

# Numazu Newsletter

No. 315

November 15, 2015

Voluntary Supporters

Kalamazoo Division NICE

## INFORMATION

<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

### Information

#### Consultations for Foreign Citizens on Overall Matters in Daily Life

Applications & Inquiries:

Civic Collaboration Division (Section in charge of International Exchanges)

☎ 055-934-4717

When: Dec.6 (Sun) 12:30 ~ 15:00 (Reception: 12:00 ~ 14:30)

Where: Sun Well Numazu, meeting rooms

Contents: Consultations on legal problems, labor problems, problems concerning international marriages and others, Information about administrative operations and others

Applicants: Foreign citizens and their substitutes

Cooperative Institutions: Shizuoka Administrative Scriveners' Association, Shizuoka Certified Social Insurance Labor Consultants' Association, Shizuoka Bar Association (Attorneys' Association)

Languages available: English, Spanish, Chinese, Portuguese

\*\*Please come to the place with necessary documents for consultation. You should make an application for a consultation beforehand.



### Events



#### International Fair

Inquiries: Civic Collaboration Division (International Section),

☎ 055-934-4717

Contents: International foods and sweets, Japanese culture experience, international dance and music performances, etc.

When: Dec. 6 (Sun), 10:00 ~ 15:00 / Where: San-Well Numazu, Multipurpose Hall

※No reservation is required.



## Events

### Winter Events at Senbon Plaza

Applications and inquiries: Senbon Plaza, 1910-206 Hon-Azasenbon, 〒410-0867, ☎ 055-962-3313

Inquiries: Longevity Welfare Division, ☎ 055-934-4834

#### ◇Katoh Gakuen High School Cheerleading Club “SHINE☆STARS” Performances & Fun event

When: Dec. 13 (Sun), 10:00 ~ 11:30 / Where: Multipurpose Hall

※No reservation is required.

#### \*Recruitment :Young people who dance together with “SHINE☆STARS”

Applicants: 3 years old ~ 3<sup>rd</sup> year junior high school students

Capacity: 30 participants (first-come-first-served basis)

How to apply: By phone from 10:00 on Nov. 24 (Tue)

#### ◇Let's make a Christmas Wreath!

When: Dec. 13 (Sun), 13:00 ~ / Where: Multipurpose Hall

Applicants: Anyone (Children of elementary school age and under must be accompanied by guardians)

Capacity: 40 people (first-come-first-served basis) / Fee: 500 yen (for materials)

How to apply: By phone from 10:00 on Nov. 30 (Mon)

#### ◇Let's make a New Year Decoration with Rattan Ball and Mizuhiki (decorative Japanese Cord)!

When: Dec. 20 (Sun), 10:00 ~ / Where: Multipurpose Hall

Applicants: Anyone (Children of elementary school age and under must be accompanied by guardians)

Capacity: 40 people (first-come-first-served basis) / Fee: 500 yen (for material)

How to apply: By phone from 10:00 on Dec. 1 (Tue)

#### ◇Christmas Concert by Chorus Group “Call Tanpopo”

When: Dec. 20 (Sun), 13:00 ~ 14:30 (Doors open at 12:30)

Where: Music Hall / Capacity: 232 people (in order of arrival on the day)

※Inside of the building will be decorated with Christmas tree and ornaments between Dec. 1 (Tue) and 25 (Fri).



### Bird Watching and Setting up Birdhouses at Mt. Kanuki

Applications and inquiries: Japan Bird Watching Organization Numazu, Mr.

Ujidoko, ☎ 055-933-7605

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

When: Dec. 12 (Sat), 9:00 ~ 15:00 / Meeting Place: Kanukiyama Koryodai at 8:30

Applicants: Elementary and junior high school students and their guardians who are interested in wild birds and environmental preservation on Mt. Kanuki.

Capacity: 10 pairs (first-come-first-served basis)

Things to bring: Lunch, drinks, work gloves, binoculars and a bird classification book (if you have)



※Please wear comfortable clothes on the day.

How to apply: By phone from 9:00 on Nov. 23 (Holiday)

### **The 10<sup>th</sup> Eastern Shizuoka Techno Forum in Numazu National College of Technology**

Inquiries: Numazu National College of Technology Techno Forum Office, ☎ 055-926-5762

Inquiries: Commerce and Industry Promotion Division, ☎ 055-934-4799

When: Dec. 3 (Thu), 13:00 ~ 16:40

Where: Numazu National College of Technology (Ooka)

Contents: a keynote lecture by Mr. Seiji Inada (president of Mishima Shinkin Bank), etc.

※No reservation is required.

※Please visit the website for details. <http://techno.numazu-ct.ac.jp/>

### **Sail Town Numazu Club Lecture**

Applications and inquiries: Numazu Chamber of Commerce and Industry, ☎ 055-921-1000

Inquiries: Tourism and Exchange Division, ☎ 055-934-4747

Lecture is themed on the potential value of Suruga Bay and treasure of the sea.

