

Numazu Newsletter

No. 323
April 1, 2016
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.

Child Raising

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

Applicants & Inquiries: Regional Autonomy Division ☎055-934-4717

When: April, 2016 ~ Mar, 2017 (around twice a month)

Where: *Imazawa* Chiku Center, Dai-go Chiku Center

How to apply: by phone

※Please ask for the details.

Events

Numazu-cha (tea leaves) are presented to the Imperial Family for the first time in 20 years! : We'll hold an anniversary ceremony!

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

We'll hold an anniversary ceremony to commemorate that *Numazu-cha* was chosen as "Tea for Imperial Family."

When: Apr. 27(Wed) / Where: Imperial Villa Park *Please come directly on the day.



Anniversary Ceremony

9:30 ~ / the open space in front of *Shume*

The persons concerned will be invited to the ceremony. We'll present a letter of thanks to the farm owners of the designated tea farms.





Demonstration of hand-rolling of tea leaves by Numazu-cha Temomi Hozon-kai

10:30 ~ / the open space surrounded with *Numazu-gaki* fence
in front of the West Annex (*Nishi-fuzokutei*)

The members of Numazu-cha *Temomi Hozon-kai* spend about five hours making tea. They can produce the original taste of tea. Come to see expert men rolling tea leaves by hand.



Experience of shin cha (newly produced tea)

11:00 ~ 13:00 / Tea-room, “*Suisho-tei*” in East Annex(*Higashi-fuzokutei*)

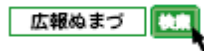
The members of *Sencha* Club of Kato Gakuen High School will make tea for visitors.
We'd like many people to enjoy the taste and smell of Numazu-cha.

*You need to pay an entrance fee.

Adults: 100 yen / Elementary & junior high students: 50 yen

*You can park free.

*Please visit the Website of Numazu City if you want to know the details.



Those high-quality tea leaves will be canned and the representatives of the committee will present them to the Imperial Family, the Minister of Agriculture, Forestry and Fisheries, and others at the beginning of June.

Events

Spring Green Festival!

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

When: April 23th (Sat) 9:30~16:00, 24th (Sun) 9:30~15:00

Where: Plaza Verde, Kira Messe Numazu

Contents:

◆ Market of Gardening, Market of local products, Food Market

◆ Exhibition of *Bonsai*

◆ Young Plants and Flowers auction

When: from 12:00 (only on 24th)

◆ Consulting service on growing plants

◆ Lottery

*Small gifts for children are prepared (first-come-first-served basis) and you can get a gift



depending on the amount you spend at the festival.

◆Workshops

We will have 22 different kinds of classes not only for adults but for children, such as flower arrangements, Bonsai, Group planting and so on.

※Please visit our website for more information.



◎ *Hana ippai Week*

When: April 24th (Sun)~30th (Sat)

Let's make streetscapes full of flowers.

Events

Concerts by Top-class Performers at Citizens' Cultural Center

Inquiries: Citizens' Cultural Center ☎ 055-932-6111

Culture Promotion Division ☎ 055-934-4812,

◆The ACOUSTIC 2016 ~MIKA NAKASHIMA 1st Premium Tour~

When: June 19th (Sun), the concert commences at 17:00 (Doors open at 16:30)

Where: Large Hall / Admission fee: 6,800 yen

※All seats reserved, the person who is over 3 year-old will be charged.

Ticket: On sale from April 9th (Sat) at ticket corner in Citizen's Cultural Center and ticket agencies.



◆coba Summer Live feat. Okijin

Please enjoy the harmony of the accordion and the Flamenco guitar.

When: July. 3(Sun), the concert commences at 17:00 (Doors Open at 16:30)

Where: Large Hall / Admission fee: 4,000 yen,

※All seats are reserved. Children under 5 years of age are not permitted to enter.

Ticket: On sale from April. 16(Sat) at the ticket corner in Citizens' Cultural Center and ticket agencies.



Classes, Lectures

NICE Chinese & Tai Chi Class

Applications & Inquiries: Numazu Association for International Communication and Exchange

☎055-934-4717

***NICE Chinese Class, 2016 (the first term)**

When: Wednesdays from May 18 to Aug. 3, 19:00~20:30 (12 times in total)

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: the first 20 people each class

Fee: 4,500 yen for the lesson (You have to pay for the textbook as well.)

