



# 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, 2026

防災気象情報が新しくなります

## <New Disaster Prevention Weather Information System>



Inquiries: Tokyo Regional Meteorological Observatory ☎ 042-497-7216.

The Water Management and Land Conservation Bureau of the Ministry of Land, Infrastructure, Transport and Tourism and the Japan Meteorological Agency will begin operating a new disaster prevention weather information system in May 29th, 2026.

Under the new system, warnings for river flooding, heavy rain, landslides, and storm surges will be aligned with a five-tier alert system designed to guide evacuation actions. Warnings will be issued with numerical designations in their names corresponding to the level of disaster risk.

Current heavy rain warnings and advisories will undergo significant changes, including the introduction of a new "Special River Flood Warning" corresponding to Level 5 and a "Danger Warning" corresponding to Level 4.

If a Level 3 warning or Level 4 Danger Warning is issued, please follow evacuation orders issued by local authorities.

Please refer to [Kikikuru], which displays areas where the risk has increased due to heavy rain on a map and river water level information, if you are in a dangerous area, please make every effort to evacuate early.

A special page on the Japan Meteorological Agency website features various materials regarding the new disaster prevention weather information. We ask that you decide in advance, within your household, company, or organization, what actions to take when disaster prevention weather information is issued.

### ■ Disaster Prevention Weather Information

	River Flooding	Heavy Rain	Landslides	Storm Surge
Alert Level 5 Equivalent	Level 5 Flood Special Warning	Level 5 Heavy Rain Special Warning	Level 5 Landslide Special Warning	Level 5 Storm Surge Special Warning
Alert Level 4 Equivalent	Equivalent to Level 4 Flood Danger Warning	Level 4 Heavy Rain Danger Warning	Level 4 Landslide Danger Warning	Level 4 Storm Surge Danger Warning
Alert Level 3 Equivalent	Level 3 Flood Warning	Level 3 Heavy Rain Warning	Level 3 Landslide Warning	Level 3 Storm Surge Warning
Alert Level 2	Level 2 Flood Advisory	Level 2 Heavy Rain Advisory	Level 2 Landslide Advisory	Level 2 Storm Surge Advisory
Alert Level 1	Early Warning Information			

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



J-Alert is a system that instantly notifies residents of information from the government, such as earthquake alerts, weather warnings, and civil protection information when an emergency occurs. This information is transmitted via municipal disaster prevention public address systems and email notification services.

**<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 warning and heavy rain special warnings etc. 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 大地震のときは

- 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 台風などの風水害のときは

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 弾道ミサイル落下に備えた行動は

- 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 : 次の動作確認

Date and Time: June 3rd (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.

6月1日(月)~7日(日)は水道週間

**< Waterworks Promotion Week - June 1st (Mon) ~ 7th (Sun) >**

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.

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

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

※ It may be cancelled due to bad weather.

Inquiries: Suidou Jimusho (Waterworks Office) ☎042-554-2269, FAX042-554-2573.



リーズ環境を考える なるほど、そうだったのか

<The Series Thinking about the Environment>



第129回 賞味期限と消費期限

<Episode 129: Best-Before Dates vs. Use-By Dates>

Cool: This time, we're continuing our discussion on food waste from last time with a topic titled "Let's Understand the Meaning of Best-Before Dates Correctly."

Eco: The meaning of "Best-before dates"?

Cool: That's right. A "Best-before date" is just a guideline for when food tastes its best. It doesn't mean you can't eat it after that date.

Eco: I bet a lot of people confuse it with the "Use-by date."

Cool: That's right. The "Use-by date" is found on perishable items like salads and rice balls, and it indicates the date by which the food is safe to eat. It means "use by" or "consume by." But the "Best-by date" is found on foods that can be stored for a long time, and it indicates the date by which the food is best enjoyed.

Eco: The date by which it's best enjoyed?

Cool: The taste doesn't change immediately the next day; it might change gradually, or it might not change much at all. That's where experience comes in. We need to be flexible and find ways to avoid throwing things away unnecessarily.

Eco: Experience, you say... I'll ask an adult about that.

