F) or you can print one from the city HP.

\*Please ask us about the details or check them on the city website.



### Information

#### Start the New System for the Old, “Voluntarily Return Your Driver’s License”

Inquiries: Local Administration Division ☎055-943-4742

In order to decrease the number of car accidents by elderly people, Numazu city office is going to introduce the new system for those over 65 years old. If you feel anxiety when you drive, please think about the system, “Voluntarily return your driver’s license.”



To whom: People over 65 years old, who are living in Numazu and return his or her driver’s license voluntarily after Apr. 1.

Supports: If you return the driver’s license voluntarily, you will get free bus and taxi tickets, which are worth 5000 yen. You and your family can use the tickets in Numazu.

\* In case of expiration of license because you don’t renew it, you cannot receive the support system.

\* You can get the support system only once. Please apply for the support system within 6 months after you return the driver’s license voluntarily.

➤ How to apply:

**Step 1: Go to Tobu Unten Menkyo (Driver’s License) Center in Ashitaka or Numazu Police Station.**

Please bring (1) your seal and (2) driver’s license at that time. After the procedure, you will get the notice that mentions that you returned your driver’s license voluntarily and invalid driver’s license.



**Step 2: Please get the bus and taxi tickets.**

Where: City Hall 2F (Local administration office)

Please bring (1) your seal, (2) the notice that you got in Step 1, and the invalid driver’s license or an identity verification document.



\* Please ask about details if you have any questions.

**Prefectural Assembly Election will be held on Apr. 12 (Sun).**

## Enjoy Exercises and Sports!

### Participants in Training, Sports or Physical Fitness Classes (May ~ July)

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 Apr. 13(Mon). Or fill out 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 ④Birth date ⑤Sex ⑥Age (If you participate with your child, write the **child's name**, too.) ⑦Address ⑧Phone number      ☞ **One class per postcard**

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


\*Address: City Gymnasium, Sports Promotion Division, 1-4 Takashima Hon-cho, Numazu-shi  
〒410-0055

- ☞ If your children take part in the ※marked class, write all their names on a postcard.
- ☞ In the ♦♥♣-marked classes, you can apply for only one class in the same mark.
- ☞ 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 Parent/Father 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 Apr. 16(Thu) 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 (people)	Fee (yen)	Applicant	Contents
Father & Child (※)	5/16~ 7/18	Sat.	10:00~ 11:00	30 (pairs)	3,000 per pair	Child who was born between Apr. 2, 2009 and Apr. 1, 2012, and Father or his / her Guardian	Parent and child enjoying gymnastics & rhythmical exercises  



3-year-old Course (※)	5/14~ 7/16	Thu.	10:00~ 11:00	120 (pairs)	3,000 per pair	Child who was born between Apr. 2, 2012 and Apr. 1, 2013, and Parent	If you come with your baby, you need to carry him or her on your back
4,5,6-year-old Course (※)	5/12~ 7/14	Tue.	15:30~ 16:30	80 (pairs)	3,000 per pair	Child who was born between Apr. 2, 2009 and Apr. 1, 2012, and Parent	
School kids Gymnastics (※)	5/15~ 7/17	Fri.	17:00~ 18:00	40	2,300	1 <sup>st</sup> &2 <sup>nd</sup> graders who are not good at sports	Running exercise, Trampoline
Senior sports	5/14~ 7/16	Thu.	19:00~ 20:30	30	3,500	Men over 30 years old	Indoor sports such as Soft Volleyball
Female Gymnastics	5/11~ 7/13	Mon.	10:00~ 11:30	50	2,700	Women over 18 years old 	Stretching, Aerobics
	5/12~ 7/14	Tue.	10:00~ 11:30	150	3,000		
	5/15~ 7/17	Fri.	19:00~ 20:30	100	3,500		
(◆) Body Balance	5/13~ 7/15	Wed.	14:30~ 15:45	40	3,000	People over 18 years old	Muscle power strengthening, Balance training
Prevention of Locomotive Syndrome	5/14~ 7/16	Thu. (◆)	13:30~ 15:00	40	3,000	People over 50 years old who can do exercise	Exercises for relieving the pain in knees or low back
	5/15~ 7/17	Fri. (◆)	13:30~ 15:00	40			
Exercise for Strong legs	5/13~ 7/15	Wed.	13:00~ 14:15	40	3,000	People over 60 years old	Walking, Balance training
Healthy gymnastics	5/12~ 7/14	Tue.	13:30~ 15:00	100	3,000	People over 60 years old	Stretching, Recreation games, Rhythmical exercise
<b>The Center for Working Youth</b> [Address: 15-1 Miyuki-cho]							
Female	5/13~	Wed.	10:00~	120		Women over 18	Aerobics,

