



# Minato City Sports Center Guide

(Kissport Foundation)



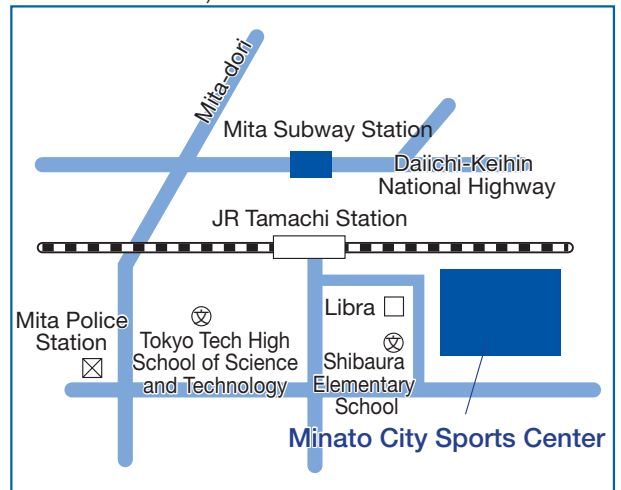
(Minato Sports, Community, Culture and Health Foundation)

## Address

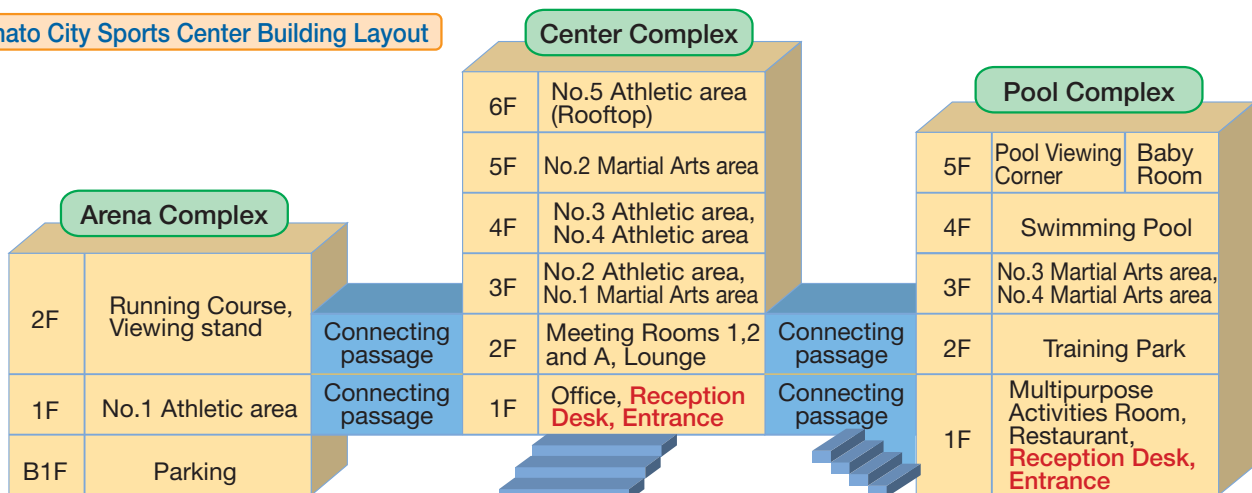
3-1-19 Shibaura; Minato-ku 108-0023  
Tel (03) 3452-4151 / Fax (03) 3452-4920

## Access

- JR: 3 Minutes walk from the Shibaura/East Exit of JR Tamachi Station
- Subway: 6 Minutes walk from Mita Station on the Asakusa or Mita Line.
- Bus:
  - \* Tamachi 99 route: 3 Minutes walk from the Minato City Sports Center stop
  - \* Tamachi 92 route: 3 Minutes walk from the JR Tamachi Station East Exit stop
  - \* Tamachi 87 route: 5 Minutes walk from Tamachi Eki-mae stop
- Chi-Bus: 3 Minutes walk from the JR Tamachi Station East Exit stop



## Minato City Sports Center Building Layout



# Minato City Sports Center Facilities

## Arena Complex

Floor	Area or Room	Area/Capacity	Main Function
B1F	Parking	50 Vehicles (Height limit: 2.1m)	*Please be aware that parking may not be available on days when the center holds big events.
1F	No.1 Athletic area	1,512sqm (42m x 36m)	2 Basketball courts 2 Volleyball courts 8 Badminton courts 8 Soft volleyball courts
2F	Running course	1 Lap = 160m	Running
	Viewing stand	288 Seats	Viewing of No.1 Athletic area

## Center Complex

Floor	Area or Room	Area/Capacity	Main Function
1F	Reception Lobby		General reception and inquiries Individual and group registrations are accepted here.
2F	Meeting Rooms 1, 2 and A	257.4sqm	Available for rent by registered groups (reservations are required.); meeting room may not be rented separately.
	Lounge		Space available for eating and relaxing
3F	No.2 Athletic area	540sqm (30m x 18m)	16 Table tennis units; *Use determined by lot during crowded times.
	No.1 Martial Arts area	360sqm (144 mats)	Judo, aikido, etc.
4F	No.3 Athletic area	540sqm (30m x 18m)	4 Badminton courts; *Use determined by lot during crowded times.
	No.4 Athletic area	360sqm (24m x 15m)	Gymnastics, dance, etc. (not available for social dance functions)
5F	No.2 Martial Arts area	360sqm	Kendo, karatedo, naginata (Japanese halberd), etc.
6F	No.5 Athletic area	Rooftop	Kyudo, archery, new sports, etc.

## Pool Complex

Floor	Area or Room	Area/Capacity	Main Function
1F	Multipurpose Activities Room	282sqm	New sports, etc.
	Restaurant	50 seats	Restaurant
	Reception		General reception and inquiries Registration and other formalities are carried out at the Reception Desk on the 1 <sup>st</sup> floor of the Center Complex.
2F	Training Park	813sqm	Fitness testing, training machines, aerobics workouts, etc.
3F	No.3 Martial Arts area	584sqm (6 30m Shooting ranges)	Kyudo, archery
	No.4 Martial Arts area	117sqm	Sumo
4F	Swimming Pool ●Main pool with 6 lanes (25m x 13m) Depth: 1.25-1.45m ●Small pool (13m x 7m) Depth: 0.3-1.1m; movable floor ●Jacuzzi		Available for individuals, groups or swimming lessons
5F	Pool Viewing Corner		Viewing swimming pool on the 4 <sup>th</sup> floor
	Baby room, nursery		Diaper-changing, baby-feeding (hot water is available for mixing of formula)

\* Lockers require deposit of a ¥10 coin. Coins are returned after use.

An entry ticket is required for swimming pool lockers. (No deposit required.)

\* Multipurpose changing rooms are available for use by children and people with special needs.

\* Any person using facilities at the Minato City Sports Center may use the changing rooms on any floor. Use of changing rooms is not restricted to persons exercising in any particular area (swimming pool changing rooms, however, may only be used by persons using the pool facilities).

# Minato City Sports Center Hours of Operation

## Open:

- From 9:00 a.m. to 9:00 p.m. (Last admission: 8:30 p.m.) \*Groups may enter from 9:30 a.m.

## Closed:

- The 1<sup>st</sup> and 3<sup>rd</sup> Mondays of each month (if the 1<sup>st</sup> or 3<sup>rd</sup> Monday is a national holiday or a substitute holiday, the Center will be open.)
- New Year Holidays (from December 29 through January 3)

## Free to the Public Days:

- The Center is open free of charge to elementary and junior high school students on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month.
- Residents of Minato City may use the Center free of charge on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of each month. This offer is restricted to Minato City residents only (not available to non-Minato City residents or those persons who commute to work in Minato City.)

## Rules:

- All persons must wear appropriate training clothes and indoor sports footwear when exercising.
- Eating and smoking are prohibited, except in designated areas.
- Sports equipment is not available for rent at the Center. Please bring your own equipment.
- Children of junior high school age or under must be accompanied by a person 16 years of age or over after 6:00 p.m. (maximum two children per accompanying person)
- Personal martial arts training is restricted to experienced practitioners only. Beginners must be accompanied by an experienced person or must participate in organized training sessions.
- Tattoos must be completely covered at all times when using the facilities.
- Please use lockers to store all personal items not required for activities.
- Valuables should be deposited in the Safety Deposit boxes.
- Facilities may not be used for commercial purposes.

## Individual Use Membership in the Center is open to the public

### Fees and registration requirements for individuals; please bring your ID for registration.

User Category	Fees	What to bring
Minato City residents	¥400	Please bring some form of identification, such as a driver's license, health insurance card or Minato City residence certificate showing your name and address.
Commuters to Minato City		Please bring some form of identification, such as a company ID card, health insurance card or other certificate showing your name and the address of your company. *A business card alone is not acceptable.
Minato City residents 65 years of age or over	Free	Please bring some form of identification, such as a driver's license, health insurance card or Minato City residence certificate showing your name, address and date of birth.
People with special needs		Please bring your "Shintai Shogaisha Techo" (physical disability certificate) or "Ai no Techo" (mental disability certificate).
Preschoolers		Registration not required. Please report to Reception Desk when entering the Center.
Elementary or junior high school students	¥100	Registration not required.
Non-Minato City residents	¥700	Please obtain an entry pass from the vending machine at the entrance.

- All facilities at the Sports Center are available for use upon payment of the above fees. The swimming pool may be used for up to two hours each time. An additional fee must be paid to use the pool area for more than two hours. (Refer to the page on use of the pool for details.)
- An individual user's card will be issued to residents of Minato City, people who commute to work in the city, senior citizens and persons with special needs who are registered as individual users. Please be sure to bring this card with you when you use the Center.
- There is no charge for one caregiver accompanying a person with special needs.
- Part-time employees, other non-full-time employees, and temporary employees wishing to register should inquire at the Center first.

### Prepaid Cards

- Two types of prepaid cards are available at the Minato City Sports Center: ¥4,000 cards (¥4,400 value) and ¥8,000 cards (¥9,200 value). These cards may be purchased from the vending machine at the 1<sup>st</sup> floor entrance to the Center Complex or the Pool Complex.

# Group Use **Reservations are required.** **Registration with the Minato City Sports Net is required.**

Registration for Sports Center use is available upon Sports Net application for any group of 10 or more members (five or more for futsal). Minato City Sports Net Registration Cards will be issued to group users.

## Minato City Residents' Groups

- These groups must be composed solely of people 16 years of age or over, who live in Minato City.
- Please fill out an application form for a group of 10 members or more and include identification, such as driver's licenses, health insurance cards, Minato City residence certificates showing names and addresses of all persons in the group (copies acceptable for members other than group representative).

## Minato City Commuters' Groups

- All group members must work in Minato City.
- Please fill out an application form for a group of 10 or more commuting members showing the names of all members and the location of the company. The application form must be stamped with the company seal.
- One commuters' group registration will be accepted per business establishment in Minato City.
- A group composed of persons living in Minato City and persons commuting to work in Minato City may be registered as a Commuters' Group.

\*Groups composed of students from high schools, colleges, universities or any other type of school are not eligible for group registration.

## How to make a reservation

- Applications for lotteries and reservations for use of facilities and checking of availability should be made via the internet or a users' terminal. Please refer to the Minato City Sports Net User's Guide for details.

<http://yoyaku.minato-sports.jp/top/>

## Fees

### Monday to Saturday

Time	AM	PM 1	PM 2	Evening
No.1 Athletic area	Whole floor ¥14,600 Half floor ¥7,300	Whole floor ¥14,600 Half floor ¥7,300	Whole floor ¥14,600 Half floor ¥7,300	Whole floor ¥29,100 Half floor ¥14,550
No.2 Athletic area	Whole floor ¥5,700 Half floor ¥2,850	Whole floor ¥5,700 Half floor ¥2,850	Whole floor ¥5,700 Half floor ¥2,850	Whole floor ¥11,400 Half floor ¥5,700
No.3 Athletic area	Not available for group use			
No.4 Athletic area	¥3,600	¥3,600	¥3,600	¥7,300
No.5 Athletic area	¥3,600	¥3,600	¥3,600	¥7,300
No.1 Martial Arts area	¥3,600	¥3,600	¥3,600	¥7,300
No.2 Martial Arts area	¥3,600	¥3,600	¥3,600	¥7,300
No.3 Martial Arts area	¥4,600	¥4,600	¥4,600	¥9,400
No.4 Martial Arts area	¥1,500	¥1,500	¥1,500	¥3,000
Multipurpose Room	¥3,700	¥3,700	¥3,700	¥7,500

Time	AM	PM 1	PM 2	Evening
Main pool	Per lane ¥3,900	Per lane ¥3,900	Per lane ¥3,900	Per lane ¥7,800
Small pool	¥5,900	¥5,900	¥5,900	¥11,800

### Sunday and Holidays

Time	AM	PM 1	PM 2	Evening
No.1 Athletic area	Whole floor ¥29,100 Half floor ¥14,550	Whole floor ¥29,100 Half floor ¥14,550	Whole floor ¥29,100 Half floor ¥14,550	Whole floor ¥29,100 Half floor ¥14,550
No.2 Athletic area	Whole floor ¥11,400 Half floor ¥5,700	Whole floor ¥11,400 Half floor ¥5,700	Whole floor ¥11,400 Half floor ¥5,700	Whole floor ¥11,400 Half floor ¥5,700
No.3 Athletic area	Not available for group use			
No.4 Athletic area	¥7,300	¥7,300	¥7,300	¥7,300
No.5 Athletic area	¥7,300	¥7,300	¥7,300	¥7,300
No.1 Martial Arts area	¥7,300	¥7,300	¥7,300	¥7,300
No.2 Martial Arts area	¥7,300	¥7,300	¥7,300	¥7,300
No.3 Martial Arts area	¥9,400	¥9,400	¥9,400	¥9,400
No.4 Martial Arts area	¥3,000	¥3,000	¥3,000	¥3,000
Multipurpose Room	¥7,500	¥7,500	¥7,500	¥7,500

Time	AM	PM 1	PM 2	Evening
Main pool	Per lane ¥7,800	Per lane ¥7,800	Per lane ¥7,800	Per lane ¥7,800
Small pool	¥11,800	¥11,800	¥11,800	¥11,800

- Pool is available for group use only by groups designated by the Board of Education.
- Swimming pool is not available for group use in the summer season from June through September. A maximum of four lanes of the main pool may be reserved by a group.

## Use of Center Facilities by Non-registered Groups

- Reservations by non-registered groups may be made not more than two weeks (but at least five days) prior to the date of intended use of the facilities.
- Applicable fees are twice the amounts shown above.

# Training Park

Just like an ordinary park, the Training Park facility can be used by anyone wishing to enjoy some exercise. Expert staff are available to provide assistance, so beginners or those who wish to learn more about training may feel free to use the facilities. More than 40 different training machines are available for use and there are organized aerobics workout sessions. We encourage you to use facilities appropriate to your goals and physical condition.

## Location

- 2<sup>nd</sup> Floor, Pool Complex, Minato City Sports Center

## Rules

- The Training Park is available for use by anyone of junior high school age or over.
- All persons must wear appropriate training clothes and indoor sports footwear for exercise.
- Food is not permitted; liquids in covered containers may be brought into the area for rehydration during exercise.
- The Park may not be used by persons who are under the influence of alcohol or who have been warned against exercise by their physicians.
- Group exercise and exercise with a personal trainer are not permitted as they may disturb other users.
- The use of cell phones, cameras and video cameras is prohibited.
- Facilities may not be used for commercial purposes.

## Hours

- 9:00 a.m. to 9:00 p.m.

## How to Use the Training Park

- All training facilities are available for use after signing in at the reception desk. We recommend that you check your blood pressure and pulse rate and engage in appropriate warm-up activities before starting your exercise. A training menu will be prepared and appropriate training guidance offered for those who take the fitness test. This test may be taken by anyone who wishes to do so and will be given to those who make reservations. The Park is also available for use by those who do not take the fitness test.

## Fitness Test

- The fitness test may be taken by persons between the ages of 20 and 64. Persons over 65 years of age are encouraged to undergo a medical examination by the health improvement center (Healthyna).
- How to make a reservation... Please contact the Training Park directly. Reservations will not be accepted by phone. Non-Japanese speakers should be accompanied by a person capable of speaking Japanese.
- Items tested: body measurements (blood pressure, height, weight, BMI), overall endurance, bending forward after long sitting, grip strength, sit-ups, back strength, vertical jump, repeated side-to-side jump.

An individual personal training menu will be prepared based on the results of your fitness test. Or, you can just have a personal training menu prepared without a test. For more information, please contact the reception desk at the Training Park.



# Sports Center Swimming Pools

The Sports Center Swimming pools are heated indoor pools. The pool area has a movable roof permitting swimming in all kinds of weather. There are two pools: a 25-meter main pool and a 13-meter small pool. There are also a Jacuzzi and a warming room.

## Fees

- One ticket permits use of the pool for up to two hours. Additional time tickets may be purchased at the vending machine in the pool area for those who wish to swim for more than two hours.

Sports Center fees (including two-hour swimming pool fee)		Additional Pool Charges (for every extra hour)	
Adult	Residents & commuters to Minato City	¥400	¥200
	Non-residents	¥700	
Elementary to junior high school students		¥100	¥50

### Hours

- 9:00 a.m. to 9:00 p.m.
- Pool intermission periods: 11:50-12:00, 15:20-15:30, 18:50-19:00

### Rules

- All persons using the pool must wear bathing suits and swim caps (those not wearing the correct attire will not be allowed in the pool).
- Toddlers and elementary school students (grades 1-3) must swim with a person 16 years of age or over at all times (maximum two children per accompanying person).
- Elementary and junior high school age children must swim with a person 16 years of age or over all times at night.
- When swimming, please follow the instructions of pool staff at all times.
- The following persons will not be permitted to enter or use the pool area.
  - \* Infants under 3 years of age
  - \* Infants and children in diapers
  - \* Any person under the influence of alcohol
  - \* Any person with a heart condition or infectious disease
  - \* Any person prohibited from swimming by a physician



### More information

- Changing room lockers may be used free of charge with an entry ticket.
- Please be aware that its use of the pool may be restricted during crowded periods.
- Please remove watches and other accessories before entering the pool area (please consult with pool staff regarding glasses).
- Do not use sunscreen or oil before entering the swimming pool.
- Do not take equipment other than paddle boards or inflatable floats into the pool.
- To maintain water quality, please remove makeup before entering the swimming pool.
- Use of the pool for commercial purposes is prohibited.

### Facilities

Facilities	Size	Depth	Water temperature
Main pool	25m x 13m (6 lanes)	1.25-1.45m	Approximately 30°C
Small pool	13m x 7m	0.3-1.1m (movable floor)	

### Swimming lessons

- Free swimming lessons are offered in the small pool at the following times for individual users.

Swimming lessons	Schedule	Time
April-May September-March (Lessons are not available in June, July or August)	Tuesdays and Fridays	(1) 12:30-14:30
		(2) 15:00-17:00
		(3) 18:00-20:00
	Saturdays The 1 <sup>st</sup> and 3 <sup>rd</sup> Sundays of each month (free to Minato City residents)	(1) 12:30-14:30
(2) 15:00-17:00		

Swimming lessons will not be available if a holiday falls on a Tuesday, Friday or Saturday.

## Regular Training Sessions Would you like to try martial arts?

The Sports Center offers regular martial arts training sessions. Instructors are available for all disciplines. Sessions are held at the same time on the same day each week for regular training. If you are interested in learning a martial art, please join these weekly sessions.

### Location

- Minato City Sports Center

### Eligibility

- Adult sessions are open to those 16 years of age or over. Elementary and junior high school students may participate in children's sessions.

### Fees

- Adult sessions ¥200 per session  
\* There is no charge for senior citizens (65 years of age or over) or people with special needs.
- Children's sessions (elementary or junior high school students): Free

### How to enroll

- (1) Obtain a "Regular Training Session Observation Application Form" from the Reception Desk
- (2) Observe the session and ask the instructor for information. If you wish to participate in the session ask the instructor who has given you the information to sign your "Regular Training Session Observation Application Form." Take the signed form back to the Reception Desk and apply for enrollment; a "Regular Training Session Registration Card" will be issued to you.

### Selection of Disciplines and Schedule

\* No training session will be held if the scheduled day is a holiday. (As of April, 2003)

Discipline	Day (every week)	Time	Training area
Kyudo	Tuesdays	18:00-21:00	No.3 Martial Arts area
Aikido	Tuesdays	18:00-21:00	No.1 Martial Arts area
Kendo	Tuesdays, Thursdays	18:00-21:00	No.2 Martial Arts area
Children's kendo	Tuesdays, Fridays	15:30-17:30	No.2 Martial Arts area
Japanese folk dancing	Wednesdays (no session on 5 <sup>th</sup> Wednesday)	18:00-21:00	Meeting room 2
Traditional folk singing	Thursdays (no session on 5 <sup>th</sup> Thursday)	18:00-21:00	Meeting room 2
Archery	Fridays	18:00-21:00	No.3 Martial Arts area
Karatedo	Fridays	18:00-21:00	No.2 Martial Arts area
Children's judo	Saturdays	13:00-15:00	No.1 Martial Arts area
Children's naginata	Saturdays	15:30-17:30	No.2 Martial Arts area
Children's karatedo	Saturdays	15:30-17:30	No.4 Athletic area
Judo	Saturdays	18:00-21:00	No.1 Martial Arts area
Naginata/Japanese halberd	Saturdays	18:00-21:00	No.2 Martial Arts area

### More information

- Please ask your instructor about equipment.
- Follow the instructor's directions during training.

### Regular training sessions at other facilities

- Besides the sessions at the Minato City Sports Center, regular training sessions are also available at the following locations. We encourage you to participate in sessions at the location closest to you. Eligibility and requirements are the same as those for regular training sessions at the Sports Center.

Facility	Address/Tel	Activity	Day	Time
Hikawa Budojo (no sessions on holidays)	6-6-14 Akasaka Tel: 5561-7829	Children's kendo	Wednesdays, Fridays	15:30-17:30
		Children's judo	Tuesdays, Thursdays, Saturdays	15:30-17:30
		Kendo	Wednesdays, Fridays	18:00-20:30
		Judo	Tuesdays, Thursdays, Saturdays	18:00-20:30
Akasaka Kyudojo	4-1-26 Akasaka Tel: 3585-7271	Kyudo	Tuesdays, Wednesdays, Fridays, Saturdays Sundays, Holidays	18:30-20:30 13:00-16:00
Azabu Elementary School Gymnasium (no sessions when there are school events or on holidays)	1-5-15 Azabudai	Children's kendo	Monday, Thursdays	16:00-17:45

## Free entry days for Minato City Residents Please bring identification to prove that you are a resident of Minato City.

Minato City residents may use the Sports Center free of charge on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of each month. Experts in 16 different disciplines are available to provide instruction. Bring your friends or family, or come alone. All residents of Minato City are welcome.

# Other Sports Facilities

In addition to the Minato City Sports Center, other available Minato City facilities include tennis courts, baseball fields and martial arts dojos. Please inquire at the Sports Center for more information on how to use them. Information is also available on the internet (<http://www.minato-sports.jp/>).

**Azabu Sports Field**  
(Tennis, baseball)  
5-6-33 Minami Azabu; Tel: 3446-6879

Hiroo-bashi (Bus stop)  
Hiroo Subway Station  
Gaien Nishi-dori  
**Azabu Sports Field**  
Arisugawa Memorial Park  
Tokyo Metropolitan Central Library  
Aoi Hospital  
Azabu Junior and Senior High School  
Moto Azabu 2-Chome (Bus stop)

**Aoyama Sports Field**  
(Tennis, baseball)  
2-21-12 Minami Aoyama; Tel: 3405-8383

Gaienmae Subway Station  
Aoyama 1-Chome Subway Station  
Aoyama-dori  
Baisou-in Temple  
Akasaka Fire Station  
Aoyama Welfare Center  
Minami Aoyama 2-Chome (Bus stop)  
Gaien Nishi-dori  
Akasaka High School  
Aoyama Cemetery  
Akasaka Koko-mae (Bus stop)  
**Aoyama Sports Field**

**Shibaura Chuo Park Sports Field**  
(Tennis, futsal)  
1-4-1 Konan; Tel: 3450-6343

Shinagawa Station  
East Exit  
Shibaura Wastewater Treatment Plant  
Suidokyoku Kanrijimusho-mae (Bus stop)  
Kyu Kaigan-dori  
Shin-Konan-bashi Bridge  
Takahama Canal  
**Shibaura Chuo Park Sports Field**

**Futo Children's Baseball Field**  
3-14-34 Kaigan; Tel: 3451-3956

Shibaura Canal  
Shioji-bashi bridge  
Kaigan-dori  
Hello Work  
Futo Park  
Shioji-bashi (Bus stop)  
**Futo Children's Baseball Field**  
Shibaura-futo Station on the Yurikamome Line, Tokyo Waterfront New Transit

**Hikawa Budojo**  
6-6-14 Akasaka; Tel: 5561-7829

Akasaka Subway Station  
Hikawa Park  
**Hikawa Budojo**  
Akasaka Ark Hills-mae (Bus stop)  
NTT Akasaka  
Tameike-Sanno Subway Station

**Akasaka Kyudojo**  
4-1-26 Akasaka; Tel: 3585-7271

Toyokawa Inari  
Aoyama-dori (Entrance)  
Ushinaki-zaka  
**Akasaka Kyudojo**  
Hitotsugi-dori  
Akasaka-Mitsuke Subway Station  
Sotobori-dori

**Aqua Field Shibakoen**  
(Pool, Futsal)  
(Shibakoen Multipurpose Athletic Field)  
2-7-2 Shibakoen; Tel: 5733-0575

Minato City Hall  
Daimon Subway Station  
Zojoji  
Shiba Park  
Melparque Hall  
Shibakoen Subway Station on the Toei Mita Line  
**Aqua Field Shibakoen**  
Metropolitan Expressway (Shuto Kosoku)  
Shibazono-bashi Bridge  
Daitochi-Keihin National Highway

**Health Improvement Center (Healthyna)**  
Akasaka Community Plaza 6F;  
4-18-13 Akasaka; Tel: 5413-2717

Toyokawa Inari  
Aoyama-dori  
Akasaka Police Station  
**Health Improvement Center (Healthyna)**  
Aoyama 1-Chome Subway Station  
Akasaka-Mitsuke Subway Station  
Sotobori-dori