

HAMURA NEWS

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花と水のまつり 2018

HAMURA FLOWERS & WATER FESTIVAL 2018

March 24th (Sat) ~ April 25th (Wed)

Hosted by: *Hamura City Tourism Association* ☎042-555-9667

Sponsored by: *Hamura City, Hamura City Society of Commerce and Industry, Embassy of the Kingdom of the Netherlands Agriculture, Nature, and Food Department*

Co-sponsored by: *Tama Cable Network Corporation, Kamera no Kitamura Co.,Ltd. Hamura Shop*

Inquiries: *Hamura-shi Kankou Kyoukai* ☎555-9667, *Sangyou-ka Shoukou Kankou-kakari*, City Hall ☎Ext.655-657



The feature for the first part the festival

《 SAKURA FESTIVAL 》

Enjoy a walk or picnic under 200 blooming *Sakura* (cherry blossom) trees by *Hamura-Seki* (water intake sluice) and along the *Tamagawa Jousui* (aqueduct) in daylight and with night illumination!

Festival stalls of local souvenirs, hot meals, sweets, games and toys will all line up on the *Sakura* promenade!

Date: March 24th (Sat) ~ April 9th (Mon) Time: 10AM~8:30PM *Night Illumination is 6PM~8:30PM

Place: from The *Hamura* Sluice to *Sakura* tree-lined promenade along the *Tamagawa Jousui* aqueduct.

❖ **Opening Ceremony** March 24th (Sat) ①Ceremony 2PM~, ②2:30~ Concert by *Hamura Daiichi Junior High School Brass Band /Hamusupo Jr. Cheer Dance* Place: In front of *Tamagawa* Brothers Statue

❖ **Street Performance** There will be various performances such as monkey performance and balloon art.

❖ **Free Entry to Hamura Zoo** April 1st (Sun), 9AM ~ 4:30PM

There is a 100-meter *Sakura* tree-lined promenade in the zoo!

❖ **Sakura Festival at Hino Motors Hamura Factory**

Date & Time: April ... 30PM Place: *Hino Motors Hamura Factory*



❖ **Spring Festival at Shrines in Hamura City**

Night Festival... April 7th (Sat), Main Festival... April 8th (Sun)

❖ **Japanese Floats "Dashi" Parade** April 7th (Sat) 3PM~, JR *Hamura Station* West Exit Rotary

❖ **Yakumo Shrine's Mikoshi River Crossing** April 8th (Sun), about Noon~, near *Sekishita Bridge*



The feature for the latter part of the festival

《 TULIP FESTIVAL 》

Come to the famous *Hamura* Tulip Field and enjoy 400,000 colorful tulips of 60 different varieties!! Souvenirs will also be sold at the various booths. Concessions stands will satisfy your appetite during this event.

Date & Time: April 6th (Fri) ~ 25th (Wed), 10AM ~ 5PM

Place: *Negarami Mae Suiden* (the site turns to a rice paddy field after the tulip season)

❖ **LI Friends(Band) and City Mascot Hamurin Event**

Date & Time: April 6th (Fri) 1PM ~ 3PM at the Tulip Area



"HAMURIN"



❖ **"Koinobori" Decorations at the Venue**

Date & Time: April 12th (Thu) ~ 15th (Sun), 10AM ~ 5PM at the Tulip Area

❖ **Double Water Wheels on exhibit**

Tourism Association members have hand-made Double Water Wheels to demonstrate how they work!

Place: *Hane Yousuiro* (irrigation canal running on the river side of tulip field)

HAMURA FLOWERS & WATER FESTIVAL 2018

《 2018 SPECIAL PROMOTIONS 》

❖ **Ashiyu (Foot Bath)** 10AM ~ 4PM on below weekend dates

♪ March 24th, 25th, 30th, April 1st, 6th ~ 8th

♪ April 13th ~ 15th, 20th ~ 22nd

in the Promenade near *Hamura* Bridge

at Miyanoshita Parking Area

❖ **Consession Stands** ♪ At Sakura Festival From 10AM~8:30PM at path along *Tamagawa Jousui* (Aqueduct)

♪ At Tulip Festival From 10AM ~ 5PM at Miyanoshita Parking Area

♪ At *Hamura-Seki* Upstream during Saturdays and Sundays of *HAMURA FLOWERS & WATER FESTIVAL 2018*

March 24th (Sat) ~ April 25th (Wed), from 10AM ~ 4PM (near *Hamura* Water Intake Sluice)

❖ **Special Sale of Goods and Foods from Fukushima**

Hurry, the sales will close as soon as items sell out for the day.

at Sakura Festival: March 25th (Sun), 31st (Sat), and April 1st (Sun), 7th (Sat), 8th (Sun) From 10AM~

at Tulip Festival: April 14th (Sat), 15th (Sun), 21st (Sat), 22nd (Sun) From 10AM~

❖ **Cross the Hamura Shusui Seki No.1 Watergate**

You can walk across the top of Watergate structure on the following dates and time:

10AM ~ 4PM on March 24th (Sat), 25th (Sun), 31st (Sat), April 1st (Sun), 7th (Sat), 8th (Sun).

