An Ota Ward Gymnasium, complete with a 4,000 seat auditorium, has arrived!

Our aim is to contribute and realize a society in which our residents can enjoy healthier and richer lives by familiarizing themselves with sports on a lifetime basis.

Our sports industry promotes the fundamental concepts of "Playing Sports" and "Watching Sports". The idea of "Doing Sports" is to work so that our residents can enjoy sports through not only the usage of our facilities, but through sports classes as well.

"Watching Sports" is a concept in which we invite residents to "watch" live high-quality sports with a wonderful selection of top-league national and international tournaments.

We are looking forward to seeing you at Ota Ward Gymnasium soon.
Main Facilities Plan

Main Arena
- Fixed Seating - 2186
- Seating for Wheelchairs
- Movable Seats - 1816 Total
- 4,012 Fully Furnished Seats
- Sports tournaments and events are also available in addition to the general usage of our facilities. See Page 4 for the Court Layout.

Central Hanging Scoreboard
- Full-Scale Suspension
- We’ve brought in a massive 4-sided scoreboard, so big that it will double the excitement!

Training Room
- Training Room 1: 120m² (11m x 11m)
- Training Room 2: 120m² (11m x 11m)
- More than 50 sports lessons are available every week. We offer a wide variety of lessons for both youth and adult groups, as well as parent-child lessons.

Kids Room
- Space for children, complete with nursing room.
- (Adult supervision required)

Conference Room
- 90m² (21m x 4.3m)
- (Can be divided into 3 rooms)
- The size of the room can be changed to suit up to a max. of 120 people.

Sub-Arena
- Fixed Seating - 200
- For multipurpose usage:
  - Volleyball / Basketball
  - Badminton Courts: 4
  - Tatami mats for making two full judo rings also available
- See Page 4 for the court layout.

Cafeteria
- The Ota Ward Gymnasium gladly welcomes spectators, ustomers, and even the general public to stop by and enjoy some light meals and beverages.

Archery Hall
- 5 Target Lanes, 28m in Length
- Available for group use and a personal use.

Second Floor
- 6 Unisex Restrooms
- Locker Rooms
- (Including 2 Restrooms for the Disabled)
- 2 Lounge Rooms

Second Basement Floor (Parking)
- Basement Parking
  - PA Capacity: Up to 62 Cars
  - Includes 3 cars for Disabled Persons
  - 100m² / 100m²
- PA Capacity: Up to 148 Bicycles
- and 3 Large Buses
Court layout for Main-arena

- 3 Courts for Volleyball
- 10 Courts for Badminton
- 2 Courts for Tennis
- 3 Courts for 9-Man Volleyball
- 30 Units for Table Tennis
- 1 Court for Handball
- 2 Courts for Basketball
- 2 Courts for Futsal

Use of Main and Sub-Arena (Max. Number of Courts)

<table>
<thead>
<tr>
<th></th>
<th>Main Arena</th>
<th>Sub-Arena</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Full Court</td>
<td>Half Court</td>
</tr>
<tr>
<td>Volleyball</td>
<td>3 Courts</td>
<td>1 Court</td>
</tr>
<tr>
<td>9-Man Volleyball</td>
<td>2 Courts</td>
<td>1 Court</td>
</tr>
<tr>
<td>Basketball</td>
<td>2 Courts</td>
<td>1 Court</td>
</tr>
<tr>
<td>Futsal</td>
<td>2 Courts (※1)</td>
<td>1 Court (※1)</td>
</tr>
<tr>
<td>Handball</td>
<td>1 Court</td>
<td>-</td>
</tr>
<tr>
<td>Tennis</td>
<td>2 Courts</td>
<td>1 Court</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>30 Units</td>
<td>15 Units</td>
</tr>
<tr>
<td>Badminton</td>
<td>10 Courts</td>
<td>4 Courts</td>
</tr>
<tr>
<td>Judo</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

List of Sports Available

- **Main & Sub-Arena**
  - Volleyball
  - Soft Volleyball
  - Basketball
  - Futsal
  - Handball
  - Dodge Ball
  - Tennis
  - Short Tennis
  - Badminton
  - Table Tennis
  - Yoga
  - Aerobics
  - Hip-Hop
  - Rhythmic Gymnastics
  - Gymnastics
  - Cheerleading
  - Ballet
  - Folk Dance
  - Jazz Dance
  - Ballroom Dance
  - Tap Dance
  - Tai Chi
  - Qigong
  - Judo
  - Kendo
  - Kukendo (Bayonet Kendo)
  - Karate
  - Aikido
  - Chinese Martial Arts
  - Aikido
  - Fencing
  - Naginata
  - Indica

