



# HAMURA NEWS



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

May 15th, 2025

ご存知ですか Jアラート (全国瞬時警報システム)

## <Do you know about J-Alert (Japan Alert System)?>

Inquiries: Bousai Anzen Ka, Kiki Kanri Kakari ☎Ext. 217

### [What is J-Alert ?] Jアラートとは

J-Alerts are issued by the government in the event of an emergency, such as earthquake information, weather information and national protection information, etc. Information from the national government is instantly notified to residents through speakers on the disaster prevention administrative radio, e-mail distribution service of cities, towns and villages.

### <J-Alert notification> Jアラートでお知らせすること

#### Earthquake Emergency Warning

When an earthquake of seismic intensity low 5 or higher / long-period seismic motion class 3 or higher is predicted to occur in the city.

#### Weather Information

When heavy rain and flood warnings, landslide disaster advisories and special heavy rain warnings are issued for the city.

#### National Protection Information

When there is a danger of ballistic missiles or large-scale terrorist attacks in the city, warning information will be provided.

### <When a J-Alert is issued> Jアラートが発信されたら

#### The actions when a major earthquake happened

- When you feel a tremor or receive an earthquake early warning, act your personal safety as the top priority.
- If you are using a fire, do not panic and put out the fire after the tremors stop.
- Do not rush to go outside!
- If you feel a tremor in outside, stay away from block walls.



#### Actions to be taken in the event of typhoons and other windstorms and flooding

The following actions can be taken in advance of typhoons and other wind / flood disasters.

- Check the hazard map of your house in advance.
- When a typhoon is approaching, get information from TV or Internet.
- Take appropriate action at an early stage according to the situation, and if you need to evacuate, do so as soon as possible.

#### Actions to be taken in preparation for a falling ballistic missile

- If you are outside, evacuate to a building or underground.
- Close to window is dangerous. Please move to a place where you cannot see outside.
- If you cannot escape to a building, hide in the shadows, get down and protect your head.

### <Periodic Test Broadcasts are held> 定期的な試験放送を行っています

The city conducts operational checks four times a year to ensure that J-Alert information is reliably

transmitted. The next test broadcast will be as follows:

Date and Time: May 28th (Wed), 11AM

On the day of the test, the city's Disaster Prevention and Administration Radio will broadcast a chime ※ and "This is a J-Alert test" after a preliminary announcement. Please note this is a Drill.

※ Chime: Not an actual siren sound, but a sound to announce the start of the test broadcast.



第 28 回 羽村市消防団ポンプ操法審査会

### <The 28th Hamura City Fire Brigade Pump Maneuvering Competition>

The Pump Maneuvering Competition is a competition in which firefighters are judged on their discipline, speed, and accuracy in firefighting activities using a fire pump truck. Each division competes against each other to see how well they have performed in their daily training.

The results of their daily training will be judged. We look forward to your support.

Date and Time: June 1st (Sun) 9:30AM~

Location: Hamura Daiichi Junior High School

Inquiries: Bousai Anzen Ka, Kiki Kanri Kakari ☎Ext. 207

### ★The 3rd Time★

★第3回★

ひとときマルシェ&ミニドッグパーク in 富士見公園

### <Hitotoki Marche & Mini Dog Park in Fujimi Park>

Kitchen cars, workshops, and stores for dogs will be lined up. A part of the children's plaza will be opened as a 「mini dog park」 where dogs can play freely.

Date and Time: May 24th (Sat), 10AM~4PM

Location: S&D Sports Park Fujimi

※ When using the dog park, a fee of JPY500 will be charged for cleaning and disinfecting the facilities.

Inquiries: Wing Park (Fujimi Park Clubhouse) ☎042-555-4342.

東京都多言語相談ナビ

### <Tokyo Multilingual Consultation Navi>

Tokyo Metropolitan Foundation "TSUNAGARI" has established a consultation service for foreign residents living in Tokyo to help them with any problems or questions they may have in their daily lives.