This special permission is arranged thanks to the cooperation by the Tokyo Bureau of Waterworks.

For visitors to be able to cross safely, please do not stop when crossing the Watergate.

Do not bring your pet along this crossing. Bicycles are not allowed. Strollers must be folded down.

❖ **Information Booth for Tourists**

Inquiries: Hamura City Tourism Association ☎042-555-9667

A tourist information booth will be set up. Don't miss the "*Hamurin*" mascot dolls and goods for sale!

Also here, *Hamura* Marche (market) will sell excellent souvenirs selected from city wide providers!

Hamura Information Center at West Rotary of JR Hamura Station

♣ March 24th (Sat) ~ April 9th (Mon) 9AM ~ 5PM

♣ April 10th (Tue) ~ 25th (Wed) 9AM ~ 4PM,

❖ **Renta-Cycle** Bicycles can be rented for on-site use. Fee is ¥300 for 3 hours. ¥500 if exceeding 3 hours.

*Please bring identification for Renta-Cycle.

《 Transportation and Parking Information 》

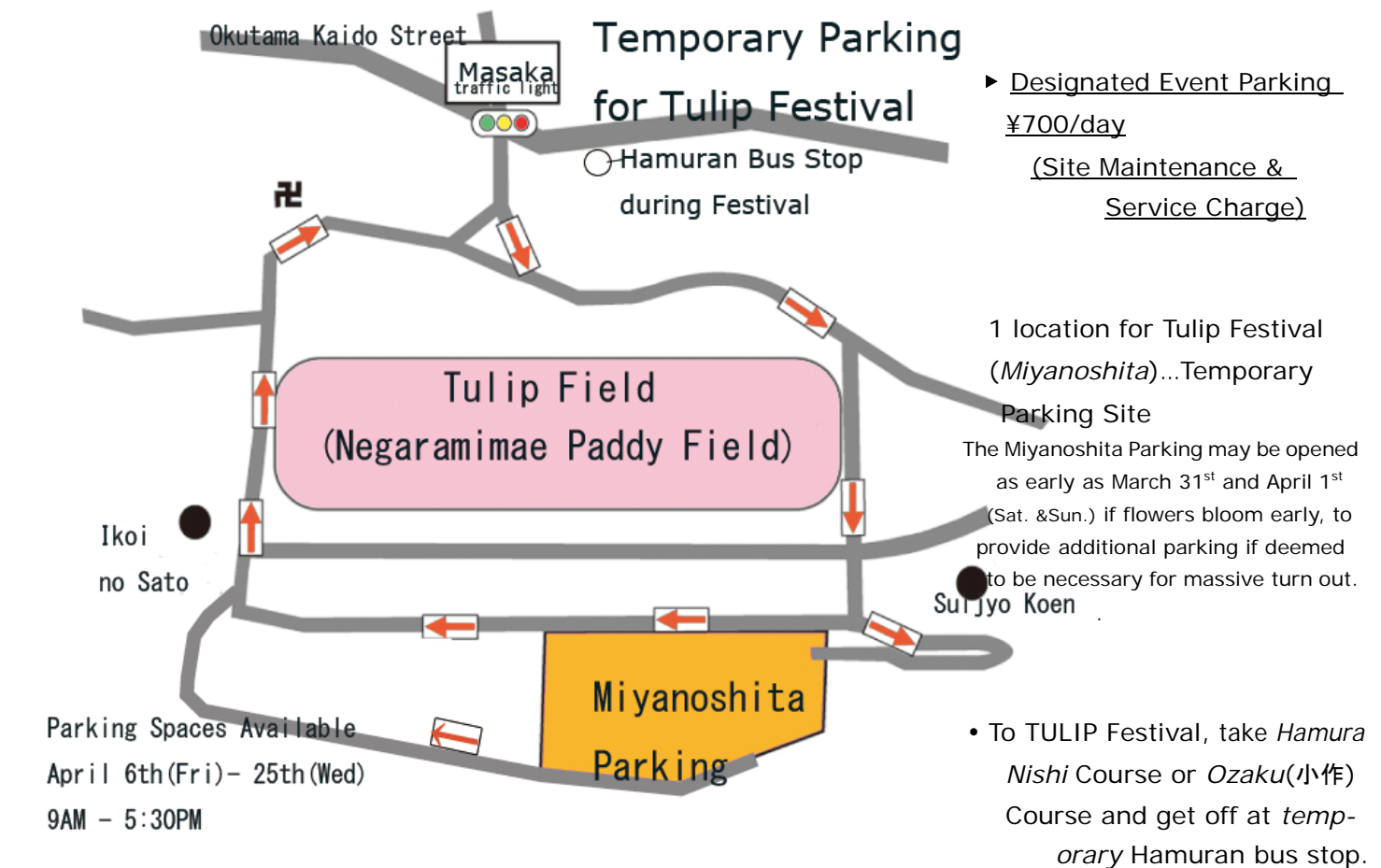
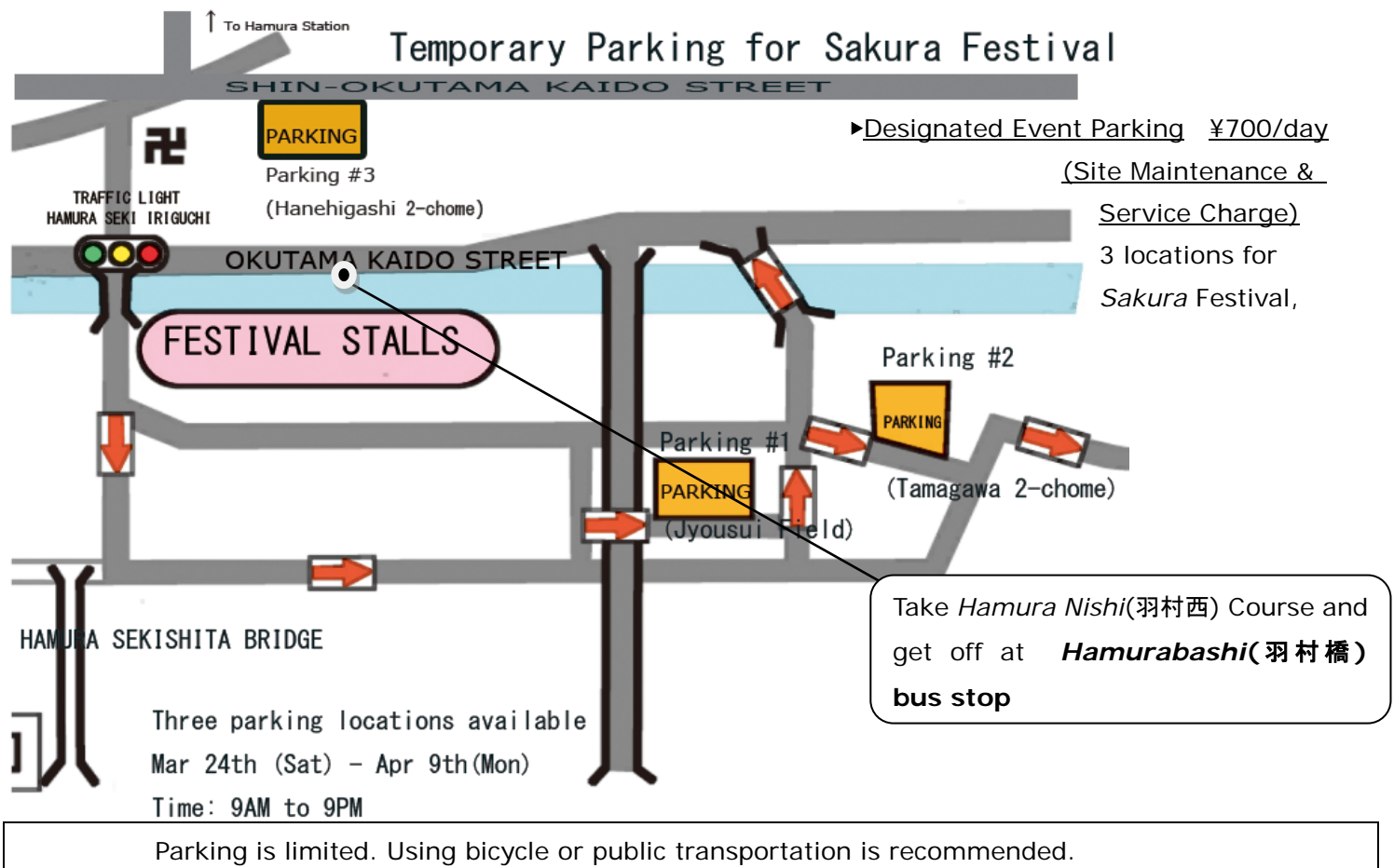
▶ JR 'Holiday Kaisoku Okutama' Express Train will make a stop at Hamura

The express trains will make a special stop at JR *Hamura* Station during the Flowers & Water Festival.