Cool: Exactly. And the most important thing is to firmly remind yourself, "You must not waste food." After all, the first thing you shouldn't do is buy more than you need.

Eco: Producing food for people puts a huge strain on the environment, doesn't it?

Cool: Exactly. To prevent the climate crisis, we have to start with the things we can do right away. Also, make sure to follow the storage instructions listed on food packaging. And as a general rule, once you've opened something, eat it as soon as possible, regardless of the expiration date.

Eco: Yes. The "Best-by date" is just a guideline. I'll make sure to "enjoy my food" and "not waste it."

Inquiries: Kankyoku Seisaku Ka, ☎Ext. 227.

東京都多言語相談ナビ

<Tokyo Multilingual Consultation Navi>

Tokyo Metropolitan Foundation 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".

## INFORMATION



証明書のコンビニ交付を一時停止

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

If you need a copy of taxation (tax exemption) certificate, please come to Shimin Ka or Kazei Ka to apply.

Date and Time of suspension: June 7th (Sun) ~ 9th (Tue) (whole day).

※ For more information on the certificates and other documents available at convenience stores, please check the city's official website.

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.

介護保険料の年金引落しに変わる方

### < Nursery Care Insurance Premiums deducted from your Public Pension >

A [Notice of Special Collection of Nursery Care Insurance Premiums (Pension Deduction)] will be sent in late May to those whose premiums will be deducted from their pensions starting in June.

The premium amounts for June and August are provisional annual premiums calculated based on your income bracket for the FY2025. The FY 2026 Nursery Care Insurance premiums will be finalized in early July, and a notification of the final amount will be sent.

※ If your pension is JPY180,000 or more, your Nursery Care insurance premiums will be deducted from your pension.

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



環境

## ENVIRONMENT

### <Why Solar Power Now?> 今、なぜ太陽光発電？

住宅に設置するメリットと留意点および導入方法

### ~ Benefits, Considerations, and Installation Methods for Residential Solar Power Systems

This seminar provides a comprehensive overview of solar power systems, covering benefits, installation costs, maintenance expenses, and other financial considerations.

Date & Time: June 13th (Sat), 10AM ~ Noon.

Location: Primo Hall Yutorogi, Lecture Room.

Capacity: 30 (in application order).

Lecturer: Cool Net Tokyo (Tokyo Metropolitan Environment Corporation).

Application & Inquiries: May 25th (Mon) ~ June 11th (Thu), please apply via application form or call Kankyou Seisaku Ka, ☎ Ext. 226.

### <Raccoons and Masked Palm Civet Control Project> アライグマ・ハクビシンの 防除事業

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.

飼い主のいない猫の不妊去勢手術費等を助成

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

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

- 1) An organization consisting of 3 or more people (including 2 or more adults) who carry out improper breeding prevention activities ※.
- 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

### < Composting Food Waste Using a Cardboard Box Course > 生ごみ堆肥化講習会

You can try two different composting methods: one using cardboard and another using a fermentation accelerator.

The compost you make can be used for growing vegetables and other purposes.

**Date & Time:** June 6th (Sat) 10AM~11:30AM.

**Location:** S&D Sports Park Fujimi Clubhouse, 1st Floor Open Space.

**Eligibility:** Hamura City residents or worker.

**Capacity:** 15 (in order of application).

**Application & Inquiries:** May 18th (Mon) ~ 29th (Fri), please call or in person to Seikatsu Kankyou Ka ☎ Ext.204.



健康

## HEALTH

女性特有のがん検診 無料クーポン券

### < Free Coupons for Female-specific Cancers Screenings >

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.

If you pay by yourself, Breast Cancer is about JPY10,000, and Cervical Cancer is about JPY5,000.

#### [FY2026 Coupons eligibility]

- Breast Cancer: Those were born April 2nd, 1985 ~ April 1st, 1986.
  - Cervical Cancer: Those were born April 2nd, 2005 ~ April 1st, 2006.
- ※ For details on how to use this service, please see the enclosed guide.