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

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



***NICE Tai Chi Class, 2016 (the first term)**

When: Mondays from May 9 to June 6, 19:15~20:45 (5 times in total)

Where: City Gymnasium, multi-purpose room

Contents: Tai Chi / Capacity: the first 25 people

Fee: 1,500 yen (1,000 yen for NICE members, elementary and junior high school students)

How to apply: by phone from Apr. 12(Tue), 8:30~

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

Let's learn about Nagahama Castle Ruins and a traditional tuna fishing method called Maguro Tachikiri Ami Ryo

Applications and Inquiries: Numazu Sightseeing Volunteer Guide, Kikutake-san, ☎090-8806-8238 or Tourism and Exchange Division, ☎055-934-4746

When: Apr. 21 (Thu), 9:00 – 14:30 / Where to meet: Watayasu at 9:00

Contents: Bus trip to Nagahama Castle Ruins and Historical Ethnic Reference Library

Capacity: the first 23 people / Fee: 150 yen for insurance

What to bring: drinks, a hat or cap / How to apply: by phone after Apr. 8 (Fri), 9:00 –

Recruitment

Female Staff to Send out the Charm of Numazu

Applications and inquiries: Sun Sun Numazu Promotion Committee Office(in Tourist and Exchange Division) 〒410-8601 Numazu City Hall ☎ 055-934-4747

Term: the inauguration day to Mar.31, 2017

Qualifications: women who live in or work in Numazu, aged 30 years old and older, being able to use SNS and work twice a month.

Number of people: 2 people

The selection: the statement with the theme, the charm of Numazu and the issue of tour in the future and the interview held on Apr. 28(Thu)

How to apply: bring in or mail the statement and the resume attaching your face photo taken

within six months.

* Staff jumpers and 50,000yen as the annual activity fee are given to the people who are hired.

Application period: Apr. 8(Fri) to 22(Fri)(no later than the day)

Kano River Protection Monitor

Inquiries and applications: Numazu Office of River and National Highway, River Management Division, ☎ 055-934-2011

Inquiries: River Maintenance Division, ☎ 055-934-4786

Look for monitors who provide the information, such as the requests for it, the cases the environment might be damaged, garbage abandonment at the available area from the mouth of Kano River to Shyuzenji Bridge. They will also try for the spread and enlighten of the river protection though to local inhabitants.

Terms: one year from July 1

Qualifications: people who are interested in the river protection, aged 20 years old and older, being healthy in both body and mind and living around Kano River.

Application period: May 6(Fri)(no later than the day)

Result: inform you at the beginning of June.

*Allowance is given. Contact us about the details of the application.

Events

The Meeting to Enjoy Spring Wild Grass

Applications and inquiries: *SHONEN SHIZEN NO IE* ☎ 055-922-1746

When: Apr. 17(Sun), from 9:15 to 12:30 / Where: *SHONEN SHIZEN NO IE*

Contents: spring wild grass observation and the luncheon party using wild grasses

Applicants: anyone(if you are a primary school student and under, you need a protector.)

Capacity: 40 people(first come first served basis)

Fee: 500yen(for lunch)

Things to bring: drawing materials, drinks, cotton gloves, bags for wild grass collection

How to apply: by phone from 9:30 on Apr. 8(Fri) (it is closed on Mon.)

NUMAZU MINATO SHISENKAN- 7th Anniversary Event of the Opening

Inquiries: Numazu Uonakagaishyo Kyodokumiai, ☎ 055-962-2882

Inquiries: Fisheries & Seashore Division, ☎ 055-934-4756

When: Apr. 16(Sat) and 17(Sun) from 10:00 to 16:00

Where: NUMAZU MINATO SHISENKAN

Contents: Garapon(Arai Formula) lottery on both days from 10:00,

Noritaka Iida' s Live both days from 14:00, Hip Hop dance on 17 from

10:30 and Orange Port Live on 17 from 12:15

*please see the home page about the details



Port Town Party

Inquiries: Port Town Party Executive Office(in Numazu Fish Market Company), ☎ 055-962-3700

Inquiries: Tourist & Exchange Division, ☎055-934-4747

Exhibit classic cars and sell sundry goods, clothes and auto parts.