Saturdays and Sundays between March 24th (Sat) ~ May 13th (Sun).

▶ Let's use Community Bus Hamuran to get to the events!

During this festival, heavy traffic is expected around the event sites. If walking to the sites is difficult for you, please use community bus *Hamuran* to get to the festival sites. We appreciate your cooperation.



▶ Free Shuttle Bus will not be available for this year's festival

The shuttle bus service for the event is no longer available. Please use the community bus *Hamuran*.

< * *Hamuran* will not stop at *Ippouin*(一峰院) and *Iko-no-sato*(いこいの里) on weekends

during Tulip Festival period.> Inquiry: City Hall, Toshi Keikaku Ka Jyuutaku Koutsuu Kakari ☎Ext.276

< Volunteers Wanted for Hamura Tourism Association >

Hamura Tourism Association (*Kankou Kyoukai*) organizes various events, such as the "Hamura Flowers and Water Festival", "Flowers Contest", and "Tulips Ownership". If you are interested in participating in these events as a volunteer, please contact us!

Inquiry: *Kankou Kyoukai* ☎042-555-9667
Weekdays excluding holidays 8:30AM ~ 5PM

写真コンクール

< Hamura Flowers and Water Festival Photo Contest 2018 >

Theme: any *sakura*, tulip or festival scenes taken during this year's festival period

Requirements: Domestic inkjet / commercial photo store print-outs in color : NO digitally adjusted images

Photo Size: "A" series size 4 (21cm x 29.7cm,) or quarto size (25.4cm x 30.5cm)

Awards: Best Award (1), 1st runner ups (3), *Nyuusen* prize (5), and *Kasaku* prize (10)

*For more information see *Kankou Kyoukai* website or brochure distributed at *Kankou Kyoukai* Office.

Inquiry: *Kankou Kyoukai* ☎042-555-9667

多言語翻訳アプリを活用しよう

< Translation Smartphone App for Foreign Residents >

There is a smartphone app for language translation called "VoiceTra" that you can download.

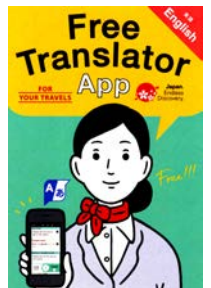
It is free of charge available at the app store. It may be useful for situations you encounter

at the city hall when you are unable to convey your thoughts to someone, and may also be

useful for learning the Japanese language. There are information pamphlets available for

"VoiceTra" at the city hall information desk of the *Shimin Ka* and *Shakai Fukushi Ka*. Another well-known app

is "Google Translate. Inquiries: *Kouhou Kouchou ka*, *Shimin Soudan Kakari* ☎Ext. 540/349



一歳児教室「一歳ちゃんあつまれ～」

~ The 1 Year-Old and Parent Get-Together Group ~

Date: March 26th (Mon), from 10:30AM~11:45AM (Reception starts 10AM) Place: Hoken(Health) Center
Hamura City Residents who have a child at age 1 year old to 14 month old can attend with their child.

Place: Hoken Center Eligibility: Hamura City Residents who are raising 1 year ~ 14 month old children

This is a get-together for fun class geared toward 1 year old ~ 14 month old kids and their parents.

(First time participant only) Note: We are sorry, no older siblings can attend this class.

They will offer tips on daily life rhythm, how to stop breast feeding, how a child can play with other children, and about preventing accidents. Things to Bring: *Boshi Kenkou Techou* (Maternal Handbook)

Inquiries: Hoken Center, ☎Ext.693 8:30AM ~ 5PM (Please call in advance.) Closed on weekends and holidays



ハロー赤ちゃんクラス

< Childbirth Preparation Class for Parents >

Date & Time: April 21st (Sat), ①10AM ~ Noon, ②2PM ~ 4PM please choose Place: *Hoken* Center

Eligibility: Expectant mothers residing in *Hamura* City (family member can also participate)

Capacity: First 15 pairs Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, & writing utensils Hours of Operation: Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit *Hoken*

Center in advance to reserve (choose the time ① or ②). Hoken Center 042-555-1111 ☎Ext.693

< Healthy Cooking Class Recipes ~ Slow Digestion for Diabetes Prevention ~>

This cooking class will offer tips for healthy diet by using hand size measurements.

