

Numazu Newsletter

No. 338

November 15, 2016

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

Child Raising



Let's Extend the Circle of Child Raising!

◆"Ohisama Hiroba"(the Open Air Kid's Playing square)

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

Applicants: Children and their guardians



| When (It'll be cancelled in case of rain.) | | Where |
|--|-------------|---------------------------------|
| Nov. 24(Thu) | 10:30~12:00 | Nashinoki Park (Ohira) |
| Dec. 5(Mon) | 10:30~12:00 | Machinaka Park (Haramachi naka) |

*Come directly to the site on the day wearing clothes which can get dirty.

◆MR(Measles-Rubella) Vaccine

Inquiries: Health Promotion Division ☎ 055-951-3480

Applicants: 1st time=1-year-old baby (by the day before the 2nd birthday)

2nd time=Preschooler from 5 to 6 year-old (by Mar. 31, 2017)

◆School Expense Loan for Single-mother or Single-father Family

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 (include advanced vocational school students).

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

When: Dec. 1(Thu) ~ 7(Wed), 8:30~17:00 (for about 15 minutes) (except for weekends)

Where: City Hall, 1F. Child Support Division

Submit the application form and interview with a child and his or her father or mother

When: Dec. 26(Mon), 9:30~16:00 (for about 40 minutes)

Where: City Hall, meeting room 801

The example of the maximum loan

| School | Loan for school expense/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 for the details.

Events

Enjoy the Music and the Play at Numazu Cultural Center

Inquiries: Numazu Cultural Center ☎ 055-932-6111

Cultural Promotion Division ☎ 055-934-4812

*The 4th Numazu Jazz Festival

When: Feb. 26(Sun), 2017, 11:00 ~

Where: Cultural Center, Large Hall

Performers: Numazu San San Jazz Orchestra, and others

Admission fee: 1,500 yen (No reserved seats only)

*Preschool children are not allowed to enter.

*Tickets will be sold from Nov. 26 (Sat) at Cultural Center and ticket agencies in Numazu.



*Theater Company Warabiza's Play: "Kaze no Matasaburo"

"Kaze no Matasaburo" is written by Miyazawa Kenji, a famous author. This year is the 120th anniversary of his birth year. Theater Company Warabiza is based in the Tohoku area where



Kenji was born.

When: Mar. 4 (Sat) 14:00

Where: Cultural Center, Small Hall

Admission Fee: Adults 3,500 yen,

High school students and under 2,000 yen

*Tickets will be sold from Dec. 3(Sat) at Cultural Center and ticket agencies in Numazu.

*Ishii Fukuko Theater "Where are You?"

This play is choreographed by Ishii Fukuko, a famous producer. It is a family drama during Showa 39(1964), when the Tokyo Olympics was held.

Where: Cultural Center, Large Hall

When: Mar. 12 (Sun)

Lecture by Ms. Ishii Fukuko= 14:15 ~

Stage= 15:00 ~

Cast: Maki Ichiro, Keiko Takeshita, Teruhiko Saigo, others

Admission Fee: Special seats 8,500yen, others 6,000yen (reserved seats only)

*Tickets will be sold from Nov. 26 (Sat) at Cultural Center and ticket agencies in Numazu.

Events

The Third Numazu *Pan* (bread) Marche

Inquiries: Commerce and Industry Promotion Division ☎ 055-934-4748

When: Nov. 20 (Sun), 10:00 ~ 15:00 (close as soon as they are sold out)

Where: Nakamise, Shin Nakamise, Ote-machi shopping mall Numazu, Numazu Information Business School (Saijo-cho), etc.



Pan Marche: Finely selected bread made by craft persons gathers. Popular 50 bakeries sell hand-made bread.



Hand-made Market: Mothers who are raising children open 47 booths, where hand-made fancy goods or accessories are sold.

Some other events for children, including kids shop (playing shopkeeper) will be held.



*You can find an information map at the website of Numazu, face book of “Numazu Pan Marche”, besides on a brochure.

Inquiries: Numazu Pan Marche Committee Kariya san ☎ 070-5406-9664

Face book of Marche: <https://www.facebook.com/panmarche/>

Let's go hiking around Mt. *Kanuki*!



Inquiries: Numazu *Kanko* Volunteer Guide (*Narukawa-san*) ☎ 090-8132-7016

Tourism and Exchange Division ☎ 055-934-4747

When: Nov. 26 (Sat) (In case of rain, it will be cancelled.)