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



### < 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.



### < 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 currently undergoing treatment for or under observation for uterine conditions.
- Those who have undergone a total hysterectomy.  
(In some cases, care may still be available. Please consult)
- Those who have the opportunity to receive care through their workplace etc.

乳がん. 子宮頸がん検診共通事項

### <General items for breast and cervical cancer >

Term: Jun 1st (Mon) ~ Sep 30th (Wed) (exclude Sunday and Holidays).

※ In application order and space is limited.

Application: Starting from May 15th (Fri) ~, via application form or 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

- 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.



杏林大学共催運動健康増進プログラム 体力測定と運動講座

### < Exercise Promotion with Kyourin Univesity

~ "Physical Fitness Measurement and Exercise Session" >

Execute physical fitness measurements, explain results and advise helpful exercises.

Date: June 13th (Sat).

**[General Items]** Measurements of Blood Pressure, Grip Strength, Body Composition, Long sitting forward bending and Raise upper body.

**[20-64 years old]** Time: 1PM ~ 2:30PM.

Details: Standing long jump, side-to-side jumps, and brisk walking.

**[65-79 years old]** Time: 10AM ~ Noon.

Details: One-Legged Stand with Eyes Open, 10-Meter Obstacle Walk, 6-Minute Walk.

Location: S&D Sports Arena Hamura, 2F conference room and 3rd Hall.

Eligibility: . Hamura Resident age is from 20 to 79 as of April 1st, 2026.

. For those who not participated the previous checking.

. For those who had not limit exercise from doctor order.

Capacity: 16 for each course (in order of application).

Lecturers: Mr. Hiroyuki Ishii, Mr. Keita Aihara (Physical Therapist) and Ms. Mina Kusuda (Certified Health and Fitness Instructor).

※ The details, please check city official website.

Application: May 16th (Sat) ~ June 10th (Wed), please call or in person to S&D Sports Arena Hamura  
☎042-555-0033.

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

メンズキッチン 肝機能を守ろう！

### <Men's Kitchen: Let's Protect Our Liver Function!

~ A Filling Menu Featuring Fish>

魚でととのう 大満足メニュー

Date & Time: June 25 (Thu), 10AM ~ 12:30PM

Location: Health Center.

Eligibility: Men residing in the Hamura City.

Capacity: 16 (in application order).

Fee: JPY300 yen (cooking class fee).

Things to Bring: Apron, bandana and mask.

Application & Inquiries: From May 18th(Mon), via email or call to Kenko Ka(in Hoken Center), ☎Ext.625.

※ If apply by email with information in text, ①Name, ②Age, ③Daytime Phone number, ④Address,

✉s305000@city.hamura.tokyo.jp



### HEALTH CARE TECHNIQUES 健康管理術

Inquiries Kenko Ka (in Health Center) ☎Ext.624.

体と心を整えるセルフケア

#### <Self care for Balancing Body and Mind>

It's been about a month since the start of the new school year. With changes in environment and mental fatigue piling up, this is a time when physical and mental health issues are likely to arise. Excessive stress can lead to hormonal imbalances and autonomic nervous system dysfunction, potentially worsening physical and mental health issues, so it's important to take early action.

#### ● Signs from Your Body 体のサイン

- ・ Trouble sleeping, waking up too early.
- ・ Feeling sluggish, unable to shake off fatigue.
- ・ Headaches or stiff shoulders.
- ・ Loss of appetite, stomach discomfort.

#### ● Signs from Your Mind 心のサイン

- ・ Feeling generally unmotivated.
- ・ Lack of drive.
- ・ Feeling down.
- ・ No longer enjoying things you used to enjoy, or feeling reluctant to do them.

#### ● Self-Care You Can Start Today 今日からできるセルフケア

Get some morning sunlight

This helps regulate your internal clock and stabilizes your mood.

Take Slow, Deep Breaths



Breathe in slowly through your nose and out slowly through your mouth. Making the exhalation longer than the inhalation helps your mind and body relax.

#### Get a Little Exercise

Even a short walk or some stretching is fine. It improves blood flow, reduces stress, and helps clear your head.

#### Talk to someone

Exchanging greetings or having a conversation can help change your mood.

#### Treat yourself kindly

Cherish small achievements, such as thinking, 「I managed this well today.」 This boosts self-esteem and creates mental space.

If you feel unwell, don't keep it to yourself. If you're struggling for an extended period, don't push yourself—please consult with family or someone close to you. Kenko Ka has public health nurses available for mental health consultations, so please feel free to reach out.

市からのお知らせはこんな方法で発信しています

### < HERE'S HOW THE CITY SHARES UPDATES WITH YOU >



City provides residents with a wide range of information, including administrative updates, event announcements, and disaster preparedness information.

The various methods to share this information are used, depending on the content, the urgency, and the circumstances of residents. We encourage you to make the most of these resources.

- ▲Hamura City News: Published twice a month on the 1st and 15th, and distributed to all households and businesses in the city. If you do not receive it or stop receiving it, please contact Hisho Kouhou Ka. The contents of the Hamura City News can also be downloaded from the city's official website.
- ▲City Official PR Site: Under the theme "A City Where It's Easy to Raise Children in Tokyo," this site features the smiling faces of families and the appeal of raising children in Hamura.
- ▲City Official Website: Features important announcements from the city, information tailored to daily life, disaster prevention information, and tourist guides.
- ▲Email Distribution Service: You can select the information you want from seven categories and receive it via email. Registration is free and can be done from both mobile phones and computers.
- ▲X @hamura\_tokyo: Regularly posts municipal news and event information. Disaster information is also posted in emergencies.

Inquiries: Hisho Kouhou Ka, Ext. ☎336.

▲TV Hamura: Using Tama Cable Network Co., Ltd., city broadcasts announcements and other information twice a month (on the 1st and 15th). You can view timely topics on YouTube.

Inquiries: Hisho Kouhou Ka, Ext. ☎505.

▲Public Safety Radio System: This system broadcasts information on fires, crime prevention, and other emergencies through speakers throughout the city. You can check the broadcast content by calling the toll-free number. (Toll-free ☎: 0120-554-994)

Inquiries: Bosai Anzen Ka, Ext. ☎207.

▲Hamura City Official LINE Account @hamura\_city

Receive information about daily life, such as municipal news and event updates, use the search function to find out how to dispose of and sort trash, and get answers to various questions from AI chatbot. In emergencies, city also provide disaster information. Select "Receive Settings" from the top menu and follow the instructions in the survey to configure the information you wish to receive.

※ This account is operated solely for the purpose of providing information but not respond to individual comments or inquiries.

Inquiries: Jouhou Seisaku Ka, Ext. ☎515.



情報アラカルト

## MISCELLANEOUS INFORMATION

子育て

### CHILDCARE

**<Consultation for child's development >** お子さんの発達に関する相談

(1) General Consultation Service for Child Development

Date: Monday ~ Friday (except holidays)

(2) Consultation on language

Date: June 3rd (Wed) and 19th (Fri).

Location: Hoken Center.

Eligibility: Under 18 years old

Application & Inquiries: Please apply via application form or call to Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 694.

S & Dスポーツアリーナ羽村

## S&D Sports Arena Hamura ☎042-555-0033

**<Heatstroke Prevention Seminar>** 熱中症対策講習会

Learn how to prepare for the heat!

Date & Time: June 11th (Thu), 7PM ~ 8PM.

Location: S&D Sports Arena Hamura, 2nd Floor Conference Room.

Capacity: 40 (in application order).

Lecturer: Mr. Takefumi Echigo (Otsuka Pharmaceutical Co., Ltd., Tokyo Metropolitan Area Branch No. 1, Tachikawa Office)

Organized by: Hamura City Board of Education.

Co-organized by: NPO Hamura City Sports Association, General Incorporated Association Hamura Comprehensive Sports Club "Hamuspo"

Application: May 17th (Sun) ~ June 4th (Thu), via application form, call or in person with [Name, Phone No. and Group name (if you are affiliated) at S&D Sports Arena Hamura ☎042-555-0033.

※ In-person and phone are available from 9AM ~ 5PM, excluding Mondays (except holidays).



『太極拳教室』参加者募集!