When: Dec. 12 (Sat), 15:00 ~17:00

Where: Numazu Chamber of Commerce and Industry, main conference room  
(Yoneyama-cho)

Lecturer: Mr. Mitsuo Tamari (vice president of Sail Town Numazu Club), etc.

Capacity: 100 people (first-come-first-served basis)

How to apply: By phone from 9:00 on Nov. 24 (Tue)



### **Solar Power Plant Network Forum in Numazu**

Applications & Inquiries: Photovoltaic plant network Shizuoka, area exchange meeting, Tanaka

☎090-8542-4070 Fax: 055-963-9167

Inquiries: Environmental Policy Division ☎055-934-4741

When: Nov. 29(Sun), 14:00~17:00 / Where: *Otemachi kaikan*, 1F, Meeting room

Contents: Lecture about solar sharing and practice of construction, blueberry- growing by using solar electric generation and the latest situation of solar electric generation

Fee: 200 yen

How to apply: by Nov, 28(Sat), by phone, fax or mail your name and phone number

### **Classes, Lectures**

#### **Class for Improving Muscular Strength**

Applications & Inquiries: Longevity Welfare Division ☎055-934-4835

〒410-8601 Numazu City Hall

Area(Place)	Date	Time	Capacity
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Kadoike (Kadoike Chiku Center)	Tuesday and Thursday Jan. 14~Feb. 25, 2016	10:00~11:30	50 people
Kanaoka (Kanaoka Chiku Center)	Wednesday and Friday Jan. 13~Feb. 26, 2016	10:00~11:30	30 people
Daigo (San-Well Numazu)	Wednesday and Friday Jan. 8~Feb. 24, 2016	14:00~15:30	50 people

Contents: Stretch exercise, muscle training, blood-pressure check, etc.

Applicants: People over 65 years old who don't have certification of nursing-care insurance

(People who live in each site will be given priority)

\*Except people who are forbidden from exercising by a doctor and who have artificial dialysis.

Fee: 240 (for insurance)

How to apply: Write the place, address, name, age, telephone number on a postcard and send it, or apply by electronic filing from the city website (in case of a lot of applicants, there will be a drawing)

Deadline: not later than Nov. 27(Fri)

### **The 4<sup>th</sup> Life Seminar**

Applications & Inquiries: Public Relations Division (Citizen's Consultation Center)

☎055-934-4841

When: Dec. 5(Sat), 14:00~15:30 / Where: Cultural Center (big meeting room)

Theme: Let's enjoy cleaning up and storage

Lecturer: Akemi Nishikawa (Kurashi Kobo, Yamaneko)

Capacity: 90 persons (first-come, first-served basis)

How to apply: by phone from Nov. 24(Tue) 8:30~ or visit the city website

### **New Year Wreath Making Class**

Applications & Inquiries: Ashitaka Park, tennis court ☎055-920-8688

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

When: Dec. 20(Sun), 13:30~15:30 / Where: Ashitaka Park, management house, meeting room

Lecturer: *Taeko Gyoda* (Flower designer) / Applicants: over the 4<sup>th</sup> grader in elementary school

Capacity: 20 persons (first-come, first-served basis) / Fee: 500 (For materials)

How to apply: come directly or by phone from Nov. 24(Tue), 9:00~



### **Skating Class**

Applications and Inquiries: Numazu Skating Association, Suzuki-san

☎ 090-8676-1890

Inquiries: Sports Promotion Division ☎ 055-922-7200

When: 12/5(Sat), 12/19(Sat), / [in 2016] 1/9(Sat), 1/30(Sat), 2/13(Sat), 2/27(Sat), 3/12(Sat), 3/26(Sat)

Leave at 7:00 and come back at 14:00

Where: Asagiri Yagai Katsudo Center (Fujinomiya City)

Where to meet: Bus rotary at the North exit of Numazu Station

Applicants: pre-school toddlers and above / Capacity: About 50 people each day

Admission: 3,500 yen per class (including ice rink charge, fare and insurance)

How to apply: By phone or e-mail, informing your address, name, birth date, phone number and the date you want to attend, e-mail address. Address: [numazu\\_club@yahoo.co.jp](mailto:numazu_club@yahoo.co.jp)

\*Please ask us for the details.