Place to meet: Chuo Park at 8:30

Course: Chuo Park ~ Reizan-ji temple ~ Koryodai ~ Shibazumi viewing platform ~ Kouryoudai ~ Cultural Center ~ Chuo Park

*It takes about 3 hours. *Please come to the site on the day.



Bird-Watching in Mt. *Kanuki*

Inquiries: Numazu *Yacho-no-kai* Numazu branch (*Suzuki-san*) ☎ 090-3938-1746

Park & Tree Planning Division ☎ 055-934-4795

When: Dec. 10 (Sat) 9:00 ~ 12:00

Place & time to meet: Mr. Kanuki *Koryo-dai* at 8:30

Contents: Observing wild birds, Walking around Mt. Kanuki, and Checking and setting bird-houses around *Shin-Sakura-dai* and *Sakura-dai*

Applicants: Those who are 7 years old and older and interested in bird-watching and environmental protection

Capacity: 30 people (on first-come-first-served basis)

What to bring: drink, cotton gloves,

binoculars and an illustrated reference book of wild birds (if you have)

How to apply: by phone after Nov. 23(Holiday), 9:00



Information

We Celebrate New Adults' Departure

Inquiries: Lifelong Learning Division ☎ 055-934-4871



Congratulations! Coming-of-Age Ceremony

When: Jan. 8 (Sun), 2017 ※ Jan. 4 (Wed) in Heda

Applicants: People born between Apr. 2, 1996 and Apr. 1, 1997

Invitation: Sent by mail in early December.

* If you don't receive an invitation, please contact us by Dec. 26(Mon).

* If you are from Numazu and don't live here now, please contact us by Dec. 12(Mon). 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 – 11:00 | Dai-3 Chiku Center |
| Dai-4 | 10:00 – 14:00 | Dai-4 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 Well 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 | Nishiura 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 Chiku Center |

Why don't you observe Municipal Assembly by New Adults?

Representatives of new adults of the city ask questions about municipal administration at the assembly.

When: Jan. 8 (Sun), 2017, 14:00 ~ 15:30

Where: Chamber of municipal council, City Hall 3F

Classes

Road Bike Lesson by Blacky Nakajima, Wheeler School Japan

Applications & Inquiries: Policy Planning Division ☎ 055-934-4798

①Road Bike Instructor Class

When: Dec. 11(Sun) 9:30 ~16:00 / Applicants: people who have cycling race experience

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



②Road Bike Lesson for Beginners

Technical lesson by Blacky Nakajima and professional racers

When: Dec. 11(Sun) 13:00 ~16:00

Applicants: 5th graders of elementary school and older

Capacity: 40 people (on first-come-first-served basis)

Fee: 200yen (insurance fee) / What to bring: gloves / *Rental bikes are available.



For ①②

Where: *Tobu Unten Menkyo* Center (Eastern Driver's License Center), Ashitaka

How to apply: You can apply from Nov. 22(Tue) 9:00, by e-mail.

Please mention your address, name, age, gender, height (for ②), bringing or rent bikes (for ②), phone number and the class (① or ②).

Muscle Power-Up Class

Applications & Inquiries: Longevity Welfare Division ☎ 055-934-4866

〒410-8601 Numazu City Hall

| Place | Date | Time | Capacity |
|-----------------------------------|---|-------------|-----------|
| Kadoike (Kadoike Chiku Center) | Tuesdays & Thursdays from Jan. 12 to Feb. 21 | 10:00~11:30 | 50 people |
| Kanaoka (Kanaoka Chiku Center) | Wednesdays & Fridays from Jan. 11 to Feb. 22 | 10:00~11:30 | 30 people |
| Dai-5 (San-Well Numazu) | Wednesdays & Fridays from Jan. 6 to Feb. 24 | 14:00~15:30 | 50 people |

Contents: stretch, muscle training, blood pressure check-up, etc.

Applicants: people aged 65 and older without Long-term Care Insurance Certification

*If you are prohibited from exercising by a doctor or undergoing dialysis, you cannot participate in the class.

Fee: 240yen (insurance fee)

How to apply: send a postcard or by e-mail, mentioning the place name, your address, name, age, gender and phone number (There will be a drawing in case of many applicants.)

