

# Numazu Newsletter

No. 331  
August 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, Catholic Church, Kato Gakuen, Chiku Centers and the City Hall.

## Events

### The 8<sup>th</sup> Brass Band Festival in Numazu

Inquiries: Numazu Cultural Center ☎055-932-6111

Cultural Promotion Division ☎055-934-4812

When: Nov. 13(Sun) 16:00

Where: Numazu Cultural Center (Mail Hall)

Performance: Senzoku Gakuen College of Music Green Thailand Wind Ensemble, Conductor: Yasuhide Ito

Admission fees: 2,000 yen, 1,000 yen for a high school student and younger (All seats are reserved.)

Ticket: Tickets will be sold at Numazu Cultural Center ticket bureau and tickets agencies, from Aug. 20(Sat).



### Recruitment of participants for a workshop on performance of each musical instrument

Guidance for each instrument and performance with the brass band on the final stage of the festival

When: Nov. 13(Sun) 10:30~14:00 / Where: Numazu Cultural Center

Performance number: *Takarajima* (Treasure Island)

Applicants: Junior high school students and older

How to apply: Bring an application form by Sep.30(Fri) (There will be a drawing in case of many applicants.)

\*Please ask about details.

\*The fee for the workshop is free, but you need a ticket for the concert.

Applications: Numazu Cultural Center ☎055-932-6111

## **Information**

### **Food and Nutrition for Healthy Mind & Body**

Applications and Inquiries: Health Promotion Division (Health Center), ☎ 055-951-3480

#### **Family Food Mini Festa**

Develop your knowledge about food and nutrition through family games and quizzes. There is also health check for adults.

When: Aug. 20 (Sat), 10:00 ~ 14:00 (Sign in until 13:45)

Where: MaxValu Tokai Numazu Minami (Nishijima-cho)

Contents: food & nutrition quizzes, measuring salt game, picking peas, checking chopsticks length for child, emergency food display and tasting, body composition and grip strength measurement, etc.

※No reservation is required.

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

When: Sep. 15 (Thu), Oct. 13 (Thu), 10:00 ~ 13:00

Where: Health Center, Cooking room

Applicants: children born from Apr. 2, 2013 to Sep. 30, 2013 and their guardians living in Numazu

Capacity: 18 pairs each day (first-come-first-served basis)

Fee: 220 yen (for materials and insurance premiums)

Things to bring: Health Handbook for Mother and Child, towel, aprons and bandannas (for guardian and child), a spoon and a fork for child

How to apply: by phone from Aug. 9 (Tue), 8:30

#### **Cooking Class with the Latest Gas Cooking Appliance**

When: Sep. 15 (Thu), 10:30 ~ 13:30

Where: Shizuoka Gas Showroom, Kakitagawa Cooking Studio (in Sun to Moon Kakitagawa)

Applicants: people aged 40 ~ 64 living in or commute to Numazu

Capacity: 20 people (first-come-first-served basis)

Fee: 520 yen (for materials and insurance premiums)

Things to bring: an apron, hand towel, writing implements

How to apply: by phone from Aug.8 (Mon), 8:30

**The following points are important for developing healthy mind and body.**

- A well-balanced lifestyle and good dietary habits
- A nutritionally balanced diet
- Cultivate a grateful appreciation for your food.
- Share your mealtimes with others.

Keep these points in mind for your own well-being.





## Child Raising



Information

### You need to make a notification of current condition (*Genkyo Tdoko*)

The required documents will be notified to those who meet the requirements.

#### ◆ Special Child-Rearing Allowance, Child with a Disability Welfare Subsidy, Mentally and Physically Handicapped Child Community-based Service Allowance

When: Aug. 8 (Mon) ~ 15 (Mon) \*only weekdays

Where: City Hall (annex, Handicapped Person's Welfare Division)

Inquiries & Application: Handicapped Person's Welfare Division

☎ 055-934-4829 / FAX: 055-934-2631

#### ◆ Child-Rearing Allowance

When: Aug. 8 (Mon) ~ 15 (Mon) \*only weekdays

Where: City Hall (1F, Child-Rearing Family Welfare Division)

Inquiries & Application: Child-Rearing Family Welfare Division ☎ 055-934-4827



Information

### An Advisor will answer questions for single-parent family separately

When: Aug. 8 (Mon), 9:30 ~ 16:00

Where: City Hall 8F (Big Meeting Room)

Contents: You can get some advice about taking a job, and everyday lives. A lawyer will answer the questions on parental authority, and the expense of bringing up children.

