

# Information about Genkikan



These are the rules for your safe and comfortable use.

Some of these may seem strict, but please keep them to prevent accidents.

<p>【Open】 9 A.M. – 9:30 P.M. (※ Return the locker card and leave Genkikan by 9:30 P.M.)                  ※ After 5 P.M, a child aged 12 or younger must be with a parent all the way up to the lobby on 2<sup>nd</sup> floor.</p>
<p>【Close】 4<sup>th</sup> Monday, Dec.29<sup>th</sup>–Jan.3<sup>rd</sup></p>
<p>【Registration】 ※ First time, it takes 30 – 40 minutes to conduct ① to ④.</p> <ul style="list-style-type: none"> <li>◆ ① Get registered and receive a card on 1<sup>st</sup> floor                      ⇒ ② Monshin: answering questions at PC on 2<sup>nd</sup> floor)                      ⇒ ③ Taisosei: estimating physical composition, getting on a machine in bare feet.                      ⇒ ④ Tairyoku-sokutei: Fitness test.</li> <li>◆ For Gym user / Pool user--- Finish ① to ④ and buy a ticket at the machine.</li> <li>◆ To join a class, finish ① to ③ beforehand.</li> <li>◆ For a child under 12, show parental consent by signing in a designated form.                      A Tepra sticker will be pasted on the card.</li> <li>◆ ② ③ ④ are for those over 13 years old. Elementary school students or younger will do ②–④ after the enrollment to a junior high school.</li> <li>◆ ③ ④ can be done for free one time each year. It costs 100 yen from the 2<sup>nd</sup> time.</li> <li>◆ It costs 200 yen to re-issue the card. Ask the reception on 1<sup>st</sup> floor if you lost the card or changed TEL/address.</li> </ul>

[Ticket prices] Due to the upraising of consumption tax, prices have been changed since October 1<sup>st</sup>, 2019.

Ticket	Adults	Over 65	(Junior)High	Elementary	Infants
One-time	410 yen	300 yen	300 yen	200 yen	For free.
11-ticket card	4,100 yen	3,000 yen	3,000 yen	2,000 yen	Note: Above 3 y/o and those without diaper.
1-month pass	4,180 yen	3,130 yen	3,130 yen	2,050 yen	
3-month pass	9,420 yen	7,330 yen	7,330 yen	5,140 yen	

※ These tickets are for entering the paying area, where you can use the swimming pool, training gym, and relaxation room at one time.

※ 11-ticket card and the passes are not refundable.

※ 11-ticket card and the passes cannot be reissued when you lost or forgot it.

## Note:

- If you had diseases in the past, follow the advice from a doctor.
- Exercising under the influence of alcohol is not allowed.
- Bring something to drink and drink water at certain intervals. There's no free drinkable water in Genkikan.
- When you do not follow the staff's instructions, we may ask you to leave.
- Parking lots are limited: please use public transportation or bicycles.

## 《Futsal court rental》

See the other information on Genkikan Futsal Club. Get registered and make reservation to use a futsal court.

Two-dimensional code of Genkikan futsal use:



Revised on Oct. 15th, 2023.

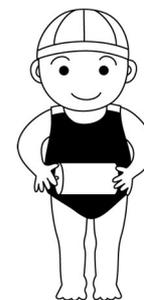
Phone number: 0564-21-1230 (Reception Desk on 1<sup>st</sup> floor) FAX: 0564-21-1278  
 0564-21-7733 (Reception Desk on 2<sup>nd</sup> floor) FAX: 0564-21-7738

## 《 Locker room on 2<sup>nd</sup> floor 》

- Take off your shoes before the red carpet. Men's locker room is on the right, and Women's is on the left.
- The locker is divided into "Dry Zone" with wooden floor and "Wet Zone" with blue draining-mat floor.
- If you go to the gym or the studio, use the locker in "Dry Zone," and go upstairs.
- If you go to the swimming pool, use the locker in "Wet Zone," and go through the door far into the room and turn right.
- Choose any locker you like. Ignore the number on the locker card.
- Open the door of a locker and put the card into it. As the finger on the card indicates, then you can turn the key to lock.
- When you leave, return the locker card and show Genkikan card at the reception, and you get your Genkikan card in exchange for the locker card.

## 《 Swimming pool on 2<sup>nd</sup> floor 》

1. For a child to use the pool, (s)he must be older than 3 and needs no diaper.
2. A Third-grader (shogaku 3 nensei) or younger needs to be with a guardian aged 14 or older to enter. A third-grader and a first-grader, for example, need 2 guardians to enter.
3. Swimsuits and a swimming cap are necessary.
4. Wash out hair dressing, makeup, and lip rouge before entering the pool.
5. Don't swim with eyeglasses and accessories on.
6. Tie the eyeglasses by a band to walk in the pool with glasses on.
7. Don't bring in personal belongings except for "armhelper, pullbuoy, and aquamit."
8. You can borrow a pair of armhelpers, a floating board, and a pullbuoy for free.
9. Eating and drinking is prohibited to keep the pool clean.
10. Please do some stretch before and after the exercise to prevent injury.
11. Tattoos must be concealed by wearing rashguard or swimsuits to swim in the pool.
12. Don't dive or jump into the pool.
13. When classes are held, free-use lanes may be reduced to three.  
Confirm free-use lanes by the website or posted notice.
14. Swimming cap, goggles, band for eyeglasses can be rented for 100 yen each at the desk on 2<sup>nd</sup> floor.
15. Please follow the instruction from a staff in the pool.



## 《 Training gym on 3<sup>rd</sup> floor 》

- A. For the first time, tell a staff at the gym and take the orientation for about 5 min.
- B. The gym is available for people aged 14 or older. Elementary students cannot enter the gym.
- C. Get dressed in sporty outfit and bring indoor shoes. Rental shoes are 300 yen. You cannot use the gym wearing jeans, pants, skirt, loose pants that need a belt, leather shoes, and sandals.
- D. Don't eat foods or snacks in the gym. Candies and chewing gums are banned, too.
- E. Bring something to drink with a lid that keeps water from spilling even when it's got tipped over.
- F. Talking on your cellphone or sending mails outside of the gym.
- G. Warm-up before exercising and cool-down after exercising are highly recommended to prevent injury.
- H. Don't try to do an exercise too hard for you.
- I. Write your name and time before using a "Treadmill" or a "Cross-Trainer".
- J. Don't occupy a machine with your personal belongings.
- K. Please follow the instruction from a staff in the gym.



### Relaxation Room:

- Available for any user who entered with a ticket or a pass.
- If you use a "Skywell,"—an electronic machine to promote blood circulation— tell a staff at the reception.
- Unavailable for those who have a pacemaker or an electrocardiograph, etc.
- 20 minutes at the longest (you cannot make it longer)