Deadline: No later than Nov. 30 (Wed)

Christmas Wreath Making Class

Applications & inquiries: Mon-Musée Numazu ☎ 055-952-8711

Cultural Promotion Division ☎ 055-934-4812

When: Dec. 17(Sat) 13:00 ~15:00 / Where: Dai-1 Chiku Center

Instructor: Ms. Yoko Tamura (Modern Flower Arrangement Instructor)

Applicants: elementary school students and older

Capacity: 25 people (on first-come-first-served basis)

Fee: 1,000yen (material fee)

What to bring: scissors, wood glue, writing materials, dust cloth

How to apply: by phone from Dec. 1(Thu) 10:00



New Year Wreath Making Class

Applications & inquiries: *Ashitaka* Sports Park (tennis court) ☎ 055-920-8688

Park & Tree Planning Division ☎ 055-934-4795

When: Dec. 18 (Sun) 13:30 ~ 15:30

Where: Ashitaka Regional Park Management Office (meeting room)

Instructor: Ms. Taeko Ikuta (Flower Designer)

Applicants: 4th graders of elementary school and older

Capacity: 10 people (on first-come-first-served basis)

Fee: 1,000yen (material fee)

How to apply: apply directly or by phone, from Nov. 22 (Tue) 9:00

Cooking Class for the Handicapped

Applications & inquiries: Life Support Center Ashitaka ☎ 055-923-7981 / FAX: 055-923-7985

Handicapped Person's Welfare Division

☎ 055-934-4830 / FAX: 055-934-2631

When: Dec. 24(Sat) and Jan. 14(Sat), 2017, 10:00 ~ 13:00 (two classes in all)

Where: San-Well Numazu (cooking room)

Applicants: Numazu residents aged 18 and older who have a nursing notebook

Capacity: 8 people (There will be a drawing in case of many applicants.)

Fee: 500yen each (for ingredients)

How to apply: by phone or fax, by Dec. 9(Fri)

Events

Health Festival at Numazu Municipal Hospital

Inquiries: Numazu Municipal Hospital Administration Building ☎ 055-924-5100

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

Where: Waiting Lounge at Numazu Municipal Hospital

Contents: Booths are to be set up under the theme of "Health". / Stamp rally with free bonus gifts

※Please come to the place directly on the day.

“Let’s Hand Down Our Town’s Treasures in Paintings!” ~ Art Exhibition of Elementary and Junior High Students’ Works ~ held by Numazu UNESCO Association



Inquiries: Head Office of Numazu UNESCO Association ☎ 055-934-4812

Elementary and junior high school students have painted pictures of local culture or the environment around the city under the theme of “treasures I have found in Numazu”.

When: Nov. 23 (Holiday) ~ 27 (Sun) / until 15:00 on the final day

Where: Exhibition Hall at City Library

Winter Events at SEMBON Plaza

Applications & Inquiries: SEMBON Plaza

〒410-0867 Hon-aza Sembon 1910-206 / ☎ 055-962-3313

Inquiries: Longevity Welfare Division ☎ 055-934-4834

❖Let’s Make Christmas Ornaments with Art Flowers

When: Dec. 4 (Sun), 10:00 ~ 12:00 / Where: Multi-purpose Hall

Capacity: 40 people (on first-come-first-served basis)

Fee: 500 yen (material cost)

How to apply: By phone / after 10:00 on Nov. 22 (Tue)



❖“Christmas Balloon Art Show” performed by NUMANZ, entertainers of Yoshimoto Kogyo

When: Dec. 10 (Sat) [Comic Show = 10:00 ~ 11:00 / Decoration = 11:00 ~ 11:30]

Where: Multi-purpose Hall

Capacity: 200 people

(in order of arrival on the day / Elementary children and younger will be prioritized.)

❖Let’s Make New-Year Decorations with Art Flowers

When: Dec. 11 (Sun), 10:00 ~ 12:00 / Where: Multi-purpose Hall

Capacity: 40 people (on first-come-first-served basis)

Fee: 500 yen (material cost)

How to apply: By phone / after 10:00 on Nov. 24 (Thu)

❖Christmas Concert: Numazu AYUMI KAI

When: Dec. 11 (Sun), 14:00 ~ 15:30 (Doors Open: 13:30)

Where: Music Hall

Capacity: 230 people (in order of arrival on the day)

◆For All Events Above◆

※Elementary school children and younger must be accompanied by their parents or guardians.