\*Come to the site on the day.

\*You can have your children taken care of during your consultation. (You should make an appointment. Without one, you can come on the day.)

Inquiries & Application: *Boshikateitou Shugyo Jiritsu-shien* Center ☎ 054-254-1191

Child-Rearing Family Welfare Division ☎ 055-934-4827



Information

### Special Classes are held by Numazu-shi *Hitori-oya* (Single-parent Family) *kai*

When: Aug. 12 (Fri), 19 (Fri), 9:00 ~ 16:30

Hours	Contents
9:00 ~ 11:00	Support for learning (Every student has to bring your own homework.)
11:00 ~ 14:00	Practice of cooking, Having lunch, Taking a rest
14:00 ~ 16:30	Special Class Aug. 12 = "Making a Pizza using summer vegetables", "Hip Hop Dance Lesson" Aug. 19 = "Handmade Workshop"

Where: San-Well Numazu 3F / Capacity: about 15 students for each day

For: Elementary students of single-parent family

How to apply: by phone by Aug. 10 (Wed), 19:00

\*You need 100 yen for lunch ingredients.

Inquiries & Application: Numazu-shi *Hitorioya-kai* (Kudo san) ☎ 090-1780-0384

Child-Rearing Family Welfare Division ☎ 055-934-4827



## **Events**

### **2016 High School Student Shyaberiba(Talk)in Numazu**

Inquiries: Life Long Education Division ☎055-934-4871

The students of Numazu Institute of Technology and the students going to high schools in and outside Numazu talk enthusiastically about the figure of an attractive town. Would you like to hear their opinions?

When: Aug. 21(Sun) from 13:00 to 15:00

Where: Plaza Verde, 402 meeting room / Capacity: about 60 people

\*Come to the place on the day. Seats for the audience are available.

### **The Ceremony of the Day to Commemorate the War and Pray for Peace**

Inquiries: Social Welfare Division ☎055-934-4824

When: Aug. 15(Mon) from 11:50 / Where: The Cultural Center, the small hall

\*Before the ceremony, the Buddhist memorial service for the war dead and war sufferers sponsored by War-Bereaved Families Association is held from 10:45.

### **Super Sports Car Festival in Numazu**

Inquiries: SSCF Executive Committee ☎03-6904-5454

Inquiries: Tourism and Exchange Division ☎055-934-4843

When: Aug. 13(Sat) and 14(Sun) from 9:30 to 18:00( the last admission at 17:00)

Where: Plaza Verde, Kira Messe Numazu

Contests: the exhibition of world new and old super sports cars, the exhibition and sale of the related goods. events, etc.

Fee: 1,000yen for adult(800yen for advance ticket), free for high school students and under

Ticket: on sale at Ticket Pia

### **Facility Tour of Kano River Western Clarification Center on Aug. 21(Sun), the Prefectural Resident Day**

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

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

When: Aug. 19(Fri) ①9:30 to 11:30 ②13:30 to 15:30

Where: Kano River Western Clarification Center(Hara)

How to apply: by phone till Aug. 18(Thu)

## **Recruitment**

### **Participants**

#### **Attendants to Youth Exchange Meeting of Numazu and Mishima Cities**

Applications and inquiries: Life Long Education Division ☎055-934-4871

When(two times in total)		Contents
①	Sep. 6(Tue) from 19:30 to 21:00	Explanation of the schedule, grouping, etc.
②	Sep. 17(Sat) 8:00 to 18(Sun) 18:00	Camp, making my cup, etc.

Where:① Youth Education Center, the exhibition room ②Around Lake Yamanaka(accommodation at Lake Yamanaka Campsite run by a village.)

Applicants: men and women from 18 years old to 39 who live in the city, or go to work, or to go to school (except high school students)

Capacity: 30 people (the capacity of Numazu city is 15 people. In case of a lot of applicants, there will be a drawing.)