Consultations are available by phone. They are free of charge.

Use the services if you would like a consultation about subjects like these:

- About living in Japan and administrative procedures.
- About families and children.
- About Japanese classes in your neighborhood.

Contact Phone Number: ☎0120-142-142

Hours: Weekdays 10AM~4PM (not available on weekends, holidays and the New Year holiday period).

\* A toll free number.

\* Depending on the consultation content, you will be guided to the appropriate organization or reception.

\* Requests for interpretation are received through requests from public institutions and others.

Interpretation is free of charge.

\* Consultations and interpretation are available for up to one hour.

Sponsored by: Tokyo Metropolitan Foundation "TSUNAGARI"



## < Men's Kitchen > メンズキッチン

### ~ Nutritious balanced meals to get through the summer!

夏を乗り切る栄養満点バランスごはん！

There are some nutritious and healthy recipes that are easy but tasty even on a hot day will be introduced.

Date: June 18th (Wed) 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: Hamura Male Residents

Capacity: 16 (in order of application)

Fee: JPY300 (for cooking practice fee)

Things to Bring: Apron, bandana, mask and health book (if you have).

Details: Health sessions and Cooking practise.

Application & Inquiries: From May 16th (Fri), please call or email to Kenko Ka (in Hoken Center) ☎Ext.625 /✉s305000@city.hamura.tokyo.jp with information of [①name ②age ③daytime contact phone number ④address].



生ごみ堆肥化講習会

## < Composting Food Waste Using a Cardboard Box Course >

Why don't you try to reduce waste by composting food scraps?

There are two methods of composting: one using cardboard and the other using a fermentation accelerator (which contains microorganisms).

The compost can be used for growing vegetables.

Date and Time: June 15th (Sun) 10AM~11:30AM

Location: Primo Hall Yutorogi Creative Room 2.

Eligibility: Hamura City residents or worker. Capacity: 15 (in order of application)

※ Composting materials used in the workshop can be taken home.

Application & Inquiries: May 16th (Fri) ~ June 6th (Fri), please call or in person to Seikatsu Kankyou Ka ☎ Ext.205.



助成

## SUBSIDY

飼い主のいない猫の不妊去勢手術費等を助成します

### <City will subsidize the cost of infertility castration surgery for CATS without owners>

The city subsidizes part of the surgery costs to organizations that perform sterile castration surgery on cats without owners.

Eligibility: An organization that meets all of the following conditions.

- 1) An organization consisting of 3 or more people who carry out improper breeding prevention activities  
※ (including 2 or more adults).
- 2) The representative is Hamura citizen.
- 3) Being an organization registered in the city.

※ Improper breeding prevention activities: Activities to prevent the impact on the living environment such as pollution caused by unreasonable breeding of cats without owners in the city.

Subsidy details: Infertility castration surgery costs for cats without owners (upper limit: JPY10,000 for female cats, JPY5,000 for male cats).

\*\* For details on how to register a group, please check the city official website.

Inquiries: Kankyou Seisaku Ka ☎Ext. 226

健康

## HEALTH

### <The 37th Annual Cavity Tooth Birthday> 第37回 ムシ歯の誕生日

#### ■ June 4th ~ 10th is [Dental and Oral Health Week]

Oral health care is an important part of maintaining good health, but it is often an afterthought during emergencies. At Cavity Tooth's Birthday, we will discuss how to take care of your oral health daily basis in

order to be prepared for emergencies.

Date and Time: June 7th (Sat) 2PM~4PM

Location: Hoken Center

Details: ○ Lecture 「Oral Health Management for Emergencies」

○ Bingo tournament

Lecturer: Mr. Akira Hamura (Nippon Dental University, specially appointed professor).

Sponsor: Hamura Dental Association.

Supported by: Nishitama Dental Association, Hamura City.

Inquires: Hamura Dental Hospital ☎042-570-4618



30歳. 35歳健康診査の受診

### AGE 30, 35 HEALTH CHECKUPS

Good health from a young age will help prevent lifestyle-related diseases in the future.