### **Information from City Hall**

#### **Weekend Windows for Ticket of Vaccination**

Inquiries: Health Promotion Division ☎ 055-951-3480

When: Dec. 5(Sat), 8:30 – 12:00 / Where: Health Center

Contents: Issuing tickets of regular vaccination (children, adults), counseling on vaccination

Things to bring: maternal and child health handbook (children)

#### **Night & Weekend Consultation for Water Bill Payment**

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

When: Night window: Dec. 1(Sat) 17:15 – 20:00 / Weekend window: Dec. 19(Sat) 9:00 – 12:00

Where: Water Service Department Office (1F Water & Sewage Service Division)

#### **The Area where Public Sewerage is Available will be Widened from December**

Inquiries: Sewage Construction and Maintenance Division ☎ 055- 934-4864

Public sewerage will be available at a part of the following areas. Please get connected to it early.

(Dai san area) Shimo-Kanuki Ishihara, Shichimen, Yamaru

(Katahama area)Kozuwa



\*About details, please visit the website of Numazu City

#### **Numazu History and Folklore Museum will be closed**

Inquiries: Numazu History and Folklore Museum ☎ 055-932-6266

When: Nov. 27(Fri) – Dec. 3(Thu)



#### **Please be Careful of Suspicious Phone Calls which Take Advantage of My Number System.**

Inquiries: Public Relations Division ☎ 055-934-4841

There are a lot of suspicious phone calls pretending to be an administrative agency, connected with My Number System. They try to get an account number or other personal information. Please ignore them and if you feel anxious, consult with consumer affairs bureaus.

#### **Let's Join the Disaster Prevention Drills on Dec. 6 (Sun)!**

Inquiries: Crisis Management Division ☎ 055-934-4803

The 1st Sunday in December is “Regional Disaster Prevention Day” and the prevention drill is held all over Shizuoka prefecture. Please join the drill and make sure the gathering place and evacuation route in your community.

◆9:00 The earthquake occurs. Pay attention to the radio emergency speaker. The electric bell rings. The prefecture sends an emergency mail to cell phones around 9:00.

◆ 9:03 Tsunami Warning Siren rings Evacuate to higher ground or Tsunami evacuation buildings

◆11:00 Finish

### **Test Broadcast of J-Alert is Held**

Inquiries: Crisis Management Division ☎ 055-934-4803

J-Alert is a national automatic system of sending emergency information from a satellite in a state of emergency such as an earthquake, tsunami and an armed attack. The test is held as follows

When: Nov. 25 (Wed) around 11:00

The announcement “This is a test broadcast” is repeated 3 times.

### **Thank You for Your Cooperation in a Person Trip Survey**

Inquiries: Planning Division ☎ 055-934-4760

Person trip, fact-finding of the usage of urban transportation such as bicycles, trains and buses taken by people who live in the eastern part of Shizuoka prefecture, will be carried out.

Questionnaire is sent from late November to about 21,000 households that are randomly selected.

Your cooperation is appreciated. \*please see the city’s homepage about the details.

### **Human Rights Week from Dec., 4(Fri) to 10(Thu)**

Inquiries: Shizuoka District Legal Affairs Bureau, Numazu Branch ☎055-923-1201, Public Relations Division ☎ 055-934-4700

Is it a good opportunity to think about the society where warm rich human relations are made and each other’s human rights are respected?

\*Exhibition of Human Rights Flower Panels and Human Rights Posters

When: 10:00 to 18:00 from Dec. 5(Sat) to 10(Thu).(it is open until 17:00 on the last day.)

Where: the hall on the 4<sup>th</sup> floor, Ishibashi Plaza

\*human rights consultation such as family concerns and bullying is also held.

\*please come to the place on the day.

### **Crime Victim Week from Nov. 25(Wed) to Dec. 1(Tue).**

Inquiries: Police Department of Numazu ☎055-952-0110, Public Relations Division ☎ 055-934-4700

Please use telephone consultation about crime victims.

\*Kenkei Fureai Soudanshitsu(consultation)(open for 24 hours)☎054-254-9110 ☎#9110(Push line)

\*violence consultation only(open for 24 hours) ☎ 0120-548-930

\*sex crime victim, No. 110(8:30 to 17:15, weekday) ☎ 0120-783-870

\*boy support center (8:30 to 17:15, weekday) ☎ 0120-783-410



### **Support Izu Peninsular Round Cycling**

Inquiries: Cycle Mecca Izu Promotion Meeting Office ☎ 0558-72-9911

Inquiries: Tourism and Exchange Division ☎ 055-934-4747

Izu peninsula round cycling tournament will be held on Nov. 28(Sat) and 29(Sun). About 70 bicycles are scheduled to pass through Deai-toge, Heda, along with Prefectural road Numazu Toi route, about 10:00 and Rarara Sun Beach, Nishiura Hirasawa, around 11:00 on 29(Sun). Please support the participants running breezily.

### **Free Events**

#### **Tagrugby Tournament for Elementary School Students**

Inquiries and applications: NPO Shizuoka Tobu Rugby Community, Sato-san ☎ 090-5100-8236

When: 9:00 to 12:00 On Dec. 6(Sun) / Where: sports area, Ashitaka Koiki Park

Applicants: elementary school students(parents must accompany them)

\*contact us about the details such as applications.