**<Participants Recruitment : "Tai Chi Class"!>**

Tai Chi is balance exercises that follow breathing techniques to harmonize the mind and body.

Their primary goals are health and longevity, without competing against others [12-Session Course].

**[Thursday Class]**: June 4th (Thu) ~ August 27th (Thu), 10AM ~ 11:30AM. (No class on August 13th.)

**[Friday Class]**: June 5th (Fri) ~ August 28th (Fri), 1:30PM ~ 3PM. (No class on August 14th.)

Location: S&D Sports Park Fujimi Conference Room.

Capacity: 20 Fee: JPY6,600 (for all 12 sessions) / JPY880 per session (pay-as-you-go)

Instructor: Ms. Noriko Sugibuchi.

Application: Please visit the S&D Sports Park Fujimi Clubhouse to complete your application.

Inquiries: Wing Park (Park Designated Manager) ☎ 042-555-4342.



第38回 ムシ歯の誕生日

**<The 38th Annual Cavity Tooth Birthday>**

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

Experts will provide detailed explanations about the causes, treatments, and management methods of periodontal disease.

Date and Time: June 6th (Sat) 2PM~4PM

Location: Hoken Center

Details: ○ Lecture: "What Is Periodontal Disease? ~ Prevention and Measures You Can Take Now ~"

○ Bingo Tournament.

Lecturer: Dr.Tomohisa Ogawa (Professor, Department of General Dentistry, Nihon University Dental Hospital)

Inquiries: Hamura Dentist Hospital ☎ 042-570-4618.

こそだて 掲示板

## CHILDREN AND PARENTS Board of Directors



### Children's Centers 児童館

**<Middle and High School Student Hours> Are Starting!** 〈中高生タイム〉が始まります！

Starting in June, each children's center in the city will extend its opening hours until 7PM one day a week to accommodate middle and high school students (excluding the year-end and New Year holidays).

It can be used in a variety of ways, such as spending time alone or enjoying chats and games with friends.

Wi-Fi is available in some areas of the children's center.

#### ◆ Junior High Schools / High School Student Hours Schedule

Central Children's Center	Tuesdays
West Children's Center	Thursdays
East Children's Center	Wednesdays

#### ◆ Opening Hours for Junior High / High School student

April ~ September	5PM ~ 7PM
October ~ March	4:30PM ~ 7PM

※ Opening hours for elementary school students and younger remain unchanged.

※ For more details, please check the city's official website or inquiry.

Inquiries: Kosodate Shien Ka, Gakudou Club. Jidoukan Kakari Ext. ☎263.

### FOR PARENTS

児童館の消毒（害虫駆除）作業を行うため 開館時間を変更します

**<Children Centers' disinfection will be held, the opening hours will be changed. >**

Date	Children Center	Opening Hours
June 7th (Sun)	East Children Center	9AM ~ 3PM
June 14th (Sun)	Central Children Center	
June 21st (Sun)	West Children Center	

※ The details, please check city's official website and inquiry.

Inquiries: Kosodate Shien Ka, Gakudou Club. Jidoukan Kakari Ext. ☎263.

### FOR CHILDREN

東児童館

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

■ **<WAKUWAKU SPORTS ~ Let's Enjoy Balloon Volleyball Together!>** わくわくハッピーデー

Date and Time: May 20th (Wed), 3PM ~ 4PM.

Eligibility: Elementary and Junior High school students.

Capacity: First 20.

Things to Bring: Towel and water bottle ( water or tea) if needed.

Application: From May 20th (Wed) 3PM ~, Please apply in person at the East Children's Center.

■ **<Illustration Contest>** イラストコンテスト



Let's draw freely on the theme of "Rainbow" !

Submission Period	June 6th (Sat) ~ June 14th (Sun)
Voting Period	June 17th (Wed) ~ June 24th (Wed)
Announcement of Results	June 27th (Sat)

Eligibility: Elementary school students.

Application: Submit directly to the East Children's Center during the application period.



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

工作ひろば 「作ろう!あそぼう!ミニシール帳& 皿回し」

#### ■ <Craft Workshop ~ "Let's Make & Play! Mini Sticker Book & Plate Spinning">

Date & Time: May 30th (Sat), 1:30PM ~ 3PM (Meet at 1:15PM)

Eligibility: Elementary school students through age 18.

Capacity: 12 (in application order, on event day is first-come, first-served basis).

Things to Bring: A bag to carry your works home, water bottle (water or tea) if needed.

Application: From May 16th (Sat)~, please apply in person, by phone to West Children's Center.

#### ■ <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 13th (Sat) ①10AM~Noon ②1PM~3PM

Eligibility: Till the 3rd grade of Elementary school students (preschoolers must come with an adult).

Capacity: First 20 on event day.

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

○ Cap toss Game ○ Toy Hospital

Broken toys can be repaired and available for consultations.

Helper: Toy Hospital Nejimawashi.



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

#### ■ <Craft Workshop "Yo-Yo ☆ Balloons"> 工作ひろば「ヨーヨー☆ふうせん」

Date and Time: May 30th (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 16th (Sat) ~, either by phone or in person at the Central Children Center.

プリモライブラリーはむら

### PRIMO LIBRARY HAMURA ☎042-554-2280

< Panel Theater for Preschoolers >

Date and Time: June 13th (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

ワイワイいるか (水泳教室)

● <Wai Wai Iruka (swimming class)>

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

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

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

Inquiries: Komatsu San ☎ 080-5491-1141.

マーメイドmama

● <Mermaid mama>

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

Date & Time: Every Tuesday, 10AM~Noon

Location: S&D Swimming Plaza Hamura.

Eligibility: Female

Fee: JPY2,500 monthly, Admission fee JPY1,000.

Inquiries: Ms. Katsuko Suda ☎042-555-2359.



● <Women's Choir "Call Himawari">

女声合唱コールひまわり

Let's sing together with joy and loud voices. Visitors are welcome.

Date & Time: Thursdays, 10AM ~ 11:45AM.

Location: Primo Hall Yutorogi, Music Practice Room 2.

Eligibility: For women only.

Fee: Monthly JPY5,000

Inquiries: Ms. Izumi Yoshihara ☎ 0428-22-8757.

東京サマーランド 羽村市民感謝デー！

< Hamura City Citizen Special Discount Day at Tokyo Summerland!! >

Inquiries: Tokyo Summerland ☎042-558-6511.

「1-Day Pass※」 that includes both the pool and the amusement park at a special rate!

※ One (1) Day pass: Indoor / Outdoor Pools (only on Saturdays and Sundays) + All-you-can-ride vehicle (exclude some attractions, coin game machines etc).

Term: June 13th (Sat) ~ 15th (Mon).

Hours: ▼ Saturday/Sunday: 9AM ~ 6PM (Pool is open until 5PM).

▼ Monday : 10AM ~ 5PM (Pool is open until 4PM).

Eligibility: Hamura City Residents and students



● Special Rate

Category	General Fee (Mon/ Sat & Sun)	Special rate fee (Mon/ Sat & Sun)
Adult	JPY2,600.- / JPY3,600.-	JPY1,000.-/ JPY1,500.-
Junior High School Students	JPY2,100.- / JPY3,200.-	JPY500.-
Elementary School Students	JPY1,500.- / JPY2,600.-	Free
Preschoolers / Seniors	JPY1,000.- / JPY1,900.-	

※ Category: Adult (High School Students ~ age 64) / Preschoolers (age 3 ~ preschoolers)/ Seniors (age 65 or over)

**How to Enter:**

1) Purchase a [designated day ticket for visiting] via the designated website for visitors' number.

※ Up to 10 tickets (including free tickets) can be purchased per person.

2) When you purchase ticket, please answer questionnaire for residing or studying in Hamura.

※ Tickets may sell out due to admission restrictions.

※ Questionnaire is required at the time of purchase. On-site confirmation will not be conducted.

**[Note]**

Tickets for the designated date of the Citizens' Day will be sold only on the above-mentioned designated website. These tickets cannot be purchased on the Tokyo Summerland website or at the local ticket counter.