Fee: 3,500 yen(accommodation, etc.)

How to apply: bring in, or send by fax, or e-mail the form on the city's home page till Aug. 22(Mon)

### **Workshop Members to the Revision of Numazu City Master Plans**

Applications and inquiries: Town Planning Policy Division ☎055-934-4760

Requirement: people who are high school students and older and live in the city or come to or go to school.

Capacity: about 30people

How to apply: bring in or send the form in Town Planning Policy Division on the 5<sup>th</sup> floor of the city hall or on the city's home page.

Deadline: Aug. 15(Mon) (no later than the day)

\*Contact us about the details or see the city's home page.

### **Gender-Equal Promoting Company**

Applications & Inquiries: Community Association and Promotion Division ☎055-934-4807

Numazu city recruits companies which address good surroundings for both men and women.

Application Period: from Aug. 15(Mon) ~Sep. 30(Fri) (Effective by the post mark)

How to apply: send or bring the application form from HP

\*Please ask for the details.

### **Looking for Volunteers Attending JTB Earth *Ikiki* Project in Ita Area**

Applications & Inquiries: JTB Chubu, Numazu Branch office ☎055-963-2868

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

Experience the charm of Ita area, beautiful Japanese village, through farm work.

When: Sep. 4(Sun), 8:15~16:00

Contents: gathering at the North exit of JR Numazu station — tour of the *Kirameki no Oka*, *Sungo* ancient tomb — experience planting *Nanohana* — cleaning the beach — bathing in hot spring (transfer by bus, with lunch)

Capacity: 30 people (first come, first served basis)

What to bring: some changes of cloths and towels

How to apply: by phone from 10:00, Aug. 8(Mon)

\*Please participate with clothes that you can do farm work in.

## **Classes, Lectures**

### **History and Ethnological Museum, Work Study in Summer Holiday**

Applications & Inquiries: History and Ethnological Museum ☎055-932-6266

#### **#Let's Make Old Tools**

When: Aug. 17(Wed), ①10:00~12:00 ②13:30~15:30

Where: History and Ethnological Museum

Contents: hand mill with grindstone, making fire from flint, etc.

Applicants: elementary school students living in Numazu

#### **#Let's Go on an Expedition to the Ruins of the old Main Building in Numazu Imperial Villa**

When: Aug. 20(Sat), 10:00~15:00 / Where: Numazu Imperial Villa Park

Contents: looking back at the former main building by walking the ruins

Applicants: 5 and 6 graders and junior high school students living in Numazu

\*Both classes:

Capacity: 10 people (first come, first served basis)

What to bring: writing materials / How to apply: by phone from Aug. 9(Tue), 9:00~

### **Making Cardboard Compost**

Applications & Inquiries: Garbage Control Division ☎055-934-4743

You make cardboard compost to turn garbage into compost.

Where	When	Time	Capacity
Hara Chiku Center	Aug. 20(Sat)	10:00~11:30	20 person (first come, first served basis)
Kanaoka Chiku Center	Aug. 27(Sat)		20 person (first come, first served basis)
Daisan Chiku Center	Sep. 3(Sat)		20 person (first come, first served basis)
Ashitaka Chiku Center	Sep. 24(Sat)		20 person (first come, first served basis)
Ohira Chiku Center	Oct. 15(Sat)		20 person (first come, first served basis)

How to apply: by phone from 8:30, Aug. 8(Mon)

### **Ancient Documents Reading – Introductory Course**

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

When: from Sep. 3 to Oct. 1, every Saturday, 5 times in total, 9:30~11:30

Where: Meiji Historical Museum, 2<sup>nd</sup> floor, lecture room

Applicants: people who read ancient documents for the first time

Capacity: 30 people (first come, first served basis)

What to bring: writing materials, dictionaries (the dictionary of ancient words, if you have)

How to apply: by phone or come to the museum from Aug. 10(Wed), 9:00~

### **Listening Volunteer Class**

Applications & inquiries: Numazu social welfare council ☎ 055-922-1500

Inquiries: Social Welfare Division ☎ 055-934-4824

Learn the basic skill of listening considering other person's feelings

When: Sep. 6(Tue), 15(Thu), 10:00 – 15:00(two times in total)

Where: SanWell Numazu, a big meeting room

Applicants: A person who has not participated in this class yet.