#### **Exhibition at Mon Musee Numazu**

Wako Tamiya's Japanese painting exhibition

When: 10:00 to 17:00 from Nov. 28(Sat) to Dec. 23(Holiday), last entry at 16:30 (16:00 on the last day)

### **Information**

#### **Let's get and share information through your device!**

Inquiries: Public Relations Division ☎ 055-934-4703

●We start Instagram!



Instagram is an online photo and video sharing social networking service. Its application is free of charge. We will promote "Numazu city" through Instagram. We put its descriptions in English and Japanese.

Our account: numazu\_city

※You can browse them through this address: [https://instagram.com/numazu\\_city/](https://instagram.com/numazu_city/)

#### **\*How to use Instagram\***

1. Download the "Instagram" application through Apple store or Google Play and install it, or go to the application store on your device, click on the search button, and type in "Instagram". Scroll until you find the app, select it, and click 'Install'.
2. Launch the Instagram application and create an account.
3. You can search for people, hashtags and places using the search bar at the top of the Search & Explore tab.



●Let's read Numazu newsletter on your device!

You can read our latest newsletter, after you install an application(free of charge) on your smartphone or tablet. In addition, you can cut your favorite pictures from the article and save them!

**\*How to read it on your device\***

1. Download the “i 広報紙”application through Apple store or Google Play and install it, or go to the application store on your device, click on the search button, and type in "i 広報". Scroll until you find the app, select it, and click ‘Install’.
2. Launch the application and create an account.
3. Enjoy reading!



## **Information**

### **Congratulations! Coming-of-Age Ceremony**

Inquiries: Lifelong Learning Division ☎ 055-934-4871

When: Jan. 10 (Sun), 2016 ※ Jan. 4 (Mon) in Heda

Coming-of-Age ceremony will be held as the following table states. New adults will be invited.

Applicants: People born between Apr. 2, 1995 and Apr. 1, 1996

Invitation: Sent by mail in early December.

\* If you don't receive an invitation, please contact us by Dec. 24 (Thu).

\* If you are from Numazu and don't live here now, please contact us by Dec. 11 (Fri). We will send you an invitation.



School District	When	Where
Dai-1	10:00 ~ 12:00	The Grand Tiara Numazu
Dai-2	10:00 ~ 12:00	Senbon Plaza
Dai-3	10:00 ~ 12:00	Dai-san Chiku Center
Dai-4	10:00 ~ 13:00	Dai-yon Chiku Center
Dai-5	10:00 ~ 11:45	Hotel Numazu Castle
Kanaoka	10:00 ~ 11:30	Kanaoka Chiku Center
Ooka	10:00 ~ 12:00	Ooka Middle School gymnasium
Ashitaka	10:00 ~ 14:00	New Wel Sunpia Numazu
Katahama	10:00 ~ 12:00	Katahama Chiku Center
Imazawa	10:00 ~ 12:30	Imazawa Middle School Gymnasium



Ohira	10:00 ~ 12:00	Ohira Chiku Center
Shizuura	10:00 ~ 12:00	Shizuura Chiku Center
Nagaisaki	10:00 ~ 12:00	Uchiura Chiku Center
Hara	10:00 ~ 12:00	Hara Chiku Center
Ukishima	10:00 ~ 12:00	Ukishima Chiku Center
Kadoike	10:00 ~ 12:30	Kadoike Middle School Gymnasium
Heda	11:00 ~ 12:00	Heda Library

#### Simulated Municipal Assembly by New Adults

Representatives of new adults of the city ask questions about municipal administration at the assembly. Any citizens can observe it.

When: Jan. 10 (Sun), 2016, 14:00 ~ 15:30 / Where: Chamber of municipal council, City Hall 3F



### **Child Raising**

**Let's try to develop links of communication with more people raising children!**

#### **“Hi, U-san! What is ‘Kosodate Support Caravan “Piyo piyo”?’ <Vol. 4>**

“Piyo piyo” is the name of a support group. Some day-care workers visit one community center after another with a lot of toys. They help children to enjoy playing and make friends with each other. They also give some information and advice. This program started in 2002 and it is a group peculiar to Numazu.



How to use: 10:00 ~ 12:00 You can join without an appointment.

Please refer to Numazu-shi Mail Magazine, “Mel Numa” about the sites or schedule.

Inquiries: *Senbon Kosodate* Support Center (*Kamome*) ☎ 055-962-7818



#### **“Ohisama Hiroba”(an open-air kids’ playing square)**

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



Daycare workers will help kids play.