The 11th Eastern Part of Shizuoka Prefecture Techno Forum in National Institute of Technology, Numazu College

Applications & Inquiries: Window of Numazu *Kousen* Techno Forum ☎ 055-926-5727

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

When: Dec. 5 (Mon), 13:00 ~ 16:40

Where: Numazu *Kogyo Koto Senmon Gakko* (National Institute of Technology, Numazu College)

Contents: Keynote lectures by Oka Minoru san (OMRON Corporation) and Suzuki Seiichi san (ESTIC Corporation), and others

※Please check the home page below for more information about how to apply and others.

Home Page Address: <http://techno.numazu-ct.ac.jp/>

Mt. Fuji Academic & Science Fair

Inquiries: A&S Fair Executive Committee Office

(National Institute of Technology, Numazu College) ☎ 055-926-5762

Commerce and industry promotion division ☎ 055-934-4799

University students in eastern Shizuoka will present the findings of their studies.

When: Dec. 2 (Fri) 13:00 ~ 16:30 / Where: Fujisan Messe (in Fuji City)

*Come to the place directly on the day.

Information



Weekend Issuance Service for Vaccine Ticket

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

When: Dec. 3 (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 (in case of vaccinations for children)

*You can't take vaccinations there and then.

Have You Applied for Temporary Welfare Benefit?

Applications and Inquiries: Temporary Welfare Benefit Office ☎ 055-934-4848

Notification of Temporary Welfare Benefits is sent to potential claimants. Please submit the applications by the deadline shown below.

<Temporary Welfare Benefit>

Applicants: A person who is exempt from resident tax (per-capita) for fiscal year 2016

*Excludes persons who are dependents of a resident tax payer and persons who receive public assistance

Amount: 3,000 yen per eligible person

<Temporary Welfare Benefit for Disability Pension or Survivors' Pension Claimants>

Applicants: a person who received a disability pension benefit or survivors' pension benefit in May, 2016

*Excludes persons who received temporary welfare benefit for elderly people with low income

Amount: 30,000 yen per eligible person

For both⇒ Application Deadline: Feb. 10 (Fri), 2017

Convenience Store Certificate Issuance Service Temporarily Stopped

Inquiries: Resident Registration Division ☎ 055-934-4720

Convenience Store Issuance Service for a copy of residence certificate or seal registration certificate will be temporarily stopped for system maintenance throughout the day.

When: Nov. 24 (Thu)



Information from Crisis Management Division

Inquiries: Crisis Management Division ☎ 055-934-4803

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

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

When: Nov. 29 (Tue) around 11:00

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

Let's Join the Disaster Prevention Drills on Dec. 4 (Sun)!

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 of 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.

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

◆11:00 Finish

We'll Collect a Mercury Thermometer

Inquiries: Garbage Control Division ☎ 055-934-4743

Period: Dec. 1 (Thu), 2016 ~ Jan. 31 (Tue), 2017, except Dec. 29(Thu) ~ Jan.3 (Tue)

Where to collect: Please bring a mercury thermometer to any drug store in Numazu which belongs to Numazu Pharmacists Association.

*We'll also collect a mercury thermometer at Citizens Information Offices in Ohira, Uchiura, Nishiura and Heda.

*Please check the details on the city website.



Crime Victims Week from Nov. 25(Fri) to Dec. 1(Thu)

Inquiries: Numazu Police Station ☎ 055-952-0110

Public Relations Division ☎ 055-934-4700

Please use telephone consultation for crime victims.

◆ Prefectural Police Fureai(to come in contact with) Consultation Room(open for 24 hours)

☎ 054-254-9110 / ☎ #9110 (Dual Tone Multiple Frequency)

◆ Violence Consultation only(open for 24 hours) ☎ 0120-548-930

◆ Sex Crime Victims, Dial 110(weekdays from 8:30 to 17:15) ☎ 0120-783-870

◆ Juvenile Support Center(weekdays from 8:30 to 17:15) ☎ 0120-783-410

Human Rights Week from Dec. 4 (Sun) to 10 (Sat)

Inquiries: Shizuoka District Legal Affairs Bureau, Numazu Office ☎ 055-923-1201

Public Relations Division ☎ 055-934-4700

Would you like to think about the society respecting each other's human rights on this occasion?

◆ The exhibition of the human rights flower panels and the human rights posters

When: Dec. 3(Sat) to 8(Thu) from 10:00 to 18:00 (It is closed at 17:00 on the last day.)

Where: Ishibashi Plaza, the hall on the 4th floor (Takashima hon-cho)

*Consultations on human rights such as family worries and bullying are also held.