If you have not had a chance to have a medical checkup, this is your chance to get a free medical checkup.

Term: June 2nd (Mon) ~ Oct 31st (Fri).

Eligibility: Those who are applicable all of the following ① to ③.

①Those who are residing in Hamura City.

②Become Age 30 or 35 in FY 2025 (who was born April 2nd,1995 ~ April 1st, 1996 or April 2nd, 1990 ~ April 1st ,1991)

③Unable to have any others health checkup opportunity.

※ Pregnant woman (during pregnancy and for one year after delivery) is exclusion.

※ Checkup is once a year.

※ For details, please check city official website or inquiry.

Application: Must be arrived on Oct 20th (Mon), please apply via 2D code in Hamura News ver. May 15th or send application form to Hoken Center.

※ Application form is available to download from city official website.

Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura City Hoken Center

Checkup Method: Please bring Health Checkup coupon issued by Hoken Center and documents with health insurance eligibility (My Number Card etc.) to specified medical facilities.

※ Please refer to the city's official website for information on medical institutions and medical checkup details.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.624.

### < Cervical Cancer Screening Term 1 >

子宮頸がん検診 (第1期)

Medical Facilities: Yorimitsu Ladies Clinic, Hamura Himawari Clinic, Wakakusa Iin, Fussa Hospital and Taisei Hospital (Fussa City)

Eligibility: Those who have Hamura resident's registration with age over 20 woman as the date of examination and has not been examined last year.

Details: Interview checking and Cervical Cytopathology (if the doctor deems it necessary, a Uterine Cytology test will be carried out.)

The following are not eligible for a checkup:

- Those who are currently undergoing treatment for a uterine disorder or under observation.
- Those who have undergone a total hysterectomy.
- Those who have a chance to check up at their place of work, etc.



### < Breast Cancer Screening Term 1 >

乳がん検診 (第1期)

Medical Facilities: Fussa Hospital, Taisei Hospital (Fussa City) and Shinmachi Clinic (Ome City).

※ The group breast cancer screening at the Health Center will be held in September and December. Applications will be accepted in July or October.

**Eligibility:** Those who have Hamura resident's registration with age over 40 woman as the date of examination and has not been examined last year.

**Fee:** JPY1600 (exclude Welfare Recipients).

※ Please pay at the hospital on examination day.

※ Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.

**Details:** Interview checking, Mammography screening (X-ray) and Clinical breast examination (only Taisei Hospital).

The following are not eligible for a checkup:

- Pregnant , possibility to be pregnant and breastfeeding
  - Female who has been breast augmentation or operations
  - Those who insert artificial objects such as pacemaker, VP shunts into bodies.
  - Under Mammary gland disease treatment and still need to follow-up.
  - Those who have a chance to check up at their place of work, etc.
- ※ For details, please check city official website or inquiry.



**<General items for breast and cervical cancer>** 子宮頸がん. 乳がん検診共通事項

**Term:** Jun 2nd (Mon) ~ Sep 30th (Tue) (exclude Sunday and Holidays).

**Application:** Starting from May 15th (Thu), please apply via 2D code on Hamura News ver. May 15th or postmail with the necessary information to the Kenko Center.

**Required information:** ①Name of checkup you wish to ②Medical facility you wish to ③Address  
④Name (furigana) ⑤Date of birth and Age ⑥Contact phone number in daytime.

**Send to:** 〒205-0003 5-5-2 Midorigaoka, Hamura city, Hamura City Hoken Center.  
Gan Kensin (Cancer Screening) Tanto

**[NOTE]**

- You can apply for both breast and cervical cancer screening with one postcard or sealed envelope.
- After the application is submitted, a screening slip will be sent to you within 2 weeks. Please check the information after it arrives and make an appointment at the medical institution of your choice.
- It takes about one month to receive the results of the checkup.
- ※ If you have any symptoms, please visit a medical institution and see a doctor instead of taking the medical checkup.