When: Dec. 7(Mon) 10:30 ~ 12:00 (To be cancelled in case of rainy weather)

Where: Haramachi-naka *Koen* park / Applicants: Children and their parents

※Come to the site directly on the day wearing clothes participants don't mind getting dirty



#### **School Expenses Loan for Fatherless or Motherless Family**

Applications and inquiries: Child Support Division ☎ 055-934-4827

Numazu City grants a loan for entrance, tuition, textbooks fee and clothing expenses for high school or college students.

**\*Distribution of application form and explanation (only father or mother)**

When: Dec. 1(Tue) ~ 4(Fri), 8:30~17:00 (about 15 minutes)

Where: Child Support Division (City Hall 1F)



**\* Submit the application form and interview with a child and a father or a mother.**

When: Dec. 24(Thu) 9:30~16:00 (about 40 minutes)

Where: #801 Meeting Room (City Hall 8F)

**\*The example of the maximum loan**

School	Loan for school expenses/ month	Loan for school preparation/ month
Public High School	18,000 yen	150,000 yen
Private High School	30,000 yen	410,000 yen
Public College	45,000 yen	370,000 yen
Private College	54,000 yen	580,000 yen

※Please ask about the details.



**Strong Body and Healthy Mind**

Inquiries: Asunaro Parents Association Takahashi San ☎ 080-4619-1497

Health Promotion Division ☎ 055-951-3480

When: Nov. 22(Sun) 14:00 ~ 15:30 (Reception 13:45~) / Where: San-Well Numazu 3F meeting room

Contents: Asthma attack, why children hate studying and life styles

Lecturer: Dr. Hara (The director of Dr. Hara Pediatrics Office)

Capacity: 45 people (in order of arrival)



**Babies and Infants Childcare for Emergency**

Inquiries: Child Support Division ☎ 055-934-4826

We can take care of preschool children in a nursery center when you can't look after them temporarily or in an emergency.

Fee: Differ from each nursery center / How to apply: Ask each nursery center

※We cannot accept children depending on the situation like events in nursery centers or limited capacity. Please consult us beforehand.



We take care of preschool children from 1 hour to 5 hours (600 yen per hour) in Numazukko Fureai Center (Poppo) in JR Numazu station south exit.



**MR (Measles -Rubella) Vaccine**

Inquiries: Health Promotion Division ☎ 055-951-3480

Applicants: First time=Infants from 1 year old to 2 years old (by the day before the 2nd birthday)

Second time: Preschool Children from 5 years old to 6years old (by Mar. 31,2016)

## Sport Classes

### Participants in Training, Sports or Physical Fitness Classes (Jan. ~ Mar.)


Applications and 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 division by Nov. 25 (Wed). Or fill out the form, which is in the gym, and hand it in with a postcard.

#### ●The reply request portion of Ofuku Hagaki (a postpaid postcard)

[the front]	[the back]
〒410-0055  City Gymnasium, Sports Promotion Division, 1-4 Takashima Hon-cho, Numazu-shi	① Site ② The name of the class you want to participate in ③ Your name(with <i>furigana</i> ) ④ Birth date ⑤ Sex ⑥ Age (If you participate with your child, write the <b>child's name</b> , too.) ⑦ Address ⑧ Phone number

#### ●The reply portion of Ofuku Hagaki (a postpaid postcard)

[the front]	[the back]
 〒_zip_____ Your address Your name	*Do not write in this space.

#### ☞ One class per postcard

☞ 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.

☞ In "Male Fitness" Class in Katahama Chiku Center, participants need to pay 500 yen for material costs as well as the fee.

☞ 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 Nov. 30 (Mon) by a return card.

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

Due date of the Applications:	<b>Nov. 25 (Wed)</b>	<b>*No later than the due date</b>
Applications and Inquiries:	<b>City Gymnasium, Sports Promotion Division, 1-4 Takashima Hon-cho, Numazu-shi</b>	

## 1. Physical Fitness Classes

Numazu City Gymnasium				[Address:1-4 Takashima Hon-cho]			
Class	Period	Day	Time	Capacity (people)	Fee (yen)	Applicant	Contents
Father & Child (※)	1/16- 3/19	Sat.	10:00- 11:00	30 (pairs)	3,000 (a pair)	Child who was born between Apr. 2, 2009 and Apr. 1, 2012, and Father or Mother	Parent and child enjoying gymnastics & rhythmical exercises
3-year-old Course (※)	1/7- 3/17	Thu.	10:00- 11:00	120 (pairs)		Child who was born between Apr. 2, 2012 and Apr. 1, 2013, and Parent	
4,5,6-year-old Course (※)	1/12- 3/15	Tue.	15:30- 16:30	80 (pairs)		Child who was born between Apr. 2, 2009 and Apr. 1, 2012, and Parent	
School kids Gymnastics (※)	1/8- 3/11	Fri.	17:00- 18:00	40	2,300	1 <sup>st</sup> &2 <sup>nd</sup> graders who are not good at sports	Jumping rope, Horizontal bar
Senior sports	1/7- 3/17	Thu.	19:00- 20:30	30	3,500	Men over 30 years old	Soft volleyball
Female Gymnastics	1/18- 3/14	Mon.	10:00- 11:30	50	2,700	Women over 18 years old	Stretching, Aerobics
	1/12- 3/15	Tue.	10:00- 11:30	150	3,000		
	1/8- 3/11	Fri.	19:00- 20:30	100	3,500		
◆Body balance	1/ 6- 3/ 9	Wed.	14:30- 15:45	40	3,000	People over 18 years old	Muscle power strengthenin