Capacity: 30 people (in order of arrival) / Things to bring: Writing materials

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

### **Information**

### **Support for Marriage by “Matchmaking Supporters (*Enmusubi-tai*)”**

Applications & inquiries: Policy Planning Division 〒410-8601 Numazu City Hall ☎055-934-4704

We are inviting people who hope for marriage counseling by “Matchmaking Supporters”

Applicants: A person who meet all of the following requirements

- ① Hope for association with the view of marriage
- ② 20 years old or older and single
- ③ Not a member of a gang

How to apply: Bring or send the prescribed form from the website of Numazu City and a copy of identification with a photo. (accepted at any time)

14 members, including following newly recognized three persons, support your activity leading to marriage. (new members/ Ito Atsuko san, and other two men)

### **Numazu is a City of Nuclear Free Peaceful City Declaration**

Inquiries: General Affairs Division☎ 055-934-4712

Numazu City Declared the Nuclear Free Peaceful City in March, 1987. We hope to realize the peaceful world without nuclear weapons. Let's make soundless prayers to pay respect to war victims and to pray for world peace.

Hiroshima Peace Memorial Day: Aug.6 (Sat), 8:15(time of an atomic bomb dropping)

Nagasaki Peace Day: Aug.9 (Tue), 11:02(time of an atomic bomb dropping)

Anniversary of the end of World War II: Aug. 15(Mon), noon

### **August 31(Wed) is the Due Date for Municipal and Prefectural Tax and National**



### **Health Insurance (2nd term)**

Inquiries: Tax Collection Division, ☎ 055-934-4732

National Health Insurance Division ☎055-934-4727

Please make sure to pay the taxes before the due date. You can also pay at night or on Sunday as follows.

Night Service: August 23(Tue), 17:15 – 20:00

Weekend Service: August 28(Sun), 9:00 – 15:00

Where: Tax Collection Division, City Hall 2F / National Health Insurance Division, City Hall 1F,

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

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

When: August 9(Tue), 30 (Tue), 17:15 ~20:00

Where: Water and Sewage Service Division (Water Service Department Building 1F)

### **Fukujuji (American Lung Association) Seal Fund-Raising Campaign**

Inquiries: Health Promotion Division ☎ 055-951-3480

We ask to raise funds through community association and anti-tuberculosis woman's association, along with anti-tuberculosis campaign of fukujuji seal. Please cooperate with us.

### **August is “Douro Fureai Gekkan”, and August 10<sup>th</sup> is “Michi no Hi” (Roads Day)**

Inquiries: Road Maintenance Division ☎ 055-934-4788

Standing signboards, goods and abandoned bicycles on the roads may not only cause traffic jam or car accidents but also obstruct an emergency vehicle. Let's improve the road environment.

### **Open Day of Sewage Terminal Treatment Plant**

Inquiries: Sewage Facilities Management Center ☎055-939-0811

Sewage Terminal Treatment Plant will be open to the public on “the Sewage Day”, September 10(Sat).

When: August 21(Sun), 22(Mon), 9:00-16:00. The tour by a guide is going to start at 10:00 and 14:00

Where: South Clarification Center ( Enomura, Numazu)

\*Come to the center on September 10<sup>th</sup>. No reservation is needed.

### **To receive “My Number” card on Saturdays, Sep.10 and Oct.8**

Applications & Inquiries: Resident Registration Division ☎055-934-4721

Notification Card is Open.

If you cannot receive your “My Number” card during office working hours, you can receive it on Saturdays. You need to make an appointment. On the days, it takes 20minutes to get.

When: September 10(Sat), October 8(Sat), 9:00 – 13:00

Where: City Hall, 1F. Resident Registration Division

Applicants: people applying for “My Number” card



Capacity: 50 people each day, first-come and first-served basis

How to apply: from 8:30, Aug.8 (Mon), by phone \*Ask for the details, or see the website.