*Come to the place on the day.

Free Event ~TV *Terakoya* Public Recording

Inquiries: Dai-1 Chiku Center ☎ 055-963-5088

When: Dec. 2(Fri) from 13:30 (Doors Open: 13:10) / Where: Dai-1 Chiku Center

Lecturer: Kawamura Myoukei san (Shinshu Otani sect, priest)

*Come to the place on the day.



Shizuoka Inter-Municipal EKIDEN (Marathon Relay Race)

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: Dec. 3 (Sat), 10:00

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) ~ Sunpu-jo (castle) Park ~ Nagaya-dori ~ Asahata Kaido (Road) ~ Ryutsu Center Mae-dori (Street along the Distribution Center) ~ Kita Kaido (Road) ~ Seiken-ji (Temple) ~ Minami Kansen (Highway) ~ Kusanagi Athletic Stadium



Sport Classes

Participants in Training, or Physical Fitness Classes (January ~ March)

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

Applicants: Physical fitness classes= People living in Numazu City

Regional physical fitness classes=People living in and around the regions

How to apply: Send an *ofuku hagaki* (a postpaid postcard) with the following items written on it to the address below by **Nov. 28(Mon)**. Or fill out the form, which is in the gym, and hand it in with a postcard. *One class per postcard

●The reply request portion of *ofuku hagaki*

[the front]

[the back]

| | |
|--|--|
| <input type="checkbox"/> 〒410-0055 City Gymnasium, Sports Promotion Division, 1-4 Takashima Hon-cho, Numazu-shi | ①Site ②The name of the class you want to participate in ③Your name (with <i>furigana</i>) ④Birth date ⑤Sex ⑥Age (If you join with your child, write the child's name, too.) ⑦Your address ⑧Your phone number |
|--|--|

●The reply request portion of *ofuku hagaki*

[the front]

[the back]

| | |
|---|------------------------------|
| <input type="checkbox"/> 〒 <u> zip-code </u> Your address Your name | ※Do not write in this space. |
|---|------------------------------|

*Address: City Gymnasium *Shido Kakari*

1-4 Takashima Hon-cho, Numazu-shi 〒410-0055



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

☺ In the ♦♥♣-marked class, 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 500yen 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 Dec. 3(Sat) by a return card.

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

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 (※) | 1/14~ 3/18 | Sat. | 10:00~ 11:00 | 30 (pairs) | 2,700 (a pair) | Child who was born between Apr. 2, 2010 and Apr. 1, 2013, and Father or Mother | Parent and child enjoying gymnastics & rhythmical exercises |
| 3-year-old Course (※) | 1/12~ 3/16 | Thu. | 10:00~ 11:00 | 120 (pairs) | | Child who was born between Apr. 2, 2013 and Apr. 1, 2014, and Parent | |
| 4,5,6-year-old Course (※) | 1/10~ 3/7 | Tue. | 15:30~ 16:30 | 60 (pairs) | | Child who was born between Apr. 2, 2010 and Apr. 1, 2013, and Parent | |
| School kids Gymnastics (※) | 1/13~ 3/17 | Fri. | 17:00~ 18:00 | 40 | 2,300 | 1 st &2 nd graders who are not good at sports | Jumping rope, Horizontal bar |
| Senior sports | 1/12~ 3/16 | Thu. | 19:00~ 20:30 | 30 | 3,500 | Men over 30 years old | Soft volleyball |
| Female Gymnastics | 1/16~ 3/13 | Mon. | 10:00~ 11:30 | 50 | 2,700 | Women over 18 years old | Stretching, Aerobics |
| | 1/10~ 3/7 | Tue. | 10:00~ 11:30 | 150 | 2,700 | | |
| | 1/13~ 3/10 | Fri. | 19:00~ 20:30 | 50 | 3,150 | | |
| ◆Body balance | 1/11~ 3/15 | Wed. | 14:30~ 15:45 | 40 | 3,000 | People over 18 years old | Muscle power strengthening |
| ◆ Prevention of Locomotive Syndrome | 1/12~ 3/16 | Thu. | 13:30~ 15:00 | 40 | 3,000 | People over 50 years old who can do exercise | Exercises for relieving the pain in knees or low back |
| | 1/13~ 3/17 | Fri. | | 40 | | | |
| Exercise for strong legs | 1/11~ 3/15 | Wed. | 13:00~ 14:15 | 40 | 3,000 | People over 60 years old | Walking, Balance training |