**Inquiries:** Kenko Ka (in Hoken Center) ☎Ext. 625.

**< Free Coupons for Female-specific Cancers Screenings >** 女性特有のがん検診 無料クーポン券送付します

Hamura City will provide coupons (subsidy certificate) for free cancer screening for Cervical or Breast Cancer .The new coupon will be mailed to the applicable residents in late May.

**[FY2025 Coupons eligibility]**

- Cervical Cancer coupons (about JPY5,000) - Those were born April 2nd, 2004 ~ April 1st, 2005.
  - Breast Cancer coupons (about JPY10,000) - Those were born April 2nd, 1984 ~ April 1st, 1985.
- ※ For details on how to use this service, please see the enclosed guide.

**Inquiries:** Kenko Ka (in Hoken Center) ☎Ext.625.

環境

## ENVIRONMENT

**<Raccoons and Masked Palm Civet Control Project>** アライグマ・ハクビシンの 防除事業を行っています

The impact of raccoons and masked palm civets, which are invasive alien species, have become a widespread issue on living environments and ecosystems. There are reports of sightings and consultations regarding damage in the city.

Since 2023, the city has been participating in the "Tokyo Metropolitan Government Raccoon and Masked Palm Civet Control Implementation Plan" and has been working to control.

When raccoons and masked palm civets meet the requirements, they are captured using "box traps". Please contact if you have suffered damage to your building, feces and urine (especially in the ceiling), fish you keep, fruit trees in your garden, etc., which you believe to be caused by raccoons and civets.  
Inquiries: Kankyou Seisaku Ka ☎Ext. 226.

証明書のコンビニ交付を一時停止します

### < Certificate of Automated Registry Machine at convenience stores will stop service >

Due to system maintenance, delivery at convenience stores will be temporarily suspended.

If you need a copy of residence certificate or taxation (tax exemption) certificate, please come to Shimin Ka or Kazei Ka to apply. Your understanding will be highly appreciated.

Date and Time of suspension: June 9th (Mon) 6:30AM ~ 11PM (whole day).

※ Convenience store delivery...You can use My Number Card to obtain certificates at convenience stores with multi-copy machines. Please refer to the city's official website or inquiry for more information about certificates that can be obtained.

Inquiries: ○ Tax (Tax exemption) Certificate ~ Kazei Ka, Shimin Zei Kakari, ☎ Ext. 162

○ My Number Card for convenience store reception, Shimin Ka, Uketsuke Kakari, ☎Ext. 122.

6月1日(日)~7日(土)は水道週間

### < Waterworks Promotion Week - June 1st (Sun) ~ 7th (Sat) >

Why don't you come and learn more about the city's waterworks projects?

To encourage greater interest in waterworks projects, during Waterworks Week, we will display quake-resistant water pipes and rainwater infiltration chamber that allow rainwater to percolate into the ground.

Also, on the first day of each month (or the next business day if it is a holiday), visitors can tour the water distribution tower.

June Tour Date and Time: June 2nd (Mon)...9AM~Noon / 1PM~5PM (Reception: Till 4:30PM)

※ It may be cancelled due to bad weather.

Location: The 1st Water Tower (Water Service Office)

Inquiries: Suidou Jimusho (Waterworks Office) ☎042-554-2269



介護保険料の年金引落しに変わる方へ

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

For those who have been paying long-term care insurance premiums by payment slip or account transfer and pension is JPY180,000 or more will have their long-term care insurance premiums deducted from their pension.

A "Notice of Special Collection of Long-Term Care Insurance Premiums (Pension Draft)" will be sent in late May to those who will have their premiums deducted from their pensions in June 2025.

FY 2025 Long-term care insurance premiums will be finalized in early July, and a notice of determination will be sent.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari, ☎Ext. 143

6月2日(月)が納期限の税金・保険

### < Taxes and Insurance Due on June 2nd (Mon) >

■ Fiscal year 2025

Property Tax, City Planning Tax : 1st term,

Light Vehicle Tax (by type) : All terms.