### Lifesaving Class

When: ① Lifesaving class = Aug. 21 (Sun), 9:00 ~ 12:00

② Advanced lifesaving class = Sep. 18 (Sun), 9:00 ~ 17:00

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

Contents: Cardiopulmonary resuscitation with AED, hemostatic method, etc.

(①for adults ②for adults and infants)

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

Capacity: 30 people per class How to apply: by phone ①by Aug. 18 (Thu) ②by Sep. 15 (Thu)



### **Free Events**

#### Free Magic Experience Lesson

Application: Numazu Magic Association, Ito-san ☎090-1742-8293

When: Aug.11 (Holiday) 13:30-16:00

Where: Sun Well Numazu 3F

#### Water Color and Oil Painting Experience Lesson

Application and inquiries: Tsuwabuki no kai, Tamura-san ☎090-2925-3798

When: Aug.21 (Sun) 13:30-15:30

Where: Dai San Chiku Center

Instructor: Mimori-san (a painter)

Applicants: 50 years old and over (beginners are welcomed)

How to apply: by phone

### **Enjoy Exercises and Sports!**

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

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 Aug. 15 (Mon). 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>〒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>② Your name(with <i>furigana</i>)</p> <p>③ Birth date</p> <p>④ Sex</p> <p>⑤ Age (If you participate with your child, write the <b>child's name</b>, too.)</p> <p>⑥ Address</p> <p>⑧ Phone number</p>
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●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>	
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☞ 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 with 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 Aug. 19 (Fri) 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
						Child who was born	Parent and

Father & Child (※)	9/10~ 11/12	Sat.	10:00~ 11:00	30 (pairs)	3,000 per pair	between Apr. 2, 2010 and Apr. 1, 2014, and Father or his / her Guardian	child enjoying gymnastics & rhythmical exercises
3-year-old Course (※)	9/8~ 11/24	Thu.	10:00~ 11:00	120 (pairs)		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 (※)	9/6~ 11/8	Tue.	15:30~ 16:30	60 (pairs)		Child who was born between Apr. 2, 2010 and Apr. 1, 2014, and Parent	
School kids Gymnastics (※)	9/9~ 11/11	Fri.	17:00~ 18:00	40	2,300	1 <sup>st</sup> &2 <sup>nd</sup> graders who are not good at sports	Mat Exercise, Exercise using a vaulting box
Senior sports	9/8~ 11/24	Thu.	19:00~ 20:30	30	3,500	Men over 30 years old	Indoor sports such as Soft Volleyball
Female Gymnastics	9/5~ 11/21	Mon.	10:00~ 11:30	50	3,000	Women over 18 years old 	Stretching, Aerobics
	9/6~ 11/8	Tue.	10:00~ 11:30	150	3,000		
	9/9~ 11/11	Fri.	19:00~ 20:30	50	3,500		
(◆) Body Balance	9/7~ 11/9	Wed.	14:30~ 15:45	40	3,000	People over 18 years old	Muscle power strengthening, Balance training
Prevention of Locomotive Syndrome	9/8~ 11/24	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
	9/9~ 11/11	Fri. (◆)	13:30~ 15:00	40			
Exercise for Strong legs	9/7~ 11/9	Wed.	13:00~ 14:15	40	3,000	People over 60 years old	Walking, Balance training
Healthy gymnastics	9/6~ 11/8	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 gymnastics	9/7~ 11/9	Wed.	10:00~ 11:30	120	3,000	Women over 18 years old	Aerobics, Stretching
	9/1~ 11/24	Thu.	10:00~ 11:30	120			
Healthy gymnastics	9/1~ 11/24	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]							
Kids Sports A Course	9/3~ 11/19	Sat	9:00~ 10:00	20	2,500	3 <sup>rd</sup> – 6 <sup>th</sup> graders of elementary school	Mat Exercise, Running
Kids Sports B Course	9/3~ 11/19	Sat	10:00~ 11:00	20	2,500	Preschooler ~2 <sup>nd</sup> graders of elementary school	Exercise, Exercise using a vaulting box
<b>Indoor Swimming Pool</b> [Address: 2416-1 Kami-kanuki Ninohora]							
Parent and Child	9/13~ 11/22	Tue.	10:00~ 11:00	20 (pairs)	4,500 per pair	Child who was born between Apr. 2, 2013 and Apr. 1, 2014, and Parent	Emotional communication between parent & child through skin contact in a pool
Preschool kids course(※)	9/15~ 12/1	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 (※)	9/13~ 11/22	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	9/5~ 11/28	Mon. (♥)	9:45~ 10:55	60	4,500	Women over 18 years old	Walking in a pool
	9/13~ 11/22	Tue. (♥)	9:45~ 10:55	30			Exercises in a pool for