When: Apr. 17(Sun) from 10:30 to 15:00

Where: Numazu Fish Market, The first market



Tsukigama at Imperial Villa Park

Inquiries: Numazu Bunkakyokai, Tea Division, Nagashima-san, ☎ 055-962-0505

Inquiries: Culture Promotion Division, ☎ 055-934-4812

When	Name of the school	Host
Apr. 17 from 10:00 to 15:00	Omote Senke	Morita Souga

Where: Numazu Imperial Villa Park, East Annex, Tea House, *SUISHYOTEI*

Fee: 700yen a seat (Tickets are sold at the entrance of East Annex on that day)

Information from City Hall

Payment Notice of City Tax to be Changed

Inquiries: Tax Collection Division ☎055-934-4730

New payment notice is available at city-specified banking facilities, convenient stores and post offices (bank teller window or ATM). New notice is used everywhere in Japan. Please use it.

May 2(Mon); Deadline of First Payment of Property Tax and City Planning Tax

Inquiries: Tax Collection Division ☎055-934-4732

Please don't fail to pay the tax by the deadline. Teller Window at night and on weekend will be available on the following date and time.

Available at night: Apr. 14(Thu), 21(Thu), 17:15~20:00

Available on Sunday: Apr. 24(Sun), 9:00~15:00

Where: City Hall 2F, Tax Collection Division *Consultation will be available.

Night Consultation and Payment of Water Fee

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

When: Apr. 19(Tue), 17:15~20:00

Where: Water Service Department Office Build. 1F, Water Service Division

National Health Insurance Payment is Available at Night and on Weekend

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

Available at night: Apr. 14(Thu), 21(Thu), 18:15~20:00

Available on Sunday: Apr. 24(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.

Spring National Traffic Safety Campaign

Inquiries: Community Association and Promotion Division ☎055-934-4742

It will be carried out between Apr. 6(Wed) to 15(Fri). This season, 'Traffic accident prevention of children and elders' is the base of this campaign and following four points are especially important.

- *Promotion of safe use of bicycle
- *Be sure of the right ways to wear all seat belts and child seats
- *Eradication of drunk driving
- *Promotion of protection activity for vulnerable road users such as pedestrian

Consultation for Daily Life

Inquiries: Life Support Center East ☎ 055-929-9820

Commerce and Industry Promotion Division ☎ 055-934-4749

We introduce you to facilities that give you some professional advice for your problems.

When: Weekdays, 9:00 – 17:00

Telephone number for consultation: ☎ 055-922-3715

*Some fee may be needed when you consult with a professional person.

Revision of Time Schedule of Expressway Bus Associated with Opening of Busta Shinjuku

Inquiries: Fujikyū City Bus(Numazu – Shibuya · Shinjuku line) , ☎055-921-5367, Tokai Bus Orange Shuttle(Mishima Express) ☎ 055-935-6611, City Development Division ☎ 055-934-4759

On April 4(Mon), associated with the opening of Busta Shinjuku (Shinjuku express bus terminal),

Places for arriving and departing will be changed and time schedule will be revised.

*Some of the buses will arrive and depart at Shinjuku West gate as before.

*About details, please visit the website of Numazu City



Free Events

Sketching in Spring

Inquiries: Society for the Fine Arts in Numazu, Mimori san ☎ 055-931-0373

When: Apr. 17(Sun), 10:30 – 14:30(In case of rain, it'll be postponed to 24(Sun).

Participants will be accepted from 9:40 – 10:00 at a parking lot of Uchiura fishery cooperative

Where to meet: Mitohama, Kaigan Hiroba (Uchiura Mito)

Where: around sea coast at Mitohama / Thing to bring: Materials for sketching

We'll have a presentation meeting at Uchiura Chiku-Center in the afternoon.

*Come to the site on the day

Admiring Saguars (primula) of Ukishima-swamp

Inquiries: NPO Ukishima-swamp Shizen・Satodukuri no Kai ☎ 055-966-5495

“Ukishima Sakuraso Experimental Farm Field”, where Sakuraso that had gone extinct after World War II has been restored, will open.

When: Apr. 9(Sat), 10:00 – 12:00

Where: Yusui-chi (anti-flood pond) at Kanogawa Western Purification Center,

*Please wear sneakers *Come to the site on the day

Trial event of Recreation *Fukiya* (blow dart)

Inquiries: Japan Fukiya(blow dart) Recreation Association, Numazu, Suzuki san ☎ 090-5457-0778

When: Apr. 12(Tue), 19(Tue), 26(Tue), 14:00 – 15:00

Where: Senbon Plaza, light exercise room *Come to the site on the day

Let's learn How to Introduce Yourself

Application and Inquiries: Numazu Rosei Kaikan, ☎055-921-5221

Instructor: Chiba Kumiko (NPO How-to-speak HR Lab.)

