

●Photography is not allowed inside the facility.

## GUIDE TO USING THE TRAINING ROOM

### ★Accountable Time

\*High school student or older

**AM 9:30~PM 10:30**

### ★Usage Fee

	VISITOR	MEMBER
1H	200yen	100yen
2H	400yen	200yen

### ★How to use

①Buy tickets from the vending machine.

②Give the ticket to reception staff.

\*If you are a member, please also give your membership card.

③Get the [user card] and show it to the training room staff.

④Take off your shoes at entrance, Training room is on the second floor.

\*The changing room and shower room is the basement floor.

\*Locker in the changing room can be used at 100Yen.

It will be returned after use so don't forget to take it back.

⑤Return the [user card] to reception staff after use.

### ★Items Required for use

\*Clothes suitable for exercise

\*Indoor wear shoes

\*Drinks with lids

\*If you have tattoos, please cover them with clothes or tape.

## GUIDE TO USING THE INDOOR POOL

### ★Accountable time

**AM 10:00~PM 9:50**

\*Be aware that business hours are different

**\*We have a 10minute break every hour at 50minutes.**

### ★Usage Fee

	TICKET	VISITOR	MEMBER
ADULT (Highschool student or older)	1H	350yen	200yen
	2H	700yen	400yen
CHILD (Under junior highschool student)	1H	200yen	100yen
	2H	400yen	200yen

### ★How to use

①Buy tickets from the vending machine.

②Give the ticket to reception staff.

\*If you are a member, please also give your membership card.

③Get the [user card] and show it to the lifeguard.

④Take off your shoes at entrance, enter the poolside from the basement changing rooms.

\*Shampoo and soap are not allowed.

\*Locker in the changing room can be used at 100Yen.

It will be returned after use so don't forget to take it back.

⑤Return the [user card] to reception staff after use.

### ★Items Required for use

\*Swim suit, swimming hat, goggles, towels

\*Drinks with lids

\*If you have tattoos, please cover them with clothes or tape.

**\*Children over elementary school age cannot enter to the changing room of the opposite sex.**

## INDOOR SWIMMING POOL TERMS OF SERVICE

- Photography in the facilities is prohibited.
- If you have tattoos,please cover them by clothes or supporter,taping.
- The entry for swimming is not allowed for those who are under doctors control.
- Bring swim suit and swimming hat and wear it.We do not lend and sell these items.
- Number of parking lot/bicycle parking space is limited.Come by public transportation.  
Parking in nearby roads and parks will cause inconvenience to the neighbors.
- In order to ensure safety, it is necessary to attend one person per two students up to grade 3 elementary school students, and one or more adults per infant.
- People who need diapers are not available.
- Bring dangerous goods, valuables and animals etc is prohibited.
- Bringing any inconvenience(boat, floating rings, fins, etc) to other users is prohibited.  
You can use water wings for children.
- Be sure to lock the locker when using.
- Remove ring, necklace, earring, bracelet, watch, glasses etc when swimming.  
Drop your makeup and hair dressing well.
- It may be discontinued due to election, water supply situation, facility repair work, typhoon, earthquake etc.
- The first and third Mondays are closed.  
If these are a holiday the weekdays immediately after that will be closed.
- Use of shampoo, soap etc is prohibited.  
Wipe your body well before returning to the change room.
- Food and drink are prohibited in principle.  
Use a container with a lid when bringing drinks with hydration.
- Do not act that trouble other users.
- Follow the instructions of the observer in the facility.

## TRAINING ROOM TERMS OF SERVICE

- Photography in the facilities is prohibited.
- The entry for training room is not allowed for those who are under doctors control.
- Use it by a flexible sweat suit suitable for movement.  
( When you wear jeans and a shirt etc, you can not enter.)
- Be sure to put on indoor shoes.  
(When you wear sandals and Crocs etc,you can not enter.)
- Bringing dangerous goods, valuables and animals etc is prohibited.
- If you have tattoos,please cover them by clothes or supporter,taping.
- One-on-one training sessions and a guidance act are prohibited in spite of an individual and a group.
- Be sure to lock the locker when using. Put valuables in a locker.
- Manage your baggage by yourself.  
We can't shoulder responsibility about loss, theft and damage.
- When you're injured, necessary first aid is performed, but we can't shoulder other responsibility.
- When fatigued or under the influence of drugs or alcohol or have an infection, you can not enter.  
When you have sickness with the fear which makes others be infected, it isn't possible,too.
- Be careful about the movement of the machine being used.
- You can not take a break or operate a mobile phone while using the training machine.  
You have to call outside the room.
- To use dumbbell on a gray mat. You can use it on abs bench or spine bench.
- Use the training machine after compromising.  
Switch the treadmill and exercise bike to the next one in 30 minutes when crowded.
- After using space for stretch exercise and each training machine, wipe the area you touched with paper towels and alcohol.
- Do not use the machine for purposes other than its original use.
- Do not act that trouble other users.
- Follow the instructions of the trainer in the facility.
- Take the garbage by yourself.

**Your cooperation and understanding is much appreciated.**