Date & Time: April 25th (Wed) 9:30AM ~ 0:30PM Place: *Hoken Center* Capacity: First 30 people
Fee: ¥300 Things to bring: Head cloth, Apron, Writing material, *Kenkou Techou* (if you own one)

* Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it

Application and Inquiry: Starting March 16th (Fri), call or visit *Hoken Center* ☎042-555-1111, Ext.625 from 8:30AM ~ 5PM excluding weekends and Holidays.

～はむら市民ギャラリー～

< Art Gallery with Works Created By Citizens >

The Citizen's Gallery Project co-sponsored by citizens and the city is held for the promotion of cultural activities. All events are operated by local citizens.

Pressed Flower Arrangement by "*Hanakoubou*" Group

Date: March 18th (Sun)~25th (Sun), 10AM ~ 5PM Place: Community Center 2nd Floor

Inquiries: *Shimin* Gallery Administrative Office Mr. *Ito* ☎090-6533-0229

Closed on 19th (Mon)



四季ウォーク “II” 太宰修が暮らした三鷹

< Seasonal Walking Event “I” ~ Walk from Mitaka to Trace the Steps of Osamu Dazai >

This time the walking course starts from *Mitaka* Station in Tokyo. The famous author spent his last days here in *Mitaka*. It is about a 5km walk tour of the area.

Date & Time: March 24th (Sat) 8:40AM ~ 11AM (The event will be held in light rain or shine)

Meeting Time and Place: 8:40AM, in front of JR *Mitaka* Station (*South Exit*)

*Please come directly to meeting place. *Event staff will be at the gate of JR *Ozaku* and *Hamura* stations

They will leave on train from *Ozaku* Station at 7:45AM, or *Hamura* Station at 7:47AM

Train to be Taken: JR *Ozaku/Hamura* Station → *Tachikawa* Station

Route: JR *Ozaku*・*Hamura* Station (*Ome* Line)→ *Tachikawa* Station(*Chuo* Line going to *Tokyo* Station)
→*Mitaka* Station (destination)

Train Fare: ¥470 from both *Ozaku* Station and *Hamura* Station

Eligibility: Anyone who can walk the entire course (Preschoolers must be accompanied by an adult.)

Fee: Elementary student or older ¥300 Younger than Elementary ¥100

(collected upon arrival, including insurance, does not including transportation and lunch)

Things to bring: Mobile phone (if you have one), rain gear, drink and copy of health insurance card

*Please be dressed suitable for walking. Event Day Contact: 080-4325-1295 (7AM ~ until the end of event)

Co-hosted by: *Hamura-shi* Board of Education (*Kyouiku linkai*), *Hamura* Sports Promotion Committee

Inquiries: Sports Center ☎042-555-0033

郷土博物館 企画展こいのぼりと五月人形

< Boy's Day Dolls and Koinobori >

"*Tango no Sekku*" on May 5th is an annual event of old tradition that celebrates boys' healthy growth.

Koinobori (Carp Banners) and *Gogatsu Ningyou* (*Samurai* Armor or boy doll) are traditionally displayed for this event. Come and see the *Gogatsu Ningyous* at the Museum and *Koinobori* at the Old Shimoda Residence.

Gogatsu Ningyou: March 24th (Sat) ~ May 13th(Sun) 9AM ~ 5PM at the Orientation Hall of Folk Museum

Koinobori: from April 24th (Tue), 9AM ~4PM at Old Shimoda Residence

Museum Hours: Tuesday ~ Sunday, 9AM ~ 5PM (the Old *Shimoda* Residence closes at 4PM) *open on 30th (Mon)

Admission: Free *Will not be open on Mondays. *Kyoudo Hakubutsukan* (Folk Museum) ☎042-558-2561

SPORTS CENTER TRAINING ROOM PROGRAMS

Training Room Hours: 9AM ~ 9:45PM (no entrance after 9PM)

Usage Fee: *Hamura* Residents & Workers... Adults ¥150, Junior High Students ¥70

Others... Adults ¥220, Junior High Students ¥110

* Junior high students are only allowed to participate in training room programs and to use the studio. They must be accompanied in the facility by someone over age 16 after 7PM.

-- You are required to purchase a ticket when participating in a program, using the studio or using the gym.

-- Please purchase a ticket first, change into your exercise clothes (no jeans allowed), then attend your class.