When : April 11(Mon) 18:45~20:15 / Where: Numazu Rosei Kaikan (Takashima Honcho)

Capacity: around 15 people / How to apply: by phone

English & Korean conversation Experience

Application and Inquiries: Numazu Association for International Communications and Exchanges (NICE), ☎090-6489-2803

Date: May 28(Sat) / Time: ①English 13:30–14:45 ②Korean 15:00–16:15

Place: San San Hall (Otemachi) / Capacity: around 15 people

How to apply : April 8(Fri) 10:00 ~

Tai Chi Experience

Application and Inquiries: Iki Iki Tai Chi, Hamada-san ☎080-3661-5432

Date: April 19(Tue), 26(Tue) Time: ① 9:30 – 11:30 ② 13:00 – 15:00

Where: Numazu Gymnasium, Training room No.5
 Applicants: living in Numazu, over 55years old and healthy
 Applicants: 10 people for each class
 What to bring: casual wear and thick sox for training
 How to apply: by phone after April 8 (Fri), 9:00 –



Child Raising



Event

Story Hour

Staffs read picture books and picture story shows to children and play an activity using hand-gestures.

Inquiries: City Library ☎055-952-1234

When: The second Thursday of every month 10 : 30 ~ (Apr. 14(Thu))

Where: City Library Children's room "Ohanashi no heya" (Story room)

Applicants: 2 ~ 3 years old children




Event

Golden Week Events at Senbon Plaza

Applicants & Inquiries: Senbon Plaza 1910-206 Hon-aza Senbon 〒410-0867 ☎055-962-3313

Inquiries: Longevity Welfare Division ☎055-934-4834

	①	②
When	Apr. 29(Holiday) 10:00 ~ 14:00 Please come to the site directly.	Apr. 30 (Sat) 10: ~ 12:00
Where	Senbon Plaza Multi - purpose hall	
Contents	Let's spend time with animals from Fuji Safari Park! Let's draw a picture of animals! Stalls for children 	Give group planting to your mother
Fee	Free	1,000 yen

Capacity: ②40 people (In case of a lot of applicants, there will be a drawing)

How to apply: ②Write your address, name, age, and phone number on *Ohuku Hagaki* and pot it.

Application period: by Apr. 15(Fri)

Recruitment

~Fund to Private Sector Activities for Developing Communities~

We'd like your help to develop Numazu city.

This fund project supports private activities for the good of the communities.

Supports

Soft Sector Support for activities

To whom: individuals and groups

Examples: supports for making network for nurturers and elderly people, starting a business and employing, finding specialty of Numazu, activating the city with public places such as parks and rivers

① Supports for starters (individuals and groups)

② Step-up supports

Subsidy: ① 9/10 maximum ¥100,000 ② 2/3 maximum ¥300,000 (¥500,000 for utilities)

Hard Sector Support for improvement of facilities

To whom: individuals and groups of the following projects

① Improvement of facilities for the residents such as community centers

② Renovation of waterfront facilities

③ Renovation of tourist information spots

④ Maintaining historical facilities

Subsidy: 1/2 maximum ¥1,000,000 for each project (¥2,500,000 for utilities)

***Promotion Support Project**

Subsidy for the cost of promotion of the Hard Sector facilities: 1/2 maximum ¥200,000

Application Period

April 11(Mon) ~ May 31(Tue)

Judging system: Presentation held in the middle of June

How to apply: Apply at the counter of Numazu Heritage Promotion Division (City Hall 2F)

Applications & inquiries: Numazu Heritage Promotion Division ☎055-934-4886

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 division by Apr. 14 (Thu). 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]
<p style="text-align: center;">〒410-0055</p> <p> City Gymnasium, Sports Promotion Division, 1-4 Takashima Hon-cho, Numazu-shi</p>	<p>① Site</p> <p>② The name of the class you want to participate in</p> <p>③ Your name (with <i>furigana</i>)</p> <p>④ Birth date</p> <p>⑤ Sex</p> <p>⑥ Age (If you participate with your child, write the child's name, too.)</p> <p>⑦ Address</p> <p>⑧ Phone number</p>

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

[the front]	[the back]
<p> 〒 <u>zip</u> _____</p> <p>Your address</p> <p>Your name</p>	<p>*Do not write in this space.</p>

☞ **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 Apr. 19 (Tue) by a return card.

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

Due date of the Applications: **Apr. 14 (Thu)** *No later than the due date
 Applications and Inquiries: **City Gymnasium, Sports Promotion Division, 1-4 Takashima Hon-cho, Numazu-shi**

Physical Fitness Classes

Numazu City Gymnasium		[Address:1-4 Takashima Hon-cho]					
Class	Period	Day	Time	Capacity (people)	Fee (yen)	Applicant	Contents
Father & Child (※)	5/14~ 7/16	Sat.	10:00~ 11:00	30 (pairs)	3,000 per pair	Child who was born between Apr. 2, 2010 and Apr. 1, 2013, and Father or his / her Guardian	Parent and child enjoying gymnastics & rhythmical exercises 
3-year-old Course (※)	5/12~ 7/14	Thu.	10:00~ 11:00	120 (pairs)	3,000 per pair	Child who was born between Apr. 2, 2013 and Apr. 1, 2014, and Parent	If you come with your baby, you need to carry him or her on your back
4,5,6-year-old Course (※)	5/10~ 7/12	Tue.	15:30~ 16:30	80 (pairs)	3,000 per pair	Child who was born between Apr. 2, 2010 and Apr. 1, 2013, and Parent	
School kids Gymnastics (※)	5/13~ 7/22	Fri.	17:00~ 18:00	40	2,300	1 st &2 nd graders who are not good at sports	Running exercise, Trampoline
Senior sports	5/12~ 7/14	Thu.	19:00~ 20:30	30	3,500	Men over 30 years old	Indoor sports such as Soft Volleyball
Female Gymnastics	5/9~ 7/11	Mon.	10:00~ 11:30	50	3,000	Women over 18 years old	Stretching, Aerobics
	5/10~ 7/12	Tue.	10:00~ 11:30	150	3,000		



	5/13~ 7/22	Fri.	19:00~ 20:30	50	3,500		
(◆) Body Balance	5/11~ 7/13	Wed.	14:30~ 15:45	40	3,000	People over 18 years old	Muscle power strengthening, Balance training
Prevention of Locomotive Syndrome	5/12~ 7/14	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
	5/13~ 7/15	Fri. (◆)	13:30~ 15:00	40			
Exercise for Strong legs	5/11~ 7/13	Wed.	13:00~ 14:15	40	3,000	People over 60 years old	Walking, Balance training
Healthy gymnastics	5/10~ 7/12	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	5/11~ 7/13	Wed.	10:00~ 11:30	120	3,000	Women over 18 years old	Aerobics, Stretching
		5/12~ 7/14	Thu.	10:00~ 11:30			
Healthy gymnastics	5/12~ 7/14	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] *Pregnant women can't join.							
Preschool kids Swimming	5/6~ 7/8	Tue , Fri	10:00~ 11:00	30	5,250	Child who was born between Apr. 2, 2010 and Apr. 1, 2012	Playing and Simple exercise in the water
Aqua Walking	6/7~ 7/5	Tue	9:00~ 10:00	30	2,250	Women over 18 years old	Exercise and Walking in the water
Indoor Swimming Pool [Address: 2416-1 Kami-kanuki Ninohora] *Pregnant women can't join.							
Parent and Child	5/10~ 7/12	Tue.	10:00~ 11:00	20 (pairs)	4,500 per pair	Child who was born between Apr. 2, 2013 and Apr. 1, 2014, and	Emotional communication between parent & child through

						Parent	skin contact in a pool
Preschool kids course(※)	5/12~ 7/14	Thu.	16:00~ 17:00	30	3,500	Child who was born between Apr. 2, 2010 and Apr. 1, 2012	Playing and exercises in a pool
Elementary school kids course (※)	5/10~ 7/12	Tue.	16:00~ 17:00	30	3,500	Elementary school students who can't swim 25m in front crawl	How to swim in front crawl
Aqua walking	5/9~ 7/11	Mon. (♥)	9:45~ 10:55	60	4,500	Women over 18 years old	Walking in a pool
	5/10~ 7/12	Tue. (♥)	9:45~ 10:55	30			Exercises in a pool for relieving the pain in knees
(♥)Aerobics in a pool	5/9~ 7/11	Mon.	11:00~ 12:10	60	4,500	Women over 18 years old	Aerobics dance in a pool
(♥)Healthy swimming	5/9~ 7/11	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
Hara Area: Hara Chiku Center [Address: 1200-3 Hara]							
Female gymnastics (A, B)	5/10~ 7/12	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	5/11~ 7/13	Wed.	13:30~ 15:00	80	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	5/12~ 7/14	Thu.	13:30~ 15:00	80			