							relieving the pain in knees
(♥)Aerobics in a pool	9/5~ 11/28	Mon.	11:00~ 12:10	60	4,500	Women over 18 years old	Aerobics dance in a pool
(♥)Healthy swimming	9/5~ 11/28	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]							
Female gymnastics A course B course	9/6~ 11/29	Tue.	A) 9:30 ~10:40 (♣)	45	2,500	Women over 18 years old	Aerobics, Stretching
			B) 10:50 ~12:00 (♣)	45			
<i>Fureai</i> gymnastics	9/7~ 11/16	Wed.	13:30~ 15:00	80	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	9/8~ 12/1	Thu.	13:30~ 15:00	80			
<b>Ohira Area: Ohira Chiku Center</b> [Address: 2197-1 Ohira]							
<i>Fureai</i> gymnastics	9/7~ 11/16	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	9/9~ 11/25	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	9/2~ 11/25	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	9/6~ 12/6	Tue.	13:30~ 15:00	40	3,000	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	9/1~ 11/24	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	9/8~ 12/1	Thu.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
<b>Dai-3 Area: Dai-3 Chiku Center</b> [Address: 750-4 Shimokanuki Yanagihara ]							
<i>Fureai</i> gymnastics	9/7~ 11/16	Wed.	13:30~ 15:00	45	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	9/1~ 11/17	Thu.	13:30~ 15:00	45			
<b>Katahama Area: Katahama Chiku Center</b> [Address: 46-1 Ozuwa]							
Male fitness	9/1~ 11/17	Thu.	10:00~ 11:30	20	2,500	Men over 50 years old	Learning about diet, Muscle power training
<b>Dai-5 Area: Dai-5 Chiku Center</b> [Address: 15-1 Satsuki-cho]							
Physical fitness	9/8~ 12/1	Thu.	10:00~ 11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthen- ing, Balance training
<i>Fureai</i> gymnastics	9/8~ 12/1	Thu.	13:30~ 15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
<b>Kadoike Area: Kadoike Chiku Center</b> [Address: 788-7 Okaisshiki]							

Physical fitness	9/7~ 11/16	Wed.	10:00 ~11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthening, Balance training
<i>Fureai</i> gymnastics	9/9~ 11/25	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]							
Physical fitness	9/2~ 12/9	Fri.	10:00 ~11:30	40	2,500	People between 18 and 59 years old	Muscle power strengthening, Balance training
<i>Fureai</i> gymnastics	9/7~ 11/30	Wed.	13:30 ~15:00	40	2,500	People over 60 years old	Recreation, Stretching, Rhythmical exercise
	9/8~ 12/8	Thu.	13:30~ 15:00	40			
<b>Ooka Area: Ooka Chiku Center</b> [Address: 2357-1 Ooka]							
<i>Fureai</i> gymnastics	9/1~ 10/27	Thu.	13:30 ~15:00	40	2,000	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	9/2~ 12/2	Fri.	10:00 ~11:30	40	3,000	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) ☎ 055-922-7201

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.

Numazu City Gymnasium [Address: 1-4 Takashima Hon-cho]								
Class	Period	Day	Time	Capacity (people)	Fee (yen)	Applicant	Contents	Application day
Junior rhythmic gymnastics	9/5~ 11/21	Mon.	17:00 ~18:30	20	5,000	6-year-old~ 2 <sup>nd</sup> grade elementary school girls	Basic skills, rules, manners, rhythmic exercises	8/22 (Mon) 17:30
			17:30 ~19:00	10		3 <sup>rd</sup> ~6 <sup>th</sup> grade elementary school girls		
<i>Iaido</i>	9/6~ 11/8	Tue.	19:00 ~20:30	25	3,000	Junior high school students and older	Basic <i>Iaido</i> skills, manners and rules	8/23 (Tue) 19:00
<i>Judo</i> (twice a week)	9/2~ 11/8	Tue. Fri.	18:00 ~19:30	50	5,000	5 yrs. ~ junior high school students	Basic <i>Judo</i> technique, manners and rules	8/23 (Tue) 19:00
<i>Kyudo</i> (twice a week)	9/2~ 11/8	Tue. Fri.	18:30 ~ 20:30	20	5,000	Beginners (junior high school students and older)	Basic <i>Kyudo</i> technique, manners and rules	8/23 (Tue) 18:30
Soft tennis (※)	9/7~ 11/9	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	8/10 (Wed) 17:30~ 18:00
			18:30 ~20:30	30	3,500	Junior high school students and older		8/10 (Wed) 18:30~ 19:00

Table Tennis 	9/1~ 11/17	Thu.	18:00 ~19:00	20	2,000	3 <sup>rd</sup> grade of Elementary -Junior high school students	Basic skills, manners, rules and games	8/18 (Thu) 17:30~ 18:00
			19:10 ~20:40	20	3,500	Beginners over high school age		8/18 (Thu) 18:30~ 19:00
Badminton for beginners	9/1~ 11/17	Thu.	19:00 ~ 20:30	30	4,000	Beginners over high school age	Basic skills, manners, rules and games	8/18 (Thu) 19:00
<i>Kendo</i> (twice a week) 	9/1~ 11/12	Thu.	18:30 ~19:30	50	5,000	Elementary school children and older	Basic Kendo skills, manners and rules	8/18 (Thu) 19:00
		Sat.	18:00 ~19:00					
Ladies badminton (※)	9/2~ 11/4	Fri.	10:00 ~ 12:00	35	3,000	Female beginners	Basic skills, rules and games	8/19 (Fri) 10:00
Tennis (※)	9/2~ 11/4	Fri.	18:30 ~20:30	25	3,500	Female beginners over 15 years old	Basic skills, rules, and games	8/19 (Fri) 18:30
<i>Aikido</i>	9/4~ 11/27	Sun.	9:00 ~10:00	20	5,000	Beginners over junior high school age	Basic art of self defense	8/21 (Sun) 9:00
Sport Dance	9/7~ 11/9	Wed.	19:00 ~ 20:30	30	5,000	Beginners (working people)	Rhythmical exercises	8/24 (Wed) 19:00
<b><i>Koryo Budojo</i></b> [Address: 15-1 Miyuki-cho]								
<i>Kyudo</i> (twice a week)	9/6~ 11/22	Tue. Thu.	10:00 ~11:30	20	4,000	Female beginners	Basic skills, manners	8/18 (Thu) 10:00
<i>Kendo</i> (twice a week)	9/2~ 11/8	Tue. Fri.	18:30 ~19:30	30	5,000	Elementary school children and older	Basic skills, rules and manners	8/19 (Fri) 19:00

<i>Naginata</i>	9/7~ 11/9	Wed.	14:00 ~16:00	10	2,500	People over 18 years old	Basic skills, rules and manners	8/24 (Wed) 14:00
<i>Judo</i>	9/3~ 11/12	Sat.	18:30 ~19:30	50	3,000	Elementary school children	Basic skills, rules, and manners	8/20 (Sat) 19:00
<i>Aikido</i>	9/14 ~ 11/16	Wed.	18:15 ~19:15	20	5,000	4 yrs. ~ junior high school students	Basic art of self defense	9/7 (Wed) 18:15
Fencing (at Taiiku Center)	9/3~ 11/12	Sat.	17:00~ 19:00	15	5,000	4 <sup>th</sup> graders ~ junior high school students	Basic skills, manners, rules, and games	8/20 (Sat) 17:00
<b>Indoor Swimming Pool</b> [Address: 2416-1 Kamikanuki Ninohora]								
Beginners' Course	9/16 ~ 11/25	Fri.	10:00 ~11:30	50	5,000	Beginners over 18 years old	To swim the crawl and backstroke through 25m	Applicati on by Ofuku Hagaki (a postpaid postcard) ,not later than Aug. 16 (Tue)
	9/15 ~ 12/1	Thu.	18:30 ~ 20:00	25	5,000			
Intermediate Course	9/16 ~ 11/25	Fri.	13:30 ~ 15:00	15	5,000	Those over 18 years old who can swim over 25 meters	To swim the crawl and backstroke through more than 25m	