Inquiries: Kazei Ka (Tax Payment) ☎Ext. 190





「ブレスト・アウェアネス」で乳がんの早期発見を！

**Early detection of breast cancer through "Breast Awareness"!**

**[What is breast cancer?] 【乳がんとは】**

Breast cancer is the number one cancer that affects Japanese women and is the fourth cause of cancer death among women. Breast cancer most commonly affects women in their 40s to 60s, but some women develop the disease in late 20s. Rarely, men also develop the disease, and approximately 700 men are diagnosed annually. Early detection and treatment are important.

**[People at high risk of developing breast cancer] 【乳がんの発症リスクが高い人】**

- Early age of menarche and late menopause.
- High age of first childbirth, no history of childbirth, and no history of breastfeeding.
- Have a family member (especially mother, sister, or daughter) who has had breast cancer.
- Lifestyle habits such as postmenopausal obesity, alcohol consumption, smoking, and lack of exercise.

**[What is Breast Awareness?] 【ブレスト・アウェアネスとは】**

Breast awareness is a lifestyle habit that leads to early detection. Specifically, the following four things should be done in your daily life.

- ① Be aware of the condition of your breasts: Look at your breasts when you change clothes, take a bath, and at other times to see if there are any changes.
- ② Be aware of changes in the breast: Secretions (something comes out, underwear/underwear near the nipple gets dirty) / Erosions (sores, redness, bleeding) / Skin indentations or pulls (dimpling, left-right difference) / Pain (especially in the armpit or upper outer part of the breast, pain persists) / Lumps
- ③ Consult a doctor (breast surgeon or gynecologist) as soon as you notice any change.
- ④ Get regular breast cancer checkups, even if there is no change, get checkup once every two years at the age of 40. The Kenko Ka (Health Section) provides breast cancer screening for women over 40 years old. For details, see official city website.

At the Health Center, public health nurses and nutritionists are available for consultation on physical condition, diet, and mental health. Please feel free to consult with them.

情報アラカルト

**MISCELLANEOUS INFORMATION**

S & Dスポーツアリーナ羽村 **S&D Sports Arena Hamura ☎042-555-0033**

**<Senior Jazz Dance Trial Session> シニアジャズダンス体験会**

Let's enjoy dancing all the time with the aim of building a body to dance!

Date: June 11th, 18th, and 25th (all Wednesdays), 1PM ~ 2:15PM

Location: The 3rd Hall

Eligibility: Female 60 years old and over,

Capacity: 12 (in order of application) ※ Non-members of Musupo are preferred

Fee: JPY550 / each session

Applications & Inquiries: From May 16th (Fri), please apply via email, call or in person to Hamura Sports Club Hamusupo (inside S&D Sports Arena Hamura) ✉hamusupo@gmail.com, ☎042-519-5712.

※ In case of phonecall or in person, 3PM~5PM, Tue~Fri.

**<Swimming pool will be closed for general use> 一般利用中止 スイミングセンタープール**

Due to swimming lessons for elementary school students at S&D Swimming Plaza Hamura, the swimming center pool will not be available on the following days. Thank you for your understanding.

Date	Unavailable Hours	Hours of general use
June 11th (Wed). 25th (Wed)	Open ~ 3:40PM	4PM ~ Close
June 27th (Fri). July 1st (Tue). 9th (Wed) and 16th (Wed)	Open ~ 12:30PM	1PM ~ Close



こそだて 掲示板

**CHILDREN AND PARENTS Board of Directors**  
**FOR PARENTS**

羽村市 子どもの学習支援事業 「スタディはむら」参加者募集

**<Hamura Children's Learning Support Project "Study Hamura" Participants Wanted>**

City will support the study of children from economically disadvantaged families.

If you have any problems with learning, such as "I want to get into the habit of studying," "I don't understand the lessons well" or "I am worried about going on to higher education or career paths", please join the program.