Ohira Area: Ohira Chiku Center [Address: 2197-1 Ohira]							
<i>Fureai</i> gymnastics (A, B)	5/18~ 7/20	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	5/20~ 7/22	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	5/13~ 7/29	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	5/10~ 7/12	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	5/12~ 7/14	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	5/12~ 7/14	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	5/18~ 7/20	Wed.	13:30~ 15:00	45	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	5/12~ 7/14	Thu.	13:30~ 15:00	45			
Katahama Area: Katahama Chiku Center [Address: 46-1 Ozuwa]							
Male fitness	5/12~ 7/14	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	5/12~ 7/14	Thu.	10:00~ 11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthening, Balance training
<i>Fureai</i> gymnastics	5/12~ 7/14	Thu.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Kadoike Area: Kadoike Chiku Center [Address: 788-7 Okaisshiki]							
<i>Physical fitness</i>	5/11~ 7/13	Wed.	10:00 ~11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthening, Balance training
<i>Fureai</i> gymnastics (A, B)	5/13~ 7/15	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]							
<i>Physical fitness</i>	5/13~ 7/22	Fri.	10:00 ~11:30	40	2,000	People between 18 and 59 years old	Muscle power strengthening, Balance training
<i>Fureai</i> gymnastics	5/11~ 7/13	Wed.	13:30 ~15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	5/12~ 7/14	Thu.	13:30~ 15:00	40			
Ooka Area: Ooka Chiku Center [Address: 2357-1 Ooka]							
<i>Fureai</i> gymnastics	5/12~ 7/28	Thu.	13:30 ~15:00	40	3,000	People over 60 years old	Recreation, Stretching, Rhythmical exercise
Uchiura Area: Uchiura Chiku Center [Address: 249-3 Uchiura Mito]							
Exercise for keeping fit	6/3~ 7/22	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.



Numazu City Gymnasium [Address: 1-4 Takashima Hon-cho]								
Class	Period	Day	Time	Capacity (people)	Fee (yen)	Applicant	Contents	Application day
Junior rhythmic gymnastics	5/9~7/11	Mon.	17:00~18:30	30	5,000	6-year-old~2 nd grade elementary school girls	Basic skills, rules, manners, rhythmic exercises	4/11 (Mon) 17:30
			17:30~19:00	10		3 rd ~6 th grade elementary school girls		
<i>Iaido</i>	5/10~7/12	Tue.	19:00~20:30	25	3,000	Junior high school students and older	Basic <i>Iaido</i> skills, manners and rules	4/12 (Tue) 19:00
<i>Judo</i> (twice a week)	5/10~7/15	Tue. Fri.	18:00~19:30	50	5,000	5 yrs. ~ junior high school students	Basic <i>Judo</i> technique, manners and rules	4/12 (Tue) 19:00
<i>Kyudo</i> (twice a week)	5/10~7/15	Tue. Fri.	18:30~20:30	20	5,000	Beginners (junior high school students and older)	Basic <i>Kyudo</i> technique, manners and rules	4/12 (Tue) 18:30
Soft	5/11~	Wed.	17:00~18:30	20	2,000	3 rd -6 th grade elementary school children	Basic skills,	4/13 (Wed) 18:00~18:30

tennis (※)	7/13		18:30 ~20:30	30	3,500	Junior high school students and older	manners, rules, games	4/13 (Wed) 18:30~ 19:00
Table Tennis 	5/12 ~ 7/14	Thu.	18:30 ~ 20:00	20	3,000	3 rd grader of Elementary school ~ Junior high school students	Basic skills, manners,	4/14 (Thu) 18:00~ 18:30
			18:30 ~20:30	20	4,000	Beginners over high school age	rules and games	4/14 (Thu) 19:00~ 19:30
Badmint on for beginner	5/12 ~ 7/14	Thu.	19:00 ~ 20:30	30	4,000	Beginners over high school age	Basic skills, manners, rules and games	4/14 (Thu) 19:00
<i>Kendo</i> (twice a week) 	5/12 ~ 7/16	Thu.	18:30 ~19:30	50	5,000	Elementary school children and older	Basic Kendo skills, manners and rules	4/14 (Thu) 19:00
		Sat.	18:00 ~19:00					
Ladies badminto n (※)	5/13 ~ 7/22	Fri.	10:00 ~ 12:00	35	3,000	Female beginners	Basic skills, rules and games	4/15 (Fri) 10:00
Tennis (※)	5/13 ~ 7/22	Fri.	18:30 ~20:30	25	3,500	Female beginners over 15 years old	Basic skills, rules, and games	4/15 (Fri) 18:30
<i>Aikido</i>	5/8~ 7/17	Sun.	9:00 ~10:00	20	5,000	Beginners over junior high school age	Basic art of self defense	4/17 (Sun) 9:00
Sport Dance	5/11 ~ 7/13	Wed.	19:00 ~ 20:30	30	5,000	Beginners (working people)	Rhythmical exercises	4/13 (Wed) 19:00