| | | | | | | | |
|---|---------------|------|-----------------|---------------|-----------------|--|---|
| Healthy gymnastics | 1/10~ 3/14 | 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 | 1/11~ 3/15 | Wed. | 10:00~ | 120 | 3,000 | Women over 18 years old | Aerobics, Stretching |
| | 1/12~ 3/16 | Thu. | 11:30 | 120 | | | |
| Healthy gymnastics | 1/12~ 3/16 | Thu. | 13:30~ 15:00 | 120 | 3,000 | People over 60 years old | Stretching, Recreation |
| Indoor Swimming Pool [Address: 2416-1 Kami-kanuki Ninohora] *Pregnant women can't join the classes. | | | | | | | |
| Parent and Child | 1/10~ 2/21 | Tue. | 10:00~ 11:00 | 20 (pairs) | 3,150 (pair) | Child who was born between Apr. 2, 2013 and Apr. 1, 2014, and Parent | Emotional comm. between mother and child through skin contact in a pool |
| Preschool kid's Swimming class(※) | 1/12~ 2/23 | Thu. | 16:00~ 17:00 | 30 | 2,450 | Child who was born between Apr. 2, 2010 and Apr. 1, 2013 | Playing and exercise in a pool |
| Elementary School kids Swimming class(※) | 1/10~ 2/21 | Tue. | 16:00~ 17:00 | 30 | 2,450 | School kids who can't swim 25m long | Learn how to crawl |
| ♥Aqua walking | 1/16~ 2/27 | Mon. | 9:45~ 10:55 | 60 | 3,150 | Women over 18 years old | Walking and exercises in a pool |
| | 1/10~ 2/21 | Tue. | | 30 | | | Exercises in a pool to prevent the pain in the knee |
| ♥Aquabics in a pool | 1/16~ 2/27 | Mon. | 11:00~ 12:10 | 60 | 3,150 | Women over 18 years old | Aerobics dance in a pool |
| ♥Healthy swimming | 1/16~ 2/27 | Mon. | 13:30~ 14:40 | 60 | 3,150 | People over 50 years old | Crawl, floating on their back |

| Heda B&G Community Sports Center [Address: 2053 Heda] | | | | | | | |
|---|----------------|------|------------------------|----|-------|---|--------------------------------------|
| Preschool kids Gymnastics |] 12/10 ~ 3/11 | Sat. | (A) 9:00~ 10:00 | 20 | 2,500 | 3 rd ~6 th graders of elementary school | Playing using mat and vaulting boxes |
| | | | (B) 10:00~ 11:00 | 20 | | Older kids of kindergarten ~ 2 nd graders of elementary school | |

2. Regional Physical Fitness Classes

| Class | Period | Day | Time | Capacity (people) | Fee (yen) | Applicant | Contents ***= Recreation, Stretching, Rhythmical exercise |
|---|---------------|------|-----------------------|----------------------|--------------|-----------------------------|--|
| Hara Area: Chiku Center [Address: 1200-3 Hara] | | | | | | | |
| ♣ Female Gymnastics | 1/24~ 3/14 | Tue. | A: 9:30 ~10:40 | 45 | 1,750 | Women over 18 years old | Stretching, aerobics |
| | | | B: 10:50 ~12:00 | 45 | | | |
| Fureai gymnastics | 1/11~ 3/15 | Wed. | 13:30~ 15:00 | 80 | 2,500 | Women over 60 years old | *** |
| | 1/12~ 3/16 | Thu. | 13:30~ 15:00 | 80 | | | |
| Ohira Area: Ohira Chiku Center [Address: 2197-1, Ohira] | | | | | | | |
| Fureai gymnastics | 1/11~ 3/15 | Wed. | A: 13:00~ 14:15 | 30 | 2,500 | People over 60 years old | *** |
| | | | B: 14:30~ 15:45 | 30 | | | |
| Male fitness | 1/13~ 3/17 | 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] | | | | | | | |
| Fureai Gymnastics | 1/13~ 3/17 | Fri. | 13:30~ 15:00 | 40 | 2,500 | People over 60 years old | *** |
| Ukishima Area: Ukishima Chiku Center [Address: 375-1, Hiranuma] | | | | | | | |
| Fureai Gymnastics | 1/17~ 3/7 | Tue. | 13:30~ 15:00 | 40 | 2,000 | People over 60 years old | *** |
| Heda Area: Heda B&G Community Sports Center [Address: 2053, Heda] | | | | | | | |
| Fureai Gymnastics | 1/12~ 3/16 | Thu. | 13:30~ 15:00 | 50 | 2,500 | People over 60 years old | *** |