-- Please bring indoor shoes. You are not allowed to enter the exercise rooms without them.

-- You can use the studio for 60 minutes prior to and 30 minutes after class, for members of less than 10.

Inquiry: *Hamura-shi Taiiku Kyoukai* ☎042-555-1698

FY2017 Training Room Programs				
Day	Morning		Afternoon	Night
Tuesday	Beginners' Aerobics 9:45~10:45AM Capacity: First 70 ★★☆☆☆	Aerobics 2 11~Noon Capacity : First 50 ★★★★☆	---	Step Circuit 7~8PM Capacity: First 30 ★★★★☆
Wednesday	Healthy Exercise 10~11:20AM Capacity: not limited ★★☆☆☆		Step Exercise 1 2~3PM Capacity: First 30 ★★★★☆	Aerobics 1 7~8PM Capacity : First 50 ★★★★☆
Thursday	Beginners' Step & Shape 9:45~10:45AM Capacity: First 30 ★★☆☆☆	Step Exercise 2 11~Noon Capacity : First 25 ★★★★☆	---	---
Friday	Healthy Exercise 10~11:20AM Capacity: not limited ★★☆☆☆		---	---
Saturday	Beginners' Aerobics 9:45~10:45AM Capacity: First 70 ★★☆☆☆	Aerobics 1 11AM~Noon Capacity : First 50 ★★★★☆	Aerobics 2 2~3PM Capacity : First 50 ★★★★☆	---
Sunday	Beginner Healthy Exercise 10~11AM Capacity: not limited ★★☆☆☆		Aerobics 3 2~3PM Capacity : First 50 ★★★★★	---

Number of ★ shows the level of exercise (the more ★ the harder).

*Please note that there will be adequate warm up exercise before starting each class.

*Please bring outdoor shoes for use at classes which will be conducted when it is sunny outside.

*For accident prevention, you cannot join a program later than 5 minutes after the start.

*On Tuesday, Thursday, and Saturday, you cannot participate in 2 classes in the same morning.

歩いて帳配布

< **The Aruite chou Handout** > Anyone can start a daily walk to stay healthy. We are giving out charts called "*Aruite Chou*" for recording the number of steps you make. It can be obtained at the Sports Center and Swimming Center from March 20th (Tue) for free. SPORTS CENTER ☎042-555-0033

< Tokyo Olympic/Paralympic Games Update ~ Goalball >

The rules of Goalball ~

The team is comprised of athletes who are visually challenged. There is a men's team and women's team.

The game is played by aiming for the opponent's goal as they wear eye masks called "eye shades". The team that is able to pass the ball through the goal will get points. It is played on a court about the size of a volleyball court.

Spectators must be quite when the game is in session. The ball can be thrown at high speeds, and since the players do not have their sight, the people in the stands must have consideration to provide a quiet environment for the player's safety.

Inquiries: Tokyo Olympic Paralympic Games Preparations Office, ☎Ext. 344

< Donate Your Retired False Teeth >

Hamura City is collecting used false teeth by placing collection boxes around the city. Collected false teeth will be processed for resource recycling by NPO organization *Nihon Ireba Recycle Association*. Part of the profit from recycling will be donated to Hamura City and UNICEF and used for various welfare purposes.

Collecting Item: False Teeth with metal parts, jewelry

How to donate false teeth: ①Clean false teeth and sanitize with boiling water or cleansing solution ②After cleaned, wrap with thick paper such as newspapers, then put it in a plastic bag ③Deposit the bag into collection box. Box Locations: City Hall 1st floor lobby, *Hoken Center*, *Ikoi-no Sato*, and *Fukushi Center*

Inquiry: *Shakai Fukushi-ka Shomu-kakari* ☎Ext.114

NATIONAL HEALTH INSURANCE (*Kokumin Kenkou Hoken*) Is Your Registration Up-To-Date?

If any of the following cases apply to you that concern your registered details for National Health Insurance, please report to *Shimin-ka Hoken-kakari* at city hall 1st floor within 14 days from the occurrence of the case.

We request that you meet this deadline, for it may result in a denial of insurance benefit for self-paid medical expense occurred prior to updating the registration details if delayed without an inevitable reason for delay.