<i>Koryo Budojo</i> [Address: 15-1 Miyuki-cho]								
<i>Kyudo</i> (twice a week)	5/10 ~ 7/14	Tue. Thu.	10:00 ~11:30	20	4,000	Female beginners	Basic skills, manners	4/12 (Tue) 10:00
<i>Kendo</i> (twice a week)	5/10 ~ 7/19	Tue. Fri.	18:30 ~19:30	30	5,000	Elementary school children and older	Basic skills, rules and manners	4/12 (Tue) 19:00
<i>Naginata</i>	5/11 ~ 7/13	Wed.	14:00 ~16:00	10	2,500	People over 18 years old	Basic skills, rules and manners	4/13 (Wed) 14:00
<i>Judo</i>	5/14 ~ 7/30	Sat.	18:30 ~19:30	50	3,000	Elementary school children	Basic skills, rules, and manners	4/16 (Sat) 19:00
Fencing (at Taiiku Center)	5/14 ~ 7/30	Sat.	17:00~ 19:00	15	5,000	4 th graders ~ junior high school students	Basic skills, manners, rules, and games	4/16 (Sat) 17:00

Feature

Tour around 100 Treasure Troves in Numazu NO.47: ASHITAKAYAMA ~ the mountain blessed with an abundance of natural charms ~



- Mt. Fuji viewed from *Ashitakayama*
- *Ashitaka Myojin Okumiya* (shrine), where *Gantansai* (New Year's Day Festival) is held every year

Ashitakayama is at the south end of *Ashitaka Renpo* (a mountain range), which has nine peaks and lies to the south of Mt. Fuji. *Ashitakayama* has the highest altitude of 1,188 meters in Numazu city, and its diverse biota has been attracting mountain hikers from inside and outside the city. At the southern foot of *Ashitakayama*, tea plants are widely grown on the land that was disposed of by the then government thanks to the great contribution made by *Ebara Soroku*, a great old man. Numazu-cha (Japanese green tea produced in Numazu) which is now grown in the tea garden mentioned above is to be presented to the Imperial Family this year. You can also find many historical sites such as *Akeno Kannon-do* (Temple for Deity of Mercy), the ruins of *Koukokuji-jo* (a Japanese old castle), and others. In addition, there are many other places for recreation and relaxation for citizens; *ASHITAKA* Park, where visitors can enjoy cherry blossoms in full-bloom in spring, *SHONEN SHIZEN NO IE* (Youth House in Nature), which is to be utilized in the newly-efficient way, and others. In the future, the ongoing project of developing “*Ashitaka Farm Village*” will be completed at the north side of *Tomei Ashitaka* Parking Area, a brand-new smart interchange (available only for vehicles with ETC). The enchantment of this area has been rising. (*Ashitaka Farm Village*; residences, fields, farmers’ markets, and other facilities exist side by side and they are united together as one community.)



❶ *ASHITAKA* Park, where many people come and enjoy cherry blossoms in full bloom.

❷ *Akeno Kannon-do*, which is designated by the city government as one of the tangible cultural properties



❸ Beautiful yellow-green tea gardens are seen in April and May



❖ A Rumor about *Ashitakayama* ❖

The Chinese character of “*taka*” in “*Ashi-taka-yama*” means “a hawk”. In Japan there is a saying that *Ichi fuji ni taka san nasubi*, which means that seeing Mt. Fuji, a hawk, or an eggplant in the first dream for the year is a sign of good luck. However, some people say that “*taka*” doesn’t actually represent “a hawk”, but “*Ashitakayama*”.

※Please check the City Home Page for more information about the hiking courses to *Ashitakayama* and others.