Eligibility: Junior high school students from economically needy families living in the city.

Location: Public facilities in the city.

Date & Time : 5:50PM ~ 7:50PM every Wednesday (about 2 hours), (exclude national holidays and year-end and New Year holidays)

※ Free of charge. Please bring your own textbooks and notebooks.

※ Before using the service, an interview will be held with the parents and the child.

※ There are requirements for use. Please inquire for details.

Inquiries: Shakai Fukushi Ka, Shomu Kakari ☎Ext. 113

児童館の消毒を行います

**<Children Centers' disinfection will be held>**

Due to disinfection (pest control) of the Children's Hall, the opening hours will change.

Date	Children Center	Opening Hours	Inquiries
June 1st (Sun)	East Children Center	9AM ~ 3PM	☎ 042-570-7751
June 8th (Sun)	Central Children Center		☎ 042-554-4552
June 15th (Sun)	West Children Center		☎ 042-554-7578

**■ <Regarding to Children Development Consultation>**

お子さんの発達に関する相談

① こどもの発達に関する総合相談

◆ General Consultation for Children Developmental Concerns

Date: Monday ~ Friday (exclude Holidays)

Eligibility: Under Age 18

② ことばの相談

◆ Speaking Consultation ~ "Speech therapist"

June Dates: June 4th (Wed) and 20th (Fri).

Location: Hoken Center

Application & Inquires: Children Family Center (in Hoken Center) ☎Ext. 694.



**■ <Baby Massage at West Children Center>** 西児童館でベビーマッサージ

Enjoy parent-child skin ship by massaging the baby's whole body with gentle hands. It is fine to wear clothes during massaging.

Date & Time: May 26th (Mon), 10:30AM ~ 11:30AM

Eligibility: Babies from 2 months to 6 months and their parents/guardians

Capacity: 5 pairs (in order of application)

Thing to bring: Bath towel



Application & Inquires: From May 16th (Fri), 9AM ~ 5PM, please apply via call or in person to the West Children Center ☎042-554-7578.

### **FOR CHILDREN**

#### **CENTRAL CHILDREN CENTER ☎042-554-4552**

##### ■ **<Workshop "Star Box">** 工作ひろば「星の箱」

Date and Time: May 31st (Sat) 1:30PM ~ 2:30PM (Meet: 1:20PM)

Eligibility: Elementary school students ~ 18 years old residing in the city

Capacity: 12 (in order of application)

Things to Bring: Bag to put your work in, handkerchief and water bottle (water or tea) if you need one.

Application: From May 17th (Sat) 9AM ~ 5PM, either by phone or in person at the Central Children Center.

#### **WEST CHILDREN CENTER ☎042-554-7578**

##### ■ **<Handmade Toy Class>** 手作りおもちゃ教室

「おでこ風ぐるま」「くるくるフライヤー」など、数品目の中から好きなものを作ります。

**Choose and make your favorite one from several "Forehead Windmill", "Kuru Kuru Flyer", etc.**

Date and Time: June 14th (Sat) ①10AM~Noon ②1PM~3PM

Eligibility: Elementary school students and younger (preschoolers must come with an adult)

Capacity: First 20 for each session



**<The event will be held on the same day.>** 同じ日に行います

○ Pitching Machine Game]

○ Toy Hospital

Broken toys can be repaired and available for consultations.

Helper : Toy Hospital Nejimawashi

東児童館

#### **EAST CHILDREN CENTER ☎042-570-7751**

##### ■ **<WAKUWAKU HAPPY DAY ~ Welcome to Ecoland>** わくわくハッピーデー

Date and Time: June 22nd (Sun), 10AM ~ 2PM

Location: 1st floor Meeting Room

Eligibility: For those who are age 0~18 and guardians.

Capacity: 100 (ticket system, ends when tickets run out).

Free tickets distribution: June 2nd(Mon) ~ 21st(Sat) 9AM~4PM, the tickets will be distributed at East Children Center's counter.

※ For elementary school students or above, please come to pick up by yourself directly.

Things to bring: Bag for bring back rewards etc.

プリモライブラリーはむら

#### **Primo Library Hamura ☎042-554-2280**

##### **< Panel Theater for Preschoolers at Main Library >**

Date and Time: June 14th (Sat) 11AM~

##### **< Story Telling for Elementary School students at Main Library >**

Date and Time: June 21st (Sat) 11AM~



「団体のひろば」

### **< GROUPS SQUARE >**

This is a page to support civic activity groups in the city.

After reviewing the application, you may apply to be listed on the website to . Please inquire for details.  
Inquiries: Chiiki Shinkou Ka, Shimin Katsudou Center Kakari ☎Ext. 632.

## MEMBERS RECRUITMENT 会員募集



### ● <Mermaid mama> マーメイドmama

Let's become friends to improve your physical fitness through swimming. Beginners are welcome!

Date and Time: Every Tuesday, 10AM~Noon Location: S&D Swimming Plaza Hamura.

Eligibility: Female (age 20 or over) Capacity: 5 Fee: JPY2,500 monthly, Admission fee JPY1,000.

Inquiries: Shimada San ☎042-555-2757

### ● <Wai Wai Seal T Club (swimming class)> ワイワイシールTクラブ (水泳教室)

Those who want to start swimming for health and experienced swimmers are welcome!

Date and Time: Every Tuesday, 11AM~1PM Location: S&D Swimming Plaza Hamura

Eligibility: Age 18 or over Fee: JPY3,500 monthly, admission fee JPY1,000

Inquiries: Uchida San ☎ 090-5752-0508

### ● <Jikyou Jutsu YuuYuukai > 自彊術悠々会

This is the first health exercise in Japan. Feel free to join.

Date and Time: Every Friday, 10AM~12PM Location: Sakae Kaikan

Fee: JPY2,800 monthly (including venue fee), admission fee JPY3,000.

Inquiries: Hosokawa San ☎042-555-5808

### ● <Fitness>

Come enjoy light dancing and stretching under the guidance of the instructor.

Date and Time: Every Thursday, 3PM~5PM Location: S&D Sports Arena Hamura 1 & 2 Meeting room

Eligibility: Age 55 or over Capacity: 10 Fee: JPY2,500 monthly

Inquiries: Tamura San ☎090-4949-8072

### ● <Tomo no Kai (Friends' Group)> 朋友の会

Let's have fun learning Chinese while chatting. Feel free to visit.

Date and Time: Wednesday (3 times a month) 10AM~Noon Location: Primo Hall Yutorogi

Fee: JPY1,500 monthly Inquiries: Shimizu San ☎0428-32-5095

### ● <Ocarina Circle Andante> オカリナサークルあんだんて

Ocarina Circle Andante entertains everyone with the beautiful sound of ocarina at recitals etc.

Date and Time: 1st and 3rd Fridays 10:30AM~11:30AM Location: Primo Hall Yutorogi Music room

Eligibility: Anyone Fee: JPY3,500 monthly, admission fee JPY1,000

Inquiries: Honda San ☎ 090-4396-7886

### ● <Hamura Engijuku> 羽村えんぎ塾

Free private tutoring for elementary and junior high school students in Hamura City.

Date and Time: Every Thursday 7PM~9PM Location: Community Center

Eligibility: The students of Elementary school and Junior High School.

Inquiries: Hamura Engijuku website: <https://hamuraengijuku.studio.site/contact>



### ● <Circle Wakakusa (Table Tennis)> サークル若草 (卓球)

Let's have fun playing ping-pong, whether you are an experienced player or beginner.

Date and Time: Every Wednesday 9AM~Noon Location: S&D Sports Arena Hamura

Eligibility: Age 20 ~ 80 Capacity: 5 Fee: JPY600 monthly, admission fee JPY1,000

Inquiries: Araki San ☎042-554-7250

Please contact each group for information on events and membership recruitment. Each group information are available in city official website.