## **Feature**

### **It's SUMMER!!! To the Aquariums! ; Extra Tour around 100 Treasure Troves in Numazu**

**Numazu is the only city in the prefecture that has no less than three aquariums!**

An aquarium must be one of the main destinations of family outing in summer. *Awashima* Marine Park, Numazu Port Deep-Sea Aquarium, and *Izu-Mito* Sea Paradise are all aquariums located in Numazu city. "3 aquariums in 1 city" is a very rare case nationally. In addition, a municipal aquarium had been in *Senbonhama* Park until the fiscal year 1963. In this extra tour for summer, you will be introduced to the three aquariums with plenty to see. How about going on a trip around the aquariums?



**Numazu Municipal Aquarium:** the aquarium had been open from the fiscal year 1950 to 1963. Fish dwelling in Suruga Bay and deep-sea fish were exhibited in the aquarium, and about 50,000 people visited there per year.



**Suruga Bay Deep-Sea Life Museum;** exhibiting specimens of rare deep-sea life  
Address: *Heda* 2710-1 (Annex to the *Heda* Shipbuilding Local Collection Museum)  
☎ 0558-94-2384

❖ **Awashima Marine Park** ❖

This aquarium is located on the uninhabited island and visitors can take a shuttle boat to the island. Other than the sea-lion shows, the aquarium has the Frog Pavilion, which is proud of its largest number of exhibited species of frogs in Japan. Visitors will have a good time all day long enjoying various features.



**DATA**

Address: *Uchiura-shigedera* 186 / Opening hour: 9:30 ~ 17:00 / No closed days (Temporary closing can happen depending on weather condition.) / Fee: Adult (junior high school students and older) = 1,800 yen, children aged 4 years old and older and elementary school children = 900 yen / ☎ 055-941-3126

① *Fu-re-a-i Suisou*; Visitors can touch marine creatures exhibited in the tank.



② Dolphin Show



/ ③ Exhibition of Frogs; Over 50 species of frogs from

in-and-out of the country



❖ Numazu Port Deep-Sea Aquarium · Coelacanth Museum ❖

The frozen specimen of a Coelacanth, which is the only one in the world, is exhibited in the museum. Deep-sea lives dwelling in Suruga Bay are exhibited in the aquarium as well. “Numasui Labo (Numazu Aquarium Laboratory)”, in which participants can enjoy learning how deep-sea creatures live, is popular among children.



**DATA**

Address: *Senbon-minatomachi* 83 / Opening hour: 10:00 ~ 18:00 (summer, winter, busy season: ~ 19:00) / No closed days (There is a temporary closing due to the equipment inspection.) / Fee: Adult = 1,600 yen, Elementary and junior high school students = 800 yen, children aged 4 years old and older = 400 yen / ☎ 055-954-0606

① Large Aquarium: The circumstances and conditions of the deep sea in Suruga Bay are reproduced in the large tank.



② Giant Isopod: This is a very popular deep-sea creature



③ *Numa-sui Labo*



❖ *Izu-Mito Sea Paradise* ❖

Dolphin shows, which are performed at the natural cove, are powerful and impressive.. “Don-zoko”, a deep-sea aquarium, and “*Iso-asobi-ichi*”, a new spot where visitors can enjoy playing with fish dwelling in Suruga Bay, are also attractive. Don’t miss them!



## DATA

Address: *Uchiura-nagahama 3-1* / Opening hour: 9:00 ~ 17:00 / No closed day (There is a closing due to the maintenance in December.) / Fee: Adult (junior high school age and older) = 2,200 yen, children aged 4 years old and over and elementary school children = 1,100 yen / ☎ 055-943-2331

①An Otter and an Owl; They are exhibited for the first time.



②*Suna-asobi-ichi*; An artificial beach where children can enjoy playing with white sand.