City Hall Hours: Monday ~ Friday, 8:30AM ~ 5PM(excludes holidays) and Weekends 8:30AM ~ 11:45AM / 1PM ~ 5PM

(No service is available on March 21st (Wed, Holiday))

-- Your National Health Insurance Registration Detail need to be updated, If you

- | | |
|--|--------------------|
| • move to or move out of Hamura City | 羽村市へ転入・羽村市から転出 |
| • subscribe to or withdraw from other health insurance | ほかの健康保険に加入・やめたとき |
| • start/stop receiving Welfare Assistance | 生活保護を受ける・受けなくなったとき |
| • have a new child | 子どもが生まれたとき |

* In case a death of an NHI policy holder, next of kin family member who acts on behalf of the family dealing with the death must report of the death. Please ask for details. 死亡したとき

- | | |
|---|------------------------|
| • change home address/your name/name of the householder | 住所・世帯主・氏名などが変わったとき |
| • change home address due to schooling | 修学のため、別に住所を定めるとき |
| • lost or damaged your NHI card severely | 保健証を紛失または破損して使えなくなったとき |

* The head of household must report changes, however a family member can report on behalf of them. Please bring copies of head of household's official identification such as insurance card, driver's license, passport, individual number card (my number) or signed written letter of proxy from the head of household.

City Hall, *Shimin-ka Hoken-kakari* ☎Ext.128

< Notice of Grants for Nursing Care Service Fees Under Long-Term Care Insurance >

Elders who used the Nursing Care Service Fees under the Long-Term Care Insurance (Kaigo Hoken) will receive a "Notice of Grants for Nursing Care Service Fees" from the city hall Senior Citizens Welfare and Nursing Care Section.

This is a list of the nursing care grant benefits provided during the term of August through December showing the self-pay burden that is charged, and lists details of service provider who offered the service and when the service was provided. Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager. The document is not a bill. No payment actions are necessary in response to the notification.

Inquiries: *Kourei Fukushi Kaigo Ka*, *Kaigo Hoken kakari*, ☎Ext. 149

< Hamura City Health and Medical Program Calendar FY2018 >

Along with *Hamura News* Japanese Edition March 15th Issue, this year's Health and Medical Program Calendar (保健衛生事業日程表 - 乳幼児版 for children, 成人版 for adults) was distributed. You can check your health check-up schedule with it, and when your child(ren) can have certain immunizations with support of public subsidy, etc. Inquiry: Hoken Center ☎Ext.623

固定資産課税明細書

< Fixed Property Tax Statement will be Mailed to Owners >

The 2018 Fixed Property Tax Statement (固定資産課税明細書) is scheduled to be sent to the applicable residents in the beginning of April. FY2018 Fixed Property Tax Notification (固定資産税納税通知書) will also be mailed to the applicable tax payers in early May.

Inquiries: City Hall, *Kazei-ka Shisanzei-kakari* at Ext. ☎157

介護保険料特別徴収開始

< Long-Term Care Insurance Premiums deducted from your Public Pension >

For those who will be paying Long-Term Care Insurance Premiums by special collection from April, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens. Based on income of 2017, the payments will be made bi-monthly in even numbered months. (A letter will be issued in July regarding amount to be deducted.) *Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari*, ☎Ext. 144



「キラキラひろば」おともだち募集

< Join the kids play club "KiraKira Hiroba" >

KiraKira Hiroba is an activity group for children at preschool age who are not enrolled in nursery school / kindergarten. Activity Period: May2018 ~ February 2019

Place & Schedule: Central (*Chuuou*) Children Center... Every Tuesday, 10:30AM ~ 11:30AM

West (*Nishi*) Children Center... Every Friday, 10:30AM ~ 11:30AM

East (*Higashi*) Children Center... Every Wednesday, 10:30AM ~ 11:30AM

Eligibility: Children not attending preschool/kindergarten 2 ~ 5 years old as of April 2nd 2018 and Parents who are residents of Hamura City

Capacity: 20 pairs (will be selected by open drawing if application exceeds capacity)

Fee: ¥5,000 (Annual) Brochure will be given out from March 15th (Thu) 9AM at each Children Center 16th (Fri) at the East Children Center

Application: Visit your desired Children Center between April 1st (Sun) 9AM ~ 14th (Sat), 5PM.

For more details, please inquire at one of the children centers where you wish to enroll.

*Apply to only one center. *Application is not accepted by phone calls.

Central ☎042-554-4552

West ☎042-554-7578

East ☎042-570-7751

子育て応援とうきょうパスポート

< Child Rearing Support Tokyo Passport >

There is a service provided by the Tokyo Metropolitan Government's project in which they provide support to households that are raising children. Discounts at stores and baby feeding supplies are provided at stores located in the Tokyo Metropolitan Area for families with children of junior high school age or younger. You can download the Kosodate Ouen Tokyo Passport / Tokyo Child Raising Support Passport smartphone app which is available from the app store.