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|---|---------------|------|------------------------|----|-------|-------------------------------------|---|
| Ashitaka Area: Ashitaka Chiku Center [Address: 358-1, Higashibara] | | | | | | | |
| Fureai Gymnastics | 1/12~ 3/16 | Thu. | 13:30~ 15:00 | 40 | 2,500 | People over 60 years old | *** |
| Dai-3 Area: Dai-3 Chiku Center [Address: 750-4, Shimokanuki Yanagihara] | | | | | | | |
| Fureai Gymnastics | 1/11~ 3/15 | Wed. | 13:30~ 15:00 | 45 | 2,500 | People over 60 years old | *** |
| | 1/12~ 3/16 | Thu. | | 45 | | | |
| Katahama Area: Katahama Chiku Center [Address: 46-1, Ozuwa] | | | | | | | |
| Male fitness | 1/12~ 3/16 | Thu. | 10:00~ 11:30 | 20 | 2,500 | Men over 50 years old | Learning about diet, Muscle power training |
| Dai-5 Area: Dai-5 Chiku Center [Address: 15-1, Satsuki-cho] | | | | | | | |
| Physical fitness | 1/12~ 3/16 | Thu. | 10:00~ 11:30 | 40 | 2,500 | People between 18 ~ 59 years old | Muscle power strengthening, Balance training |
| Fureai Gymnastics | 1/12~ 3/16 | Thu. | 13:30~ 15:00 | 40 | 2,500 | People over 60 years old | *** |
| Kadoike Area: Kadoike Chiku Center [Address: 788-7, Okaishhiki] | | | | | | | |
| Physical fitness | 1/11~ 3/15 | Wed. | 10:00~ 11:30 | 40 | 2,500 | People between 18 ~ 59 years old | Muscle power strengthening, Balance training |
| Fureai Gymnastics | 1/13~ 3/17 | Fri. | (A) 13:00~ 14:15 | 40 | 2,500 | People over 60 years old | *** |
| | | | (B) 14:30~ 15:45 | 40 | | | |
| Imazawa Area: Imazawa Chiku Center [Address: 527-21, Imazawa] | | | | | | | |
| Fureai Gymnastics | 1/11~ 3/15 | Wed. | 13:30~ 15:00 | 40 | 2,500 | People over 60 years old | *** |
| | 1/12~ 3/16 | Thu. | | 40 | | | |
| Ooka Area: Ooka Chiku Center [Address: 2357-1, Ooka] | | | | | | | |
| Fureai Gymnastics | 1/12~ 3/16 | Thu. | 13:30~ 15:00 | 40 | 2,500 | People over 60 years old | *** |

| Uchiura Area: Uchiura Chiku Center [Address: 34, Uchiura Mito] | | | | | | | |
|--|---------------|------|-----------------|----|-------|--------------------------|---|
| Exercise for keeping fit | 1/13~ 3/17 | Fri. | 10:00~ 11:30 | 40 | 2,500 | People over 40 years old | Exercise for preventing locomotive syndrome |

Participants in Sports Classes (January ~ March)

For: People living in or commuting to Numazu City

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

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


☞*Applications by phone are not accepted.

*On first-come-first-served basis

*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'll 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 | 1/16 ~ 3/13 | Mon. | 17:00 ~18:30 | 20 | 5,000 | 6 years old ~ -2nd grade school girls | Basic skills, rules, manners, rhythmic exercises | 12/12 (Mon) 17:30 |
| | | | 17:30 ~19:00 | 10 | | 1st -3rd grade elementary school girls | | |
| <i>Iaido</i> | 1/10 ~ 3/14 | Tue. | 19:00 ~20:30 | 25 | 3,000 | Junior high school students and older | Basic <i>Iaido</i> skills, manners and rules | 11/29 (Tue) 19:00 |
| <i>Judo</i> | 1/6~ 3/14 | Tue. Fri. | 18:00 ~19:30 | 50 | 5,000 | 5 yrs.- junior high school students | Basic <i>Judo</i> technique, rules & manners | 11/29 (Tue) 19:00 |
| Soft tennis (※)  | 1/11 ~ 3/15 | Wed. | 17:00 ~18:30 | 20 | 2,000 | 3rd -6th grade elementary school children | Basic skills, manners and rules | 11/30 (Wed) 17:30~18:00 |
| | | | 18:30 ~20:30 | 30 | 3,500 | Junior high school students and older | | 11/30 (Wed) 18:30~19:00 |

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|---|--------------------|--------------|---------------------|----|-------|---|--|-----------------------------------|
| Table tennis  | 1/5~ 3/9 | Thu. | 18:30 ~ 20:00 | 20 | 3,000 | Elementary & Junior high school students | Basic skills, manners, rules and games | 11/24 (Thu) 18:00~ 18:30 |
| | | | 18:30 ~ 20:30 | 20 | 4,000 | Beginners over high school age | | 11/24 (Thu) 19:00~ 19:30 |
| Badminton for beginners | 1/5 ~ 3/9 | Thu. | 19:00 ~ 20:30 | 30 | 4,000 | Women over high school age | Basic skills, manners, rules and games | 11/24 (Thu) 19:00 |
| <i>Kendo</i>  | 1/5~ 3/16 | Thu. | 18:30 ~19:30 | 50 | 5,000 | Elementary school children and older | Basic Kendo skills, manners and rules | 11/24 (Thu) 19:00 |
| | | Sat. | 18:00 ~19:00 | | | | | |
| Ladies badminton | 1/6~ 3/10 | Fri. | 10:00 ~ 12:00 | 30 | 3,000 | Female beginners | Basic skills, manners, rules and games | 11/25 (Fri) 9:45~ 10:00 |
| Tennis (※) | 1/6~ 3/10 | Fri. | 18:30 ~20:30 | 25 | 3,500 | Female beginners over 15 yr. old | Basic skills, rules, games, & manners | 11/25 (Fri) 18:30 |
| <i>Aikido</i> | 12/18 ~ 3/19 | Sun. | 9:00 ~10:00 | 20 | 5,000 | Beginners over junior high school age | Basic art of self defense | 12/4 (Sun) 9:00 |
| Sports dance | 1/11 ~ 3/15 | Wed. | 19:00 ~ 20:30 | 30 | 5,000 | Beginners | Dancing to rhythm | 11/30 (Wed) 19:00 |
| <i>Koryo Budojyo</i> [Address: 15-1 Miyuki-cho] | | | | | | | | |
| <i>Kyudo</i> | 1/10 ~ 3/21 | Tue. Thu. | 10:00 ~11:30 | 20 | 4,000 | Female beginners | Basic skills, manners | 11/29 (Tue) 10:00 |
| <i>Kendo</i> | 1/6~ 3/14 | Tue. Fri. | 18:30 ~19:30 | 30 | 5,000 | Elementary school children and older | Basic skills, rules and manners | 11/29 (Tue) 19:00 |
| <i>Naginata</i> | 1/11 ~ 3/15 | Wed. | 14:00 ~16:00 | 10 | 2,500 | People over 18 yrs old | Basic skills, rules and manners | 11/30 (Wed) 14:00 |
| <i>Judo</i> | 1/7~ 3/18 | Sat. | 18:30 ~19:30 | 50 | 3,000 | Elementary school children | Basic skills, rules, manners and self defense | 11/26 (Sat) 19:00 |

| | | | | | | | | |
|--|-------------------|------|---------------------|----|-------|--|---|--|
| Fencing | 1/7~ 3/18 | Sat. | 17:00~ 20:00 | 15 | 5,000 | 3 rd graders ~ junior high school students | Basic skills, manners, rules, and fighting | 11/26 (Sat) 17:00 |
| Indoor Swimming Pool [Address: 2416-1 Kami-kanuki Ninohora] | | | | | | | | |
| Swimming class for beginners | 1/13 ~ 2/24 | Fri. | 10:00 ~11:30 | 50 | 3,800 | Beginners over 18 years old and older | To swim the crawl and backstroke (25m) | Application by <i>ofuku hagaki</i> , not later than 11/30 (Wed) |
| | 1/12 ~ 2/23 | Thu. | 18:30 ~ 20:00 | 25 | | | | |
| Swimming class for intermediate | 1/13 ~ 2/24 | Fri. | 13:30 ~ 15:00 | 15 | 3,800 | Those who are 18yrs old and older and can swim 25m | To swim the crawl & backstroke (over 25m) | |