gymnastics	7/15		11:30		3,000	years old	Stretching
	5/14~ 7/16	Thu.	10:00~ 11:30	120			
Healthy gymnastics	5/14~ 7/16	Thu.	13:30~ 15:00	120	3,000	People over 60 years old	Recreation, Stretching, Rhythmical exercise
<b>Heda B&amp;G Community Sports Center</b> [Address: 2053 Heda]							
Preschool kids Gymnastics	5/8~ 7/7	Tue , Fri	15:00~ 16:00	30	5,250	Child who was born between Apr. 2, 2009 and Apr. 1, 2011	Playing and Simple exercise in the water
Aqua Walking	6/9~ 7/7	Tue	10:00~ 11:00	20	2,250	Women over 18 years old	Exercise and Walking in the water
<b>Indoor Swimming Pool</b> [Address: 2416-1 Kami-kanuki Ninohora]							
Parent and Child	5/12~ 7/21	Tue.	10:00~ 11:00	30 (pairs)	4,500 per pair	Child who was born between Apr. 2, 2012 and Apr. 1, 2013, and Parent	Emotional communication between parent & child through skin contact in a pool
Preschool kids course(※)	5/14~ 7/9	Thu.	15:30~ 16:30	30	3,150	Child who was born between Apr. 2, 2009 and Apr. 1, 2011	Playing and exercises in a pool
Elementary school kids course (※)	5/12~ 7/7	Tue.	16:00~ 17:00	30	3,150	Elementary school students who can't swim 25m in front crawl	How to swim in front crawl
Aqua walking	5/11~ 7/13	Mon. (♥)	9:45~ 10:55	60	4,500	Women over 18 years old	Walking in a pool
	5/12~ 7/21	Tue. (♥)	9:45~ 10:55	30			Exercises in a pool for relieving the pain in knees
(♥)Aerobics	5/11~	Mon.	11:00~	60	4,500	Women over 18	Aerobics dance

in a pool	7/13		12:10			years old	in a pool
(♥)Aqua Exercise	5/11~ 7/13	Mon	15:45~ 16:45	60	4,500	Women over 18 years old	Exercise in a pool
(♥)Healthy swimming	5/11~ 7/13	Mon.	13:30~ 14:40	60	4,500	People over 50 years old	Crawl, Backstroke

### Physical Fitness Classes in Each Community

Class	Period	Day	Time	Capacity (people)	Fee (yen)	Applicant	Contents
<b>Hara Area: Hara Chiku Center</b> [Address: 1200-3 Hara]							
Parent & 3 years old child (※)	5/14~ 7/16	Thu.	10:45~ 11:45	30 (pairs)	3,000 per pair	Child who was born between Apr. 2, 2012 and Apr. 1, 2013 and Parent	Parent and child enjoying gymnastics & ball exercise
Parent & 4,5,6 years old child(※)	5/13~ 7/15	Wed.	15:30~ 16:30	30 (pairs)		Child who was born between Apr. 2, 2009 and Apr. 1, 2012 and Parent	
Female gymnastics	5/12~ 7/14	Tue.	A) 9:30~ 10:40 (♣)	45	2,000	Women over 18 years old	Aerobics, Stretching
			B)10:50~ 12:00 (♣)	45			
<i>Fureai</i> gymnastics	5/13~ 7/15	Wed.	13:30~ 15:00	80	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	5/14~ 7/16	Thu.	13:30~ 15:00	80			
<b>Ohira Area: Ohira Chiku Center</b> [Address: 2197-1 Ohira]							
<i>Fureai</i> gymnastics	5/13~ 7/15	Wed.	A)13:00~ 14:15	30	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
			B)14:30~ 15:45	30			
Male fitness	5/8~ 7/10	Fri.	10:00~ 11:30	20	2,500	Men over 50 years old	Muscle power training, Stretching

