

Toda City Sports Center

<Use time> 9:00~21:00

*Reception hours of the counter 9:00~19:00

<Ticket vending machine / Reservation deposit machine> 9:00~20:00

<Regular holidays>

2nd Wednesday of every month, New Year holidays (12/30-1/4), temporary holidays

- No smoking (no electronic cigarettes)
 - No drinking
 - Eating and drinking is prohibited except in designated places.
 - No cameras allowed without permission.
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■ Training room

<Use time> 9:00~20:50 (21:00close)

- Please wear training clothing and in-door shoes.
Jeans, skirts or shirts are not suitable for exercise. Please do not enter the training room with barefoot or your outdoor shoes on.
- You can use the training room for up to 2 hours with one ticket. If you would like to extend, please purchase the ticket again.
- Using Running Machine, Stair Master, Smith Machine reservations are required. Do not exceed the reservation time.
- Please clean up the machines after you use for next user.
- Please be careful when using equipments. (In principle, you will pay for any damage or loss)
- When you use lockers, please make sure to lock it for security. You can also use "Valuables Box" located in the lounge of the 1st floor to keep your valuables.
- Please set your mobile phone to silent mode, and please use your inside voice when you talk.
- Tatoo must be covered at all times.

<Prohibitions>

▪ Eating, drinking and smoking are not allowed in the training and changing rooms.

However, rehydration in a plastic bottle or water bottle is allowed.

- No smoking.
- Using the training room, it's required to participate in a lecture-class held at the Toda City Sports Center.
- The training room user card is not transferable or lendable.

- Elementary school students and below are not allowed to enter the room.
- If you forget your user card, you cannot use it. If you lose your training room user card, it will cost 200 yen to reissue it.
- Those who have stopped exercising by a doctor or who are under the influence of alcohol cannot use it.
- **If you are disruptive or potentially disruptive** in the sports center, you may be barred from entering or **asked to exit**.
- **Please do not do anything that disturbs other users.**
- **Be sure to follow the instructions of the training room staff.**

■ Indoor pool

<Hours of Admission> 9:00~20:50 (21:00close)

- Maintenance/Pool check (An hourly 10min. Ex/9:50-)
- Last vending hours 20:00
- Last admission 20:30

<Indoor pool Scheduled closures>

- Every Wednesday (in case of holiday the following day)
- Newyears holidays (12/30 - 1/4)
- Temporaly closures (for more ditales check the calender)

* 2hour limit. (If you exceed 2hours, an addicional fee is required.)

* An hourly 10minutes check of the pool if performed. (ex 9:50-10:00)

* **Must wear swimcaps.** (No lental swimcaps for the reason of hygiene)

<Pool restrification>

		25m pool (depth 1.35m)	Child/Walking pool (depth 1.05m)
Toddlers *1		×	△
Elementary 1st to 3rd grade *1	height	~110cm	△
		110cm~130cm	○
		130cm~	△
Elementary 4th grade and above	height	110cm~130cm	○
		130cm~	○

○...Unattended △...With un adult *2 ×...Prohibited

*1 After 17:00 elementary 3rd grade below required guardian.

*2 Guardian must be 18years above and wear swim suit and swimcaps.

(One gurdian for every 2 children) Watch children at all times.

- Diapers(include pool diapers)are not allowed.
- Ring floaties(50~90cm)are allowed only for Child/Walking pool.

- Rental kickboard are limited to one per person. (There are limited amount)

<Prohibitions>

- No jumping or no diving.
- No food and drink (water, tea and sports drinks are allowed). No alcohol beverage, glass bottle and cans.
- No watches, glasses and accessories, no makeup.
- No electronic (cell phone etc.)
- Tatoo must be covered at all times.
- No illicit swim wear.
- Only ring floaties, arm floaties and kickboard are allowed.
- Dangerous materials are not allowed.

■Athletics Stadium (General Use)

<Use time> 9:00~17:00 on opening day

Toda City Sports Center is not responsible for the use of the facility on closed days or out of hours.

- Before using the facility, please fill out the control ledger and get permission from the facility manager.
- If the use of the facility is for the exclusive use of events, it is not allowed to be used by the public.
- Except with special permission of the facility manager, use of the facility for sports other than athletics, running, and walking is not allowed (ex. dog walking, catch-ball, soccer, are not allowed).
- No equipment, such as tools, whistles, loudspeakers, may not be brought onto the track, unless specifically authorized by the facility manager.
- Track is counter clockwise. Do not use the first lane to protect the course. Also, walking course is lane 6.
- Exclusive use is not allowed in the lanes and fields.
- Throwing practice(ex. shot put, javelin throw etc.) is prohibited.
- Eating and drinking are not allowed on the track or field.
- Use of the track or field for commercial purposes is prohibited.
- If you do not follow the precautions and instructions of the staff, or if you act in a way that disturbs other users, you may be refused to use the facility.

■Kyudo hall

<Qualifications>

- Rank holding person (18 years old or older for non-rank)
- Under 18 years old should be accompanied by an instructor.
- Please use your own Kyudo equipment (only Japanese bows are allowed).

Also, an explanation of how to use the Kyudo hall is required for the first

time use.

■ **Other sports** (Outdoor tennis, table tennis, basketball, volleyball, badminton, indoor tennis, judo, kendo, etc.)

- Please register as a user of the “Toda City Sports Facility Reservation System” at the reception desk (identification card required) and reserve the facility.
- Please bring a racket, balls, and indoor shoes (indoor facilities only). There is no rental.

Outdoor tennis court (sand glass court)

- **A separate lighting fee is required to use the night game.**
- Cancellations in case of rain will be decided at the sports center 30 minutes before the reservation time. Please check by phone (048-443-3523).

First Arena (basketball, volleyball, badminton, indoor tennis)

- **Lighting fee is required in addition to the coat fee.**
- Separate charge for air conditioning.

Kendo hall (karate, jazz dance, aerobics, etc.)

- Using a ball are not permitted.
- Separate charge for air conditioning.

Judo hall

- Using a ball are not permitted.
- Separate charge for air conditioning.

Table tennis room

- Please bring your own in-room shoes, racket and ball.

■ Facility usage fee

・ This fee is for Toda City residents.

* Non-Toda City residents are charged 1.5 times the usage fee.

Place		Time of Use	fee	Lighting fee		Time of Use	Air conditioning (cooling)	Air heating
First Arena	All court rental	2hours	3,960 Yen	1hour	900 Yen	1hour	7,530 Yen	7,000 Yen
	Badminton	2hours	660 Yen	1hour	290 Yen	/		
	Volleyball	2hours	1,320 Yen	1hour	290 Yen			
	Indoor tennis	2hours	1,980 Yen	1hour	290 Yen			
	Basketball	2hours	1,980 Yen	1hour	290 Yen			
Judo hall	2hours	1,320 Yen	/		1hour			
Kendo hall	2hours	1,320 Yen			1hour	1,030 Yen	1,010 Yen	
Kyudo hall	2hours	130 Yen			/			
Training room	2hours	130 Yen						
Table tennis room	2hours	130 Yen						
Outdoor tennis court	2hours	660 Yen	1hour	780 Yen				
Athletics Stadium	1day	13,200 Yen	/					
	Half-day	6,600 Yen						
Indoor pool	2hours	440 Yen	/		/			