Inquiries: *Tokyo Fukushi Hoken Kyoku, Keikaku Ka, Kosodate Ouen Jigyuu Tantou* ☎03-5320-4115



SWIMMING CLASS FOR ADULTS of the 1st TERM in FY 2018

The first acceptance term of applications for swimming class will begin at the Swimming Center.

Application Term: March 25th (Sun) (morning only at *Daiichi Kaigishitsu*) ~ April 6th (Fri). Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (closed Mondays)

Class Term: April 7th (Sat) ~ June 1st (Fri), 8 sessions on each set day of the week for which you register. For further information, you may also view the website of the Swimming Center or inquire at the Swimming Center (☎042-579-3210).

< Swimming Class Lessons Details by Day of Week > (8 sessions for each class)

	NOON ~ 0:50PM	1PM~ 1:50PM	2PM ~ 2:50PM	3PM ~ 3:50PM	4PM ~ 4:50PM	5PM ~ 5:50PM	6PM ~ 6:50PM	7PM ~ 7:50PM
Tues	-----		-----	Preschool	Preschool	Preschool	-----	Swimmer's
Wed	-----		-----	Preschool	Preschool Elementary	Elementary	Elementary	-----
Thu	-----		-----	Preschool	Preschool	Elementary	Elementary	-----
Fri	-----		-----	Preschool	Preschool	Elementary	Elementary	Swimmer's
Sat	Elementary	Elementary	Elementary Swimmer's		Class Tuition			-----
Sun	11PM ~ 11:50PM Elementary		-----	-----	Course		Price	7PM ~ 8:50PM Adult
		Preschool			¥5,600			
		Elementary			¥5,200			
	Adult				¥8,800			
	Swimmer's				¥6,000			

※Elementary Children's Classes must be accompanied by an adult over 16 years old after 5PM.

ZUMBA (ズンバ) KIDS

< Zumba Fitness Classes for Kids >

Kids from age 7 ~ 11 can come to this class, designed for active movement.

Date: Thursdays from 6PM ~ 7:30PM **Place:** 2F Training Room **Eligibility:** Elementary School Students

Lesson Fee: ¥500 per lesson

*Elementary School age children must be accompanied by an adult who is over 16 years old.

ゆったり健康ヨガ

< Slow Yoga >

Release the tension that causes fatigue. **Date & Time:** Every Wednesday, 11AM ~ Noon

Place: 2F Daini Conference Room **Eligibility:** Junior High School Student or older **Fee:** ¥800 per lesson

簡単ベーシックヨガ

< Easy Basic Yoga >

Breathing Methods are introduced with various poses of yoga. These movements will help blood circulation and boost your metabolism, which helps in preventing sensitivity to cold or stiff shoulder.

Date & Time: Every Thursday 7PM ~ 8PM **Place:** 2F Daini Conference Room **Fee:** ¥800 per lesson

Eligibility: Junior High School Student or older



<div style="border: 1px dashed black; padding: 5px;"> How to apply for exercise classes, </div>	Trainer: Instructor from the Training Room Capacity: first 20 people
	Items to bring: comfortable gym clothes, drinks, and towel (Please bring indoor shoes for Zumba Kids) ※ No classes are scheduled on holidays
	※ For participation, please come to the Sauna front counter on the day of each class.

< Aquabics (In-Water Aerobics) >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between April 5th and May 31st, 3PM~3:50PM

Eligibility: Anyone 16 years old and older Capacity: First 35 people (no classes on May 3rd (Thu. holiday))

Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Items to bring: Swimsuit, swimming cap, and towel Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer

How to attend: Please come to the Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.



HAMURA ZOO ☎042-579-4041



The sheep "Hikari" that was born in Hamura Zoo in March 2007 is very healthy.

It lives with "Akari", his friend who was also born in February of 2007. The fluffy fleece keeps them warm.

Please come to see them!



◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
March	9am~5pm		5pm~10pm		9am~5pm	
18 th (Sun)	Baba Kodomo Clinic	☎042-555-3788	Fussa-shi Hoken Center	☎042-552-0099	Asahi Kouen Douri Shika Iin	☎042-555-7904
21 st (Wed) Holiday	Yanagida Iin	☎042-555-1800	Takasawa Byouin (Mizuho-machi)	☎042-556-2311	Nakano Shika Iin	☎042-554-7053
25 th (Sun)	Futaba Clinic	☎042-570-1588	Fussa-shi Hoken Center	☎042-552-0099	Inagaki Shika	☎042-555-6018

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily