



HAMURA NEWS

HAMURIN Hamura City Mascot

Published by: *Hamura City*

August 15th, 2019

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)

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Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html>

COMMUNITY

9月1日(日)は総合防災訓練

< HAMURA CITY COMPREHENSIVE EMERGENCY DRILL September 1st (Sun) 9AM ~ >

You should be self-reliant for protecting your life, and helping others survive!

In all *Hamura City*, the drill demonstrations will take place at 10 public evacuation sites, among those *Hamura Shorin* Elementary School is designated as the main evacuation site this year.

Inquiries: City Hall, *Bousai Anzen-ka*, *Bousai Kiki Kanri Kakari* ☎Ext.207

It is important to better the capability for disaster response with practical knowledge gained from conscious efforts for disaster preparedness, which will lead to the protection of your own life. These efforts will pay off during an actual situation as it occurs.

Not only the adults, but also young residents, because they are all recognized as community members, should participate in the drill. Junior High School Students have been joining the drill on a regular basis, improving the effectiveness of the drill. The whole family should participate as well, with the thought in mind that disaster strikes in many forms.

◆ The main evacuation site of this year's drill is *Hamura Shorin* Elementary School

Students of all grade levels from *Higashi* Elementary School will be participating in this drill.

The *Fussa* Fire Station and other organizations taking part will set up an Exhibition and Simulation Booth which will have a House for Smoke Simulation at which you can experience a fire.

Stockpile emergency relief supplies will be on display. There will also be an overnight evacuation drill simulating life at shelter facility organized by civil voluntary disaster management organization day prior to this exercise.

*In case of cancellation due to bad weather, it will be announced at 7AM through outdoor public address system.

Assumed Scenario:

» Shortly before 9AM, an emergency earthquake warning is issued by J-Alert (nationwide alert system) which is broadcasted through the outdoor P.A. system city wide. Then at 9AM, a severe earthquake (scale 6-strong) occurs. Following the earthquake, the public emergency siren goes off.

» Disaster Occurrence Notice (Emergency Drill) is distributed to the subscribers of *Hamura* Information Email Service after 9AM when occurrence of natural disaster (evacuation order for the drill) is issued. Even if you are not a subscriber, an extensive notification e-mail will be sent to all who are present in *Hamura City*.

(Please inquire to your cellular phone company about the details for phone settings.)

What to Do On the Drill Day

Practice ①~⑤ steps explained below:

What To Do When A Strong Earthquake Happens...

- ① When a strong earthquake happens, the first and most important thing is to protect yourself. If there is a sturdy furniture near you, drop underneath the furniture, be covered and hold-on to the furniture until the shaking comes to a stop. * For the drill, make-up an assumed scenario (with family or with your co-workers), and try acting according to the assumed situation. These are simple but important to do.
- ② After the shaking stops and you make sure it is safe to take the next action, the first important thing is to check all the fire risk sources (if you are at home or office). Tightly close the main gas tap and switch off the electricity circuit before leaving the place.
- ③ Practice the actual evacuation plan. Make an escape route considering of dangers open fire spreading which may occur and discuss among family members. Go to the public shelter site nearest to your home
- ④ Neighborhood associations and volunteer organizations for disaster preparedness will practice extinguishing fires or providing first-aid to injured persons (requiring evacuation assistance during disaster). These repeated activities can make one move in an agile and proficient manner. It will enhance awareness for helping each other as a community
- ⑤ We should avoid migrating during a time of disaster, according to the Tokyo Metropolitan Government's policy for preventing home-going refugees. Those who are away from home must stay put at their location. Even after safe, you may have to walk home if public transportation's inaccessible. Discover your route to go home on foot, and use the disaster line to connect with your family. Please take this chance and discuss with your family/friends about options for communication method.
 - Protect your own pet ~ If you have pet to evacuate together, please prepare emergency goods for your own at advance and need to take responsibility to follow regulations in evacuation occasions.

HAMURA INFORMATION EMAIL SERVICE

Hamura City provides a public information service which distributes local information via emails.

With this system emergency related information will be sent to all subscribers. In addition, you can receive local affairs information in various categories upon your request. There is no fee charged for subscription.

*Subscription instruction and email contents are available in Japanese only.

*Mobile internet access fee may apply for receiving the emails from this system.

Information Categories:

- ① Emergency, Fire, Natural Disaster 災害情報 and others

Please look at *Hamura* City's official website for details regarding other categories offered.

<Main Page> → <メール配信サービス>

How to subscribe:

- (1) First, Set up your email account able to receive emails from mail@city.hamura.tokyo.jp.

Then send a blank email (no title/message) to hamura@entry.mail-dpt.jp

- (2) You will receive an email titled "仮登録受付メール". Open the message, and click on the URL in it which links to the Site Policy page (in Japanese only).

You must complete the registration within 30 minutes from the time you open the page.

- (3) After you indicate that you agree with the terms and conditions (click on 同意する), choose your desired information categories, and click on the icon "確認". Then on the next page, click on "登録"

- (4) If successfully registered, you will receive a confirmation email with title containing "本登録完了".

Inquiries: Kouhou Kouchou-ka Kouhou-kakari , ☎Ext.339

Disaster Prevention Week August 30th (Fri) ~ September 5th (Thu)

< September 1st is Disaster Awareness Day >

The week of August 30th (Fri) ~ September 5th(Thu) is designated as Disaster Prevention Week. This is in commemoration of the Great Kanto Earthquake of 1923 that occurred on this day which caused great damage to the region 95 years ago on September 1st, and is designated as National "Disaster Awareness Day", This is a time to consider the actions that you can take to reduce the risks that may occur. It is important to be prepared for a typhoon, flood, or earthquake and stay away from structures that may collapse. There are two courses to participate:

- Disaster Prevention Emergency Fair
Date and Time: Sep 7th (Sat) 1:30PM~4:30PM
Place: *Fussa* Citizen Hall
Details: Earthquake experiences, AED training, Children to wear Fireman wear and etc.
- Regular Lifesaving Course
Date and Time: Sep 14th (Sat) 9AM~1PM
Place: *Fussa* Fire Station
Details: Cardiopulmonary resuscitation, learning how to use AED and stop bleeding ways.

Free: Please confirm before applying.

Capacity: First 20

How to apply: Please apply till Sep 13th (Fri) by phone to *Fussa* Fire Station *Yobo Ka*

Inquiries: *Fussa* Fire Station *Yobo Ka* ☎042-552-0119

四季のウォーク「I」 見どころ満載のユニークな街・四ツ谷へ

< Seasonal Walking Event "I" ~ Walk Around Historical Sites in Tokyo >

This tour will be taken on foot around the *Yotsuya* Area of Tokyo, about 6 km in distance.

Date & Time: September 29th (Sun) 9:10M ~ around Noon (The event will be held in light rain or shine)

Meeting Time and Place: 9:10AM, in front of JR *Chuo Line*, *Yotsuya* Station (*Akasaka 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 7:55AM, or *Hamura* Station at 7:58AM

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

(Fee will be 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 (6AM ~ until Noon)

*Please register *Hamura-shi* mail service (<https://mail.cous.jp/hamura/>) to get update information.

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

Inquiries: Sports Center ☎042-555-0033

しごとのためのほんご

<Training Course for Promoting Stable Employment of Foreign Residents>

JICE Japan International Cooperation Center provides training courses to help foreigners to learn Japanese for working situations. Starting from August and September, 2019.

Details: This course teaches Japanese that is used in work situations, toward promoting stable employment.

- Employment preparation lecture
- Japanese for work
- Work place visit

Eligibility: Status of resident ~ Spouse or child of Japanese national, Permanent resident, Spouse or child of permanent resident, Long term resident.

Place	Course	Course Period, Times	Application Deadline	Placement Test
Tachikawa	Level 2	Sep 9 th ~Nov 15 th , 2019	Sep 3 rd , 2019	Sep 6 th 10AM~
		Mon~Fri 9AM~Noon		
Tachikawa	Level 1	Sep 26 th ~Feb 12 th , 2020	Sep 12 th , 2019	Sep 17 th 7PM~
		Tue~Fri 7PM~9PM		
<i>Toshima</i>	Level 4	Sep 13 th ~Nov 20 th , 2019	Sep 2 nd , 2019	Sep 6 th 10AM~
		Mon~Fri 9AM~Noon		
<i>Edogawa</i>	Level 2	Aug 28 th ~Nov 8 th , 2019	Aug 20 th , 2019	Aug 22 nd 10AM~
		Mon~Fri 9AM~Noon		
<i>Edogawa</i>	Level 3	Sep 18 th ~Jan 17 th , 2020	Sep 9 th , 2019	Sep 11 th 7PM~
		Mon~Fri 7PM~9PM		
<i>Katsushika</i>	Level 3	Aug 26 th ~ Nov 6 th , 2019	Aug 14 th , 2019	Aug 20 th 9:30AM~
		Mon~Fri 9AM~Noon		
<i>Shibuya</i>	Level 5	Sep 4 th ~Nov 19 th , 2019	Aug 23 rd , 2019	Aug 29 th 10AM~
		Mon~Fri 9AM~Noon		
<i>Shibuya</i>	Level 1	Sep 4 th ~Nov 19 th , 2019	Aug 23 rd , 2019	Aug 29 th 2PM~
		Mon~Fri 1:30PM~4:30PM		

* Those courses, course period and place may be changed. All participants are required to take the placement test to determine Japanese level. Depending on your test results, you may not be able to attend courses.

Level 1	This class is for people who are studying Japanese for the first time, who can speak a little Japanese but cannot read or write <i>Hiragana</i> and <i>Katakana</i> very well.
Level 2	This class for people who can read and write <i>Hiragana</i> and <i>Katakana</i> and has studied a little Japanese before.
Level 3	This class for people who can read and write <i>Hiragana</i> , <i>Katakana</i> and simple <i>Kanji</i> characters and can carry on conversations in Japanese fairly well.
Level 4	This class for people who have Japanese language skills roughly equivalent to completion of Level 3
Level 5	This class for people who have Japanese language skills roughly equivalent to completion of Level 4 or Japanese Language Proficiency Test N3.

Fee: Free

How to apply: Please visit Local Hello Work to apply, needs

- 1) one photo (3x4cm),
- 2) *Zairyu* Card or Passport
- 3) Placement Test

Inquiries: Shinjuku Foreigners' Employment Assistance and Guidance Center (The *Kabukicho* Center)

☎03-3204-8609 〒160-8489 2-42-10 *Kabukicho*, *Shinjuku Ku*, Tokyo.

Local Hello Work and JICE Website https://www.jice.org/tabunka_kenshu/tabunka_gaiyo.htm

LIBRARY ☎042-554-2280

図書館三分室の開室時間を変更します

<Three Branch Libraries will change time>

Three Branch Libraries will change time for Tuesday and Friday during September to December. Hopefully we may have all users' cooperation and understandings.

Term: September 3rd (Tue)~ December 28th (Sat)

- Tuesday and Friday : 10AM~2PM
- Wednesday and Saturday : 1PM~5PM

Close days: Sunday, Monday, Thursday, Holidays and Library cleaning Day.

Branch Library	Address
<i>Kami Branch Library</i>	<i>Hanekami 3-10-12</i>
<i>Fujimidaira Branch Library</i>	<i>Fujimidaira 1-18</i>
<i>Kawasaki Branch Library</i>	<i>Kawasaki 4-2-4</i>

Inquiry: Library ☎042-554-2280

羽村駅周辺でも「はむら City Wi-Fi」が使えます

< Hamura City Wi-Fi is available around JR Hamura Station >

To expand Wi-Fi services in Hamura City, it is available not only in Ozaku Station but also Hamura Station starting from July 27th. This processing will have more efficiency for improvement of Wi-Fi usage environment.

- Usage Category: Around Hamura St., Ozaku St. (St. Entrance, Train Home, East Exit, and West Exit)
- Usage Time: 60 minutes per time (Max 4 times for connections)
- Number of Simultaneous Accesses: 500 (total of Hamura St. and Ozaku St.)
- Fee: Free
- Available languages: Japanese, English, Chinese(Traditional and Simplified), Korean and Spanish.

Inquiry: City Hall, Kikaku Seisaku Ka ☎Ext 315

市営富士見霊園墓地の使用者募集

< FUJIMI CITY CEMETERY Under the Hamura City's Management: Cemetery Lot/ Noukotsudan >

Selection for the Issuance of Title at the public cemetery lot and *Noukotsudan*(shared cemetery space) will start. If you have been a *Hamura City* citizen from period prior to April 1st, 2017, and have lived continuously in *Hamura City*, you can register to make burial. Persons who have next-of-kin, or an adoptive parent's cremated remains kept at their residence, who have not had an opportunity to make burial in the past are eligible to apply. Please inquire about other details regarding the lot size, other eligibility requirements.

Flyer Handout Term: August 15th (Thu) to September 11th (Wed) 8:30AM ~ 5PM at the *Seikatsu Kankyou Ka*, *Seikatsu Kankyou Kakari* on the 2nd floor of City Hall.

Registration Term: August 15th (Thu) to September 11th (Wed) 8:30AM ~ 5PM (weekdays). Application forms are included in the flier. You must apply with separate form for each lot by bringing to the office in person.

Drawing: September 13th (Fri) 10AM ~ at the City Hall 4th Floor Main Conference Room A.

Inquiries: *Seikatsu Kankyou Ka*, ☎Ext 204

CHILDREN

子育て応援ニュース



< CHILDCARE SUPPORT NEWS: >

Central Child Center	☎042-554-4552
West Child Center	☎042-554-7578
East Child Center	☎042-554-7751

~The 1 Year-Old and Parent Get-Together Group 1歳児教室 「1歳ちゃん♪ 生まれ〜！」

Date: August 27th (Tue), from 10AM ~ Noon Class starts 10:30AM 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.

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

This is a get-together for fun class geared toward the specific age group kids and their parents.

Capacity: first 20 (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, *Kosodate Sodan Ka Sodan Kakari* ☎Ext.693 (Please call in advance.) Closed on weekends and holidays

あそびのポケット

ASOBI POCKET at Children Centers

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Eligibility: Children from 2 years old to preschool age, and their parents. Time: 11AM ~ 11:40AM

Date and Place:

Date	Place
Sep 11 th (Wed)	West Child Center
Sep 24 th (Tue)	East Child Center
Sep 26 th (Thu)	Central Child Center

Admission: free *No reservation needed.

わんわんひろば

< Wan Wan (Bow Wow) Hiroba >

Playtime activities for small children and their parents! Sing, and have fun with other parents and their child.

Place: Central Children Center ☎042-554-4552 Date: September 12th (Thu), 10:30AM ~11:10AM

Eligibility: 8 month old toddlers and parents Fee: free No reservation needed!!

こぐまひろば

KOGUMA HIROBA (CUB SPACE) at Children Centers

Parents and small children can learn fun activities for exercise!. Join and have fun!

Eligibility: Parents and Children 9 months ~ 2 years old. Sessions are free.

Place & Date:

Date	Place
Sep 5 th (Thu)	Central Child Center
Sep 17 th (Tue)	East Child Center
Sep 18 th (Wed)	West Child Center

Time: 10:30AM~11:10AM for all dates

Inquiries: Please call each child center for details.

Admission: free *No reservation needed.

< **Fluoride Ion Treatment ~ For Your Children's Dental Health ~** >

Fluoride Ion will be applied on your child's teeth to prevent cavities.

Date/Time: Sep. 5th (Thu), 7th (Sat), & 9th (Mon) ~12th(Thu) 9:15AM~10:30AM at *Hoken Center*

*On Sep 7th (Sat), elementary school students have priority. *Children must be accompanied by an adult.

Fee: Free Eligibility: Children in *Hamura* who are 3 years old up to 3rd graders as of September 30th, 2018

Things to Bring: face towel, clothes-pin, and application form (available at *Hoken Center*)

*Please make sure your child's teeth are brushed and clean before receiving the treatment.

*Parking is limited. Please come by foot or by bicycle. Please accompany your child during the treatment.

Hoken Center ☎042-555-1111, Ext.623

児童扶養手当などの現況届の提出を忘れずに

NOTIFICATION OF CURRENT STATUS for VARIOUS CHILD-RAISING ALLOWANCES

Recipients of Child-Rearing Allowance (児童扶養手当), , Single-Parent Household Medical Support (ひとり親家庭医療費助成), and Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. The application forms to be filled out were already mailed to the applicable households. Please do not delay to take the procedure. If submission is not made, the city cannot make assessment as to validity of child, and will affect the payment schedule for allowance or issuance process for medical cards. For procedure details and required documents, please inquire. Inquire / File to: *Kosodate Shien-ka Shien-kakari*, ☎Ext.237

オリパラ通信 29 スケートボード

< **TOKYO OLYMPICS SKATEBOARD** >

- History – Skateboarding started in West Coast of United States of America in the 1940s. The first skateboards were made from roller skates (attached to board). Skateboarding has gone through its ups and downs over the years. However, since 2000, due to attention in the media and products, skateboarding has been pulled into the mainstream. In 2020 Skateboarding will appear for the first-time in Olympics in Tokyo.
- Street Skateboarding ~ It is a skateboarding discipline which focuses on flat land tricks, grinds, sliders and aerials within urban environments and public spaces. To add variety and complexity to street skateboarding; obstacles such as handrails, stairs, walls, bins, park benches and so on to increase its difficulties to control balance.
- Park Skateboarding ~ It encompasses a variety of sub-styles adopted by those who ride skateboards in purpose-built skate parks. Most skate parks combine halfpipes and quarterpipes with various other "vert" skateboarding features as well as "street" obstacles such as stairs and rails. The integration of these elements produces a different skating experience.

Olympics Competition place: *Ariake Urban Sports Park*

Inquiry: City Hall, Tokyo Olympics and Paralympics Preparation Office ☎Ext.345

特定健診(集団健診)を日曜日に実施します！

< Group Health Check Up (*Shudan Tokutei Kenshin*) at Sunday >

A Sunday check-up for those that previously received the voucher for health check-up, yet were not able to use it will be held.

Date: The 1st time: October 20th (Sun) 9AM ~ 4PM, the 2nd time: November 17th (Sun) 9AM ~ Noon

Place: *Hoken Center*

Eligibility:

① Health Check Up

If applicable to the following:

1. You received the check-up voucher from *Hamura City*, and you are National Health Insurance member
2. If you are age 40~74
3. If you have not yet had the check-up yet
 - ※ You may not participate if you are pregnant.

② Colorectal Cancer Screening – If you are over 40 and eligibility to take Health Check Up, also wish to take Colorectal Cancer Screening.

Capacity: ① 200 persons (100 persons for each day) ② 140 persons (70 persons for each day)

Term for Applying: The 1st time: Aug 16th (Fri) ~ Sep 17th (Tue), the 2nd Time: Aug 16th (Fri) ~ Oct. 15th (Tue)

How to Apply and Inquiries: Call or Come directly to *Hoken Center* ☎ Ext 623~627

30歳、35歳健康診査を日曜日に実施します！

AGE 30, 35 HEALTH CHECKUPS at Sunday

A checkup report of age 30 and 35 Health Checkups will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future. It is important to take your annual medical check-ups in order to detect minor irregularities, and also you can take lifestyle diseases preventive measures if you had been diagnosed as having the tendency.

This medical examination program is carried out by medical insurance, and is free of charge.

Date: October 20th (Sun) 9AM~4PM

Capacity: First 50

Eligibility:

- ① *Hamura City* Residents
- ② Become Age 30 or 35 who was born Apr 2nd, 1989 ~ Apr 1st, 1990 and Apr 2nd, 1984 to Apr 1st, 1985.
- ③ Unable to have any others health checkup opportunity.

*** Pregnant woman is exclusion.

Please bring Health Checkup coupon issued by *Hoken Center* to specified medical facilities.

Apply and Inquiry: Within Aug 16th (Fri)~Sep 27th (Tue), please call or mail to *Hoken Center* ☎042-555-1111
☎Ext.623~627

健康手帳の活用を

KENKOU TECHOU - A free booklet offered by *Hoken Center* for persons 40 and over is available at the City Hall 1F. This booklet is called *Kenkou Techou*, and has pages on which you can record your medical history.

Distribution Locations: *Hoken Center* and *Hamura City Hall 1F Shimin Ka Hoken Kakari*

Inquiry: *Hoken Center*, ☎ Ext 626

INFORMATION

「子どもの人権 110 番」強化週間

< Children's Human Rights Protection Campaign Week >

If you need professional help for troubled cases concerning children's human rights such as Child Abuse, bullying or any other act of human rights violation, please do not hesitate to give us a call!

Consultation Date & Time: Aug.29th (Thu) ~ Sep. 4th (Wed), weekdays 8:30AM~7PM, weekends 10AM~5PM

Toll Free Dial for Phone Consultation: ☎0120-007-110

- Except Campaign Week, it is available for consultation weekend 8:30AM~5:15PM.

For other inquiries: Tokyo Houmu-kyoku Jinken Yougo-bu Dai-Ni ka ☎03-5213-1234 Ext.2513

(Tokyo Legal Affairs Bureau Human Rights Protection Department Second Section)

全国瞬時警報システム（Jアラート）の試験放送を行います

J-ALERT NATIONWIDE TEST BROADCASTING

J-Alert nationwide test broadcasting will take place on August 28th (Wed) around 11AM.

Through the citywide public address system, you will hear the following Japanese announcements.

Inquiry: Bosai Anzen Ka Kikikanri-kakari ☎Ext.211

「Korewa test desu.」 This is a test broadcasting.

This is a Hamura City Emergency Preparedness Organization (once)

Followed by the alert sirens. (to 53 locations in the city)

J-Alert (全国瞬時警報システム) is a nationwide alert system designed to deliver alert for most critical emergency by broadcasting it through local community wireless system without taking authorizing procedures at local government level in the event that requires citizens to beware of sudden emergency or to quickly evacuate or shelter themselves.

The alert information is distributed via satellite-based transmission system. When a local terminal receives the alert, it automatically activates the community wireless system, enabling the central government to directly and quickly inform its' citizens of imminent threats. The alert information that is announced may be for; earthquake (early warning, hypocenter, magnitude), weather alerts such as torrential rains or storms (precaution, presence), volcano eruption, significant meteorological disaster and military threats.

国民健康保険被保険者証の更新

< Renewal of National Health Insurance Card >

National Health Insurance Card (国民健康保険被保険者証) is renewed every 2 years. Your current card will expire on September 30th (Mon). The renewal form will be mailed by Registered Mail in mid-September to the applicable heads of households who are insured by National Health Insurance. If you are to receive the renewal form but are not currently residing at the address registered as residence, please contact the *Shimin Ka Hoken Kakari* ☎Ext. 125.

新しい障受給者証を送付します

< Renewal of Certificate for Disabled Person >

The Disability Medical Support Recipient Certificate will be renewed on September 1st (Sun). Those who are applicable will receive the new certificate in late August by mail. Please return your old card which will be

expired August 31st to the *Shougai Fukushi Ka* at the City Hall. Also, if you have any changes to report, or if you have moved, etc. please contact them.

Medical Support System For Disabled Person 心身障害者医療費助成制度 is a subsidy for those who own a Physical Disability Certificate, Grade 1 or 2 身体障害者手帳 1 級、2 級 or Intellectual Disability Certificate 愛の手帳. Certain standards apply; please inquire.

Inquiries: *Shougai Fukushi Ka Shougai Fukushi Kakari* ☎Ext. 173

SWIMMING CENTER ☎042-579-3210

< Aquabics (In-Water Aerobics) > アクアビクス

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

Date & Time: September ~ December Every 2nd and 4th Thursday (except December 26th) 3PM~3:50PM

Eligibility: Anyone 16 years old and older Capacity: First 35 people

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

Items to bring: Swimsuit, swimming cap, towel, and ¥100 coin for locker (will back to)

Instructor: Sports Trainer

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

Inquiries: Swimming Center ☎042-579-3210

スキルアップレッスン

< Skill-Up Swimming Class >

Class Term: Every Saturday of September

Eligibility: Elementary School ~

Lesson Fee: ¥4,000 (all 4 sessions)

Schedule:

Lessons	Time
Crawling Swimming, Breaststroke Swimming	4PM~4:50PM
Backstroke Swimming, Butterfly Swimming	5PM~5:50PM

タイムトライレッスン

< Time Trial Swimming Lesson >

Class Term and Time: September every Saturday, total 4 sessions, 6PM~6:50PM

Eligibility: Elementary School ~

Lesson Fee: ¥4,800 (all 4 sessions)

- Applicant can swim one of four kinds of swimming styles above 25 meters. You may check your weakness from Video which is taking the first session to compare with the last one.

Both Lessons:

- Capacity: First 5
- Application Term: Aug 31st (Sat) ~ Sep 6th (Fri) (Except Sep 2nd (Mon)) to swimming center
Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (Closed Mondays)
- Items to bring: Swimsuit, swimming cap, goggles, towel and locker fee ¥100 (will back to)

*** If you do not miss any sessions, there is 2 hours free ticket to present.

*** If participator is student of elementary or junior high school, required to pick up with Guardian age over 16. Time for picking up: Elementary student 5PM~ and Junior High School students 7PM~

Training Room Programs トレーニングルームプログラム

Program	Date and Time	Place
Mini Ball Pilates	Every Friday 9:30AM~10:30AM	Conference Room
Group Weight Training	Every Thursday 11AM~Noon	Conference Room

How to apply for exercise classes,	<u>Place</u> : 2F Sauna Front Counter at the same day	<u>Capacity</u> : first 20 people
	<u>Eligibility</u> : Junior High School Student or older	
	<u>Items to bring</u> : comfortable gym clothes, drinks, and towel	
	<u>Fee</u> : ¥800	
※ For participation, please come to the *Sauna front counter on the day of each class.		

EVENT INFORMATION FOR CHILDREN

East Child Center	☎042-570-7751
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< Kids Fun Day > 東児童館 「わくわくキッズまつり」

Date & Time: September 8th (Sun), 10AM ~ NOON, 1PM ~ 3PM Place: East Children's Center

Everyone come to this festival! Some entertainments are free of charge!

Food Tickets~ ¥100 *First 180 tickets sold at each Children's Center from Aug 17th (Sat) ~ Sep 6th (Fri).

Closes early on Sep. 7th (Sat) at NOON for preparations of Fun Day.

* Center closes at 3PM on event day.

Inquiries: East Children Center ☎042-570-7751

West Child Center	☎042-554-7578
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< Handmade Class ~ Let us make Gacha Gacha machine ~ > 西児童館 手作り教室「ガチャガチャマシンをつくろう！」

Date & Time: September 7th (Sat), 10AM~Noon Place: West Children's Center

Eligibility: Elementary School Students up to 18 years old who live in Hamura City

Capacity: First 20 Fee: ¥90 Please bring indoor shoes, handkerchief, drink, and participate fee.

Application: Please call or visit the center between August 19th (Mon) ~ September 5th (Thu), 9AM ~ 5PM.

< Haunted House > おばけやしき

Feel cool when you visit Haunted House!

Date & Time: August 22th (Thu), 1:30PM~2:30PM Place: West Children's Center

Eligibility: Elementary School Students up to 18 years old who live in Hamura City

Capacity: First 50

Application: Please come to West Children's Center at the same day.

< Daytime Moon Observation > 中央児童館 屋間の月観測会・ファミリー天体観測会Date & Time: September 13th (Fri), 4PM ~ 4:30PM**<Family Stargaze Event>**☆☆Date & Time: September 13th (Fri), 7PM ~ 8PMFor Both of Above: Fee: Free Eligibility: 1st Grader ~ 18 years old

(Junior High School Students or younger must be accompanied by an adult.) *No Reservation Needed

May not be held in bad weather. *A notice will be issued at 3PM.

Place and Inquiries: Central Children's Center ☎042-554-4552

図書館おはなし会

STORY TELLING EVENTS, etc.

Voiced reading of children's stories from picture books and picture panel shows (*Kamishibai*) are enjoyed by children of any culture. Stories are for respective age-groups with consideration to their comprehension level. Admission fee and reservation are not needed.

▶ **at the Main Library** ☎042-554-2280 (Picture Books)Story Telling for Preschoolers >> September 14th(Sat), 11AM~▶ **at Kawasaki Branch Library** ☎042-554-2280Story Telling for all children >> Picture Book August 21st (Wed), 3PM~**<Movie for Children>** ゆとろぎ 子ども映画会Date & Time: September 8th (Sun) 10:30AM~11:30AMPlace: Yutorogi Small Hall Fee: FreeFeature Movie: "Gauche the Cellist", "Poor god and Fortune God" and other film will be showed.

Come to Yutorogi on day of event.

宝くじ文化公演 由紀さおり・安田祥子コンサート

< Lottery Campaign Cultural Performances ~ Saori Yuki and Sachiko Yasuda Concert >

Welcome to Saori Yuki and Sachiko Yasuda Concert to enjoy in beautiful Japanese melodies.

Date: November 16th (Sat), concert starts 6PM (door opens 5:30PM)Place: Yutorogi Main Hall all assigned seatsFee: Advance selling ticket ¥2,500 Ticket of performance day ¥3,000 (all assigned seats)

* For supporting Lottery campaign, special discount will be available.

* Small children of preschool age will not be allowed admission. If you need childcare, please apply till

Nov 6th (Wed) in Yutorogi Center's reception desk.Tickets Selling: Starting from Aug 16th (Fri) 9AM~ (closed on Monday exclude holidays') 9AM~8PM at Yutorogi.Sponsors: Hamura City Hall, Hamura City Board of Education and Jichi Sogo CenterInquiries: Yutorogi ☎042-570-0707