Shizuura Area: Shizuura Chiku Center [Address: 34 Shishihama]							
<i>Fureai</i> gymnastics	5/8~ 7/17	Fri.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Ukishima Area: Ukishima Chiku Center [Address: 375-1 Hiranuma]							
<i>Fureai</i> gymnastics	5/12~ 7/14	Tue.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Heda Area: Heda B&G Community Sports Center [Address: 2053 Heda]							
<i>Fureai</i> gymnastics	5/14~ 7/16	Thu.	13:30 ~15:00	50	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Ashitaka Area: Ashitaka Chiku Center [Address: 358-1 Higashibara]							
<i>Fureai</i> gymnastics	5/14~ 7/16	Thu.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Dai-3 Area: Dai-3 Chiku Center [Address: 750-4 Shimokanuki Yanagihara ]							
<i>Fureai</i> gymnastics	5/13~ 7/15	Wed.	13:30~ 15:00	45	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	5/14~ 7/16	Thu.	13:30~ 15:00	45			
Katahama Area: Katahama Chiku Center [Address: 46-1 Ozuwa]							
Male fitness	5/14~ 7/16	Thu.	10:00~ 11:30	20	2,500	Men over 50 years old	Learning about diet, Muscle power training
Dai-5 Area: Dai-5 Chiku Center [Address: 15-1 Satsuki-cho]							
Physical fitness	5/14~ 7/16	Thu.	10:00~ 11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthening , Balance training
Kadoike Area: Kadoike Chiku Center [Address: 788-7 Okaisshiki]							

<i>Physical fitness</i>	5/13~ 7/15	Wed.	10:00 ~11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthening , Balance training
<i>Fureai gymnastics</i>	5/8~ 7/10	Fri.	A:13:00 ~ 14:15	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
			B:14:30 ~ 15:45	40			
<b>Imazawa Area: Imazawa Chiku Center</b> [Address: 527-21 Imazawa]							
<i>Fureai gymnastics</i>	5/13~ 7/15	Wed.	13:30 ~15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	5/14~ 7/16	Thu.	13:30~ 15:00	40			
<b>Ooka Area: Ooka Chiku Center</b> [Address: 2357-1 Ooka]							
<i>Fureai gymnastics</i>	5/14~ 7/30	Thu.	13:30 ~15:00	40	3,000	People over 60 years old	Recreation, Stretching, Rhythmical exercise
<b>Uchiura Area: Uchiura Chiku Center</b> [Address: 249-3 Uchiura Mito]							
Exercise for keeping fit	6/5~ 7/24	Fri..	10:00 ~11:30	40	2,000	People over 40 years old	Exercise for preventing Locomotive syndrome

## 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 fee on the application day.


\*On first-come-first-served basis ☞ Applications by phone are not accepted.

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



<b>Numazu City Gymnasium</b> [Address: 1-4 Takashima Hon-cho]								
Class	Period	Day	Time	Capacity (people)	Fee (yen)	Applicant	Contents	Application day

Junior rhythmic gymnastics	5/11 ~ 7/13	Mon.	17:00 ~18:30	30	4,800	6-year-old~ 2 <sup>nd</sup> grade elementary school girls	Basic skills, rules, manners, rhythmic exercises	4/13 (Mon) 17:30
			17:30 ~19:00	10		3 <sup>rd</sup> -6 <sup>th</sup> grade elementary school girls		
<i>Iaido</i>	5/12 ~ 7/14	Tue.	19:00 ~20:30	25	3,000	Junior high school students and older	Basic <i>Iaido</i> skills, manners and rules	4/16 (Thu) 19:00
<i>Judo</i> (twice a week)	5/8~ 7/14	Tue. Fri.	18:00 ~19:30	50	5,000	5 yrs. ~ junior high school students	Basic <i>Judo</i> technique, manners and rules	4/14 (Tue) 19:00
<i>Kyudo</i> (twice a week)	5/8~ 7/14	Tue. Fri.	18:30 ~ 20:30	20	5,000	Beginners (junior high school students and older)	Basic <i>Kyudo</i> technique, manners and rules	4/14 (Tue) 18:30
Soft tennis (※)	5/13 ~ 7/15	Wed.	17:00 ~18:30	20	2,000	3 <sup>rd</sup> -6 <sup>th</sup> grade elementary school children	Basic skills, manners, rules, games	4/22 (Wed) 17:30~ 18:00
			18:30 ~20:30	30	3,500	Junior high school students and older		4/22 (Wed) 18:30~ 19:00
Table Tennis 	5/7~ 7/9	Thu.	18:00 ~19:00	20	2,000	Elementary & Junior high school students	Basic skills, manners, rules and games	4/16 (Thu) 17:30~ 18:00
			19:10 ~20:40	20	3,500	Beginners over high school age		4/16 (Thu) 18:30
Badminton for beginner	5/7 ~ 7/9	Thu.	19:00 ~ 20:30	30	4,000	Beginners over high school age	Basic skills, manners,	4/16 (Thu) 19:00

s							rules and games	
<i>Kendo</i> (twice a week) 	5/7~ 7/16	Thu. Sat.	18:30 ~19:30 18:00 ~19:00	50	5,000	Elementary school children and older	Basic Kendo skills, manners and rules	4/16 (Thu) 19:00
Ladies badminton (※)	5/8~ 7/10	Fri.	10:00 ~ 12:00	35	3,000	Female beginners	Basic skills, rules and games	4/17 (Fri) 9:45~ 10:00
Tennis (※)	5/8~ 7/10	Fri.	18:30 ~20:30	25	3,500	Female beginners over 15 years old	Basic skills, rules, and games	4/17 (Fri) 18:30
<i>Aikido</i>	5/10 ~ 7/26	Sun.	9:00 ~10:00	20	5,000	Beginners over junior high school age	Basic art of self defense	4/19 (Sun) 9:00
Sport Dance	5/13 ~ 7/15	Wed.	19:00 ~ 20:30	30	5,000	Beginners (working people)	Rhythmical exercises	4/15 (Wed) 19:00
Junior Badminton	5/13 ~ 7/15	Wed.	17:00 ~ 18:30	15	2,000	6-year-old~ 4 <sup>th</sup> grade elementary school students	Basic skills, rules and games	4/15 (Wed) 17:00
<b><i>Koryo Budojo</i></b> [Address: 15-1 Miyuki-cho]								
<i>Kyudo</i> (twice a week)	5/7~ 7/14	Tue. Thu.	10:00 ~11:30	20	4,000	Female beginners	Basic skills, manners	4/14 (Tue) 10:00
<i>Kendo</i> (twice a week)	5/8~ 7/17	Tue. Fri.	18:30 ~19:30	30	5,000	Elementary school children and older	Basic skills, rules and manners	4/14 (Tue) 19:00
<i>Naginata</i>	5/13~ 7/15	Wed.	14:00 ~16:00	10	2,500	People over 18 years old	Basic skills, rules and manners	4/15 (Wed) 14:00
<i>Judo</i>	5/9~ 7/11	Sat.	18:30 ~19:30	50	3,000	Elementary school children	Basic skills, rules, and manners	4/18 (Sat) 19:00

Aikido	5/13~ 7/15	Wed.	18:15 ~ 19:00	20	5,000	Elementary school children and younger	Basic skills, Learning good spirits for fighting	4/15 (Wed) 18:30
Fencing (at Taiiku Center)	5/9~ 7/11	Sat.	17:00~ 19:00	15	5,000	4 <sup>th</sup> graders ~ junior high school students	Basic skills, manners, rules, and games	4/18 (Sat) 17:00

**Tour of 100 Treasure Troves in Numazu; NO.36 KANUKIYAMA=Best Spot for Lovely Views**  
**Mountain of Recreation and Relaxation; Adjacent to the Urban Area**



*Kanukiyama*, which rises up in the south-east area about 2 kilometers away from JR Numazu station, is popular among citizens as an easy hiking spot because *Kanukiyama* is rather a low mountain of 193m high and it is near the urban area. People can enjoy walking, viewing sceneries, feeling nature etc. in the mountain thanks to many hiking courses in there; you can go up to *Koryodai* (park) by car, which is halfway up the mountain, you can enjoy walking up the mountain from



*Koryodai* to the mountain top and others. Also *Kanukiyama* is well-known as the north-end starting point for a trail up “the Numazu Alps,” where mountains range from the north to the south, *Kanukiyama* to *Oohirayama*. So there are many visitors from outside the city as well. The view from the observatory near the mountain top is stunning. You can enjoy the panoramic view of the urban area and Suruga Bay. Weather permits, you can find Mt. Fuji above over *Ashitakayama*. Visitors never get bored with the seasonal changes in the scenery of *Kanukiyama*; cherry blossoms in spring, hydrangeas in rainy season, changing leaves in autumn and so on. Spring has come. Why don’t you come to the mountain and enjoy lovely views from there.

You can find the hiking map of *Kanukiyama* or the access to the mountain or others on the Internet website, City Home Page.