							g
Prevention of Locomotive Syndrome	1/7~ 3/17	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
	1 / 8~ 3 /11	Fri. (◆)	13:30~ 15:00	40			
Exercise for Strong legs	1 / 6~ 3 /9	Wed.	13:00~ 14:15	40	3,000	People over 60 years Old	Walking, Balance training
Healthy gymnastics	1/12~ 3/15	Tue.	13:30~ 15:00	100	3,000	People over 60 years old	Stretching, Recreation games, Rhythmical exercise
The Center for Working Youth [Address: 15-1 Miyuki-cho]							
Female gymnastics	1/6- 3/9	Wed.	10:00- 11:30	120	3,000	Women over 18 years old	Aerobics, Stretching
	1/7- 3/17	Thu.	10:00- 11:30	120			
Healthy gymnastics	1/7~ 3/17	Thu.	13:30~ 15:00	120	3,000	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Heda B&G Community Sports Center [Address: 2053 Heda]							
Preschool kids Gymnastics (A course )	12/5- 3/5	Sat.	9:00- 10:00	20	2,500	3 <sup>rd</sup> – 6 <sup>th</sup> graders of elementary school	Playing using mat and vaulting boxes
Preschool kids Gymnastics (B course)	12/ 5 3/ 5	Sat.	10:00- 11:00	20	2,500	Older kids of kindergarten – 2 <sup>nd</sup> graders of elementary school	
Indoor Swimming Pool [Address: 2416-1 Kami-kanuki Ninohora]							
Parent and Child	1/12 ~ 2/ 23	Tue.	10:00~ 11:00	20 (pairs)	3,150 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(※)	1/7~ 2/25	Thu.	16:00~ 17:00	30	2,450	Child who was born between Apr. 2, 2009 and Apr. 1, 2011	Playing and exercises in a pool
Elementary School kids Swimming class(※)	1/12~ 2/23	Tue.	16:00~ 17:00	30	2,450	School kids who can't swim 25 meters long	Learn how to crawl
Aqua walking	1/18~ 2/29	Mon. (♥)	9:45~ 10:55	60	3,150	Women over 18 years old	Walking and exercises in a pool
	1/12~ 2/23	Tue. (♥)	9:45~ 10:55	30	3,150	Women over 18 years old	Exercises in a pool to prevent the pain in the knee
♥Aquabics in a pool	1/18~ 2/29	Mon.	11:00~ 12:10	60	3,150	Women over 18 years old	Aerobics dance in a pool
♥Swimming for health	1/18~ 2/29	Mon.	13:30~ 14:40	60	3,150	Women over 50 years old	crawling, floating on their back etc.

## 2. Regional Physical Fitness Classes

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 (※)	1/7~ 3/17	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(※)	1/6~ 3/9	Wed.	15:30~ 16:30	30 (pairs)		Child who was born between Apr. 2, 2009 and Apr. 1, 2012 and Parent	
Female	1/5~	Tue.	9:30	45		Women over 18	Aerobics,

gymnastics A course(♣)	3/8		~10:40		1,750	years old	Stretching
Female gymnastics B course(♣)			10:50 ~12:00	45			
<i>Fureai</i> gymnastics	1/6~ 3/9	Wed.	13:30~ 15:00	80	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	1/7~ 3/17	Thu.	13:30~ 15:00	80			
<b>Ohira Area: Ohira Chiku Center</b> [Address: 2197-1 Ohira]							
<i>Fureai</i> gymnastics	1 / 6~ 3 / 9	Wed.	A)12:50 ~14:05 B)14:15 ~15:30	30 30	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Male fitness	1 / 8~ 3 / 18	Fri.	10:00~ 11:30	20	2,500	Men over 50 years old	Muscle power training, Stretching
<b>Shizuura Area: Shizuura Chiku Center</b> [Address: 34 Shishihama]							
<i>Fureai</i> gymnastics	1/8~ 3/18	Fri.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
<b>Ukishima Area: Ukishima Chiku Center</b> [Address: 375-1 Hiranuma]							
<i>Fureai</i> gymnastics	1/5~ 3/15	Tue.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
<b>Heda Area: Heda B&amp;G Community Sports Center</b> [Address: 2053 Heda]							
<i>Fureai</i> gymnastics	1/7~ 3/17	Thu.	13:30 ~15:00	50	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
<b>Ashitaka Area: Ashitaka Chiku Center</b> [Address: 358-1 Higashibara]							
<i>Fureai</i> gymnastics	1/7~ 3/17	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 ]							
Fureai gymnastics	1/6~ 3/9	Wed.	13:30~ 15:00	45	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	1/7~ 3/17	Thu.	13:30~ 15:00	45			
Katahama Area: Katahama Chiku Center [Address: 46-1 Ozuwa]							
Male fitness	1/7~ 3/17	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	1/7~ 3/17	Thu.	10:00~ 11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthen- ing, Balance training
Kadoike Area: Kadoike Chiku Center [Address: 788-7 Okaishshiki]							
Physical fitness	1/6~ 3/9	Wed.	10:00 ~11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthen- ing, Balance training
Fureai gymnastics	1/8~ 3/18	Fri.	A :13:00 ~ 14:15	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
			B:14:30 ~ 15:45	40			
Imazawa Area: Imazawa Chiku Center [Address: 527-21 Imazawa]							
Fureai gymnastics	1/6~ 3/9	Wed.	13:30 ~15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	1/7~ 3/17	Thu.	13:30~ 15:00	40			
Ooka Area: Ooka Chiku Center [Address: 2357-1 Ooka]							

<i>Fureai</i> gymnastics	1/7~ 3/17	Thu.	13:30 ~15:00	40	2,500	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	1/8~ 3/18	Fri.	10:00 ~11:30	40	2,500	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.



How to apply for the classes in Indoor Swimming Pool: Write your name with furigana, address, birthdate, phone number, the class name on an *Ofuku Hagaki* (a postpaid postcard) and mail it to the Indoor Swimming Pool [Address: 2416-1 Kamikanuki Ninohora, 〒410-0813] \*In case of too many applicants, we will have a drawing.

<b>Numazu City Gymnasium</b> [Address: 1-4 Takashima Hon-cho]								
Class	Period	Day	Time	Capacity (people)	Fee (yen)	Applicant	Contents	Applicat ion day
Junior rhythmic gymnastics	1/18~ 3/14	Mon.	17:00 ~18:30	30	4,800	6-year-old~ 2nd grade elementary school girls	Basic skills, rules, manners, rhythmic exercises	12/ 7 (Mon) 17:30
			17:30 ~19:00	10		3rd~6th grade elementary school girls		
<i>Iaido</i>	1/5~ 3/8	Tue.	19:00 ~20:30	25	3,000	Junior high school students and older	Basic <i>Iaido</i> skills, manners and rules	11/26 (Thu) 19:00
<i>Judo</i>	1/5~	Tue.	18:00	50	5,000	5 yrs. ~ junior high school	Basic <i>Judo</i> technique,	11/24 (Tue)

(twice a week)	3/11	Fri.	~19:30			students	manners and rules	19:00
Soft tennis (※)	1 /6~ 3/ 9	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	11/25 (Wed) 17:30 ~ 18:00
			18:30 ~20:30	30	3,500	Junior high school students and older		11/25 (Wed) 18:30 ~ 19:00
Table Tennis 	1/ 7~ 3 /17	Thu.	18:00 ~19:00	20	2,000	Elementary & Junior high school students	Basic skills, manners, rules and games	11/26 (Thu) 17:30 ~ 18:00
			19:10 ~20:40	20	3,500	Beginners over high school age		11/26 (Thu) 18:30
Badminton for beginners	1 /7~ 3/17	Thu.	19:00 ~ 20:30	30	4,000	Beginners over high school age	Basic skills, manners, rules and games	11/26 (Thu) 19:00
<i>Kendo</i> (twice a week) 	1/7~ 3/17	Thu.	18:30 ~19:30	50	5,000	Elementary school children and older	Basic Kendo skills, manners and rules	11/26 (Thu) 19:00
		Sat.	18:00 ~19:00					
Ladies badminton (※)	1/8~ 3/11	Fri.	10:00 ~ 12:00	35	3,000	Female beginners	Basic skills, rules and games	11/27 (Fri) 9:45~ 10:00
Tennis (※)	1/8~ 3/11	Fri.	18:30 ~20:30	25	3,500	Female beginners over 15 years old	Basic skills, rules, and games	11/27 (Fri) 18:00 – 18:30

<i>Aikido</i>	12/20 ~ 3/27	Sun.	9:00 ~10:00	20	5,000	Beginners over junior high school age	Basic art of self defense	12/6 (Sun) 9:00
Sport Dance	1/ 6~ 3/ 9	Wed.	19:00 ~ 20:30	30	5,000	Beginners (working people)	Rhythmical exercises	11/ 25 (Wed) 19:00
<b>Koryo Budojo</b> [Address: 15-1 Miyuki-cho]								
<i>Kyudo</i> (twice a week)	1/5~ 3/15	Tue. Thu.	10:00 ~11:30	20	4,000	Female beginners	Basic skills, manners	11/24 (Tue) 10:00
<i>Kendo</i> (twice a week)	1/5~ 3/11	Tue. Fri.	18:30 ~19:30	30	5,000	Elementary school children and older	Basic skills, rules and manners	11/24 (Tue) 19:00
<i>Naginata</i>	1/6~ 3/9	Wed.	14:00 ~16:00	10	2,500	People over 18 years old	Basic skills, rules and manners	11/25 (Wed) 14:00
<i>Judo</i>	1/9~ 3/12	Sat.	18:30 ~19:30	50	3,000	Elementary school children	Basic skills, rules, and manners	11/28 (Sat) 19:00
Fencing (at Taiiku Center)	1/9~ 3/12	Sat.	17:00~ 19:00	15	5,000	4 <sup>th</sup> graders ~ junior high school students	Basic skills, manners, rules, and games	11/28 (Sat) 17:00
<b>Indoor Swimming Pool</b> [Address: 2416-1 Kamikanuki Ninohora]								
Beginner s' Course	1/8~ 2/26	Fri.	10:00- 11:30	45	4,000	Beginners over 18 years old	To swim the crawl and backstroke through 25m	Applicati on by Ofuku Hagaki (a postpaid postcard) ,not later than Nov. 30 (Mon)
	1/7~ 2/25	Thu.	18:30 ~ 20:00	25	4,000			
Intermedia te Course	1/8~ 2/26	Fri.	13:30 ~ 15:00	15	4,000	Those over 18 years old who can swim over 25 meters	To swim the crawl and backstroke through more than 25m	

## Events

**DECEMBER: Go out to *Machinaka* (downtown) and enjoy various events!** =Information Center for Events in *Machinaka*=

### ☺*Agetsuchi* Shopping Avenue☺

**Dec.5 (Sat): Awarding Ceremony for ‘*Agetsuchi Ema* Contest’**

☀Pictorial offerings made by kindergarten and nursery school children are to be awarded.  
Who will receive a prize? ▶Time 13:00 ~ ▶☎ 055-962-3812 (*Agetsuchi* Shopping Avenue)



### ☺Each Shopping Mall, Avenue, Street, and others☺

**Dec.6 (Sun): The 6<sup>th</sup> NABE Festa (*nabe* = pan)**

☀Original Japanese *nabe* cuisine will be served to the shoppers coming around in *Nakamise*, *Otemachi*, *Agetsuchi*, *Eki-kita*, and *e-ra* de.

▶*Wai-Wai* Numazu [Search](#) ▶ワイワイぬまづ検索



### ☺Chuo Park☺

**Dec.13 (Sun): *Kanogawa* Health Marathon**

☀Participants can enjoy 2 or 4-kilometer-course run viewing and feeling an attractive scene along Kano river. Join in!

▶Time 9:45 ~ ▶☎ 055-922-7201 (Incorporated NPO / Head Office of Athletic Association)



### ☺*Nakamise* Shopping Mall☺

**Dec.19 (Sat): *Shizu-dai* OB Wind Orchestra Concert**

☀Wind orchestra composed of the alumni of Shizuoka University.

Enjoy their energetic performances. ▶Time 11:00 ~

▶☎ 055-963-2580 (*Nakamise* Shopping Mall)



### ☺*Nakamise* Shopping Mall☺

**Dec.20 (Sun): CAROLING**

☀Enjoy choral carols sung by Numazu Church Advent Carol, United Church of Christ in Japan. ▶Time 15:00 ~

▶☎ 055-963-2580 (*Nakamise* Shopping Mall)





**Shizuoka Inter-Municipal *EKIDEN* (Marathon Relay Race): soon to be held!**

**Inquiries: Sports Promotion Division ☎ 055-922-7200**

**~Let's root for the Numazu City Team, which is going for higher ranking~**

Runners of each generation who have been selected through a tryout will run their course passing their sash on. Let's cheer on the runners!

**The Race Starts: At 10:00 On Dec.5 (Sat)  
At the Front of Prefectural Government Building  
(Rain or shine)**



Live Broadcast on SBS TV from 9:30 and on SBS radio from 9:45

**Course:** 11 Sections = 42,195 kilometers

*Kencho* (Prefectural Government Building) ~ *Su-n-pu-jo* Park ~ *Asahata Kaido* (Road) ~ *Ryutsu Center Mae-dori* (Street along the Distribution Center) ~ *Kita Kaido* (Road) ~ *Seikenji* (Temple) ~ *Minami Kansen* (Highway) ~ *Kusanagi Athletic Stadium*