Gym Room

- Yoga
- Aerobics
- Cheerleading
- Ballet
- Hip-Hop
- Folk Dance
- Jazz Dance
- Ballroom Dance
- Tap Dance
- Tai Chi
- Qigong
- Karate
- Aikido
- Chinese Martial Arts

Common Notes:
1. Shoes that may damage the surface of the floors are not permitted.
2. In the Main Arena, you may use the audio equipment.
3. Be very careful when using the rackets, martial arts and other sports equipment.
4. Using the equipment in a manner that could damage the floor is prohibited.
5. There are terms and conditions for each event. Please check in advance.
6. Please feel free to contact us for more information.
Reservation for Facilities

9:00am Open Daily
Reservations Open Daily: Located at B1 Reception Desk

For General Use

Reservation Notes:
- Reservations for the archery dojo and for general use are made for 4 hours at a time.
- Reservations can be made online or in person.
- Cancellations must be made 24 hours in advance.
- Reservations for the archery dojo are made by appointment only.
- Reservations for general use can be made by anyone with a valid ID.
- Reservation times are subject to availability.

For National and International level tournaments, or for tournaments deemed beneficial to Ota Ward, special reservations can be made in advance. Please contact us for further details.

Other Notes and Precautions:
- 1. Reservations for the gymnasium may be denied if you neglect to follow regulations.
- 3. If the reservation deadline is missed, all reservations for the gymnasium are accepted for any other use.
- 5. Reservations for the archery dojo are made by appointment only.
- 6. Reservations for general use are available by anyone with a valid ID.
- 7. Reservations for the archery dojo are subject to availability.
- 8. Reservations for general use are subject to availability.

For Fees

For General Use:

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Dates</th>
<th>Fees for Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residents</td>
<td>Morning</td>
<td>9:00</td>
</tr>
<tr>
<td>Nonresidents</td>
<td>Morning</td>
<td>12:00</td>
</tr>
</tbody>
</table>

For Special Events:

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Dates</th>
<th>Fees for Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residents</td>
<td>Morning</td>
<td>9:00</td>
</tr>
<tr>
<td>Nonresidents</td>
<td>Morning</td>
<td>12:00</td>
</tr>
</tbody>
</table>

Class Lessons

2 Types of Sports Lessons to Choose From!

Regular Course
- 10 Step-Up Lessons every 3 Months
- 60 min. per lesson
- 5.000 yen/lesson

Special Course
- 24 Step-Up Lessons every 3 Months
- 60 min. per lesson
- 7,000 yen/lesson

Ticket price and season tickets are also available with your lesson plan.

Main Class Content:
- Adjustment: Functional Improvement
- Dance: Hip-hop, Contemporary, Jazz, Ballet
- Karate: Shotokan, Itosu-ryu, Goju-ryu
- Softball: Pitching, Fielding, Batting
- Tennis: Singles, Doubles
- Archery: Recurve, Compound
- Swimming: Freestyle, Backstroke, Breaststroke
- Yoga: Vinyasa, Ashtanga
- Pilates: Mat, Chair, Standing
- Fitness: Circuit Training, Bootcamp
- Zumba: Latin, Dance
- Yoga: Hatha, Vinyasa, Power yoga
- Judo: Nage, Ushiro, Kesa-gatame
- Martial Arts: Taekwondo, Karate, Karate

Each class has a different level of difficulty, so please choose the one that suits you.

There will also be main event lessons.

Reservation Counter:
- Located at B1 Reception Desk
- Reservations can be made online or in person.
- Cancellations must be made 24 hours in advance.

Method of Payment:
- Cash: Yen
- Credit Card: Mastercard, Visa, JCB, Diners

Use of the Archery Dojo:
- The Use of the Archery Dojo is restricted to archery practice.
- Members must be over 18 years of age.
- Archery equipment must be used.
- Archery Dojo practice is limited to 2 hours per day.
- Archery Dojo practice is limited to 2 days per week.

Rental Equipment:
- Rental fee: ¥500 per day
- Available: Bow, Arrows, Quiver, Arrow Rests, Arm Guard

Other:
- Cash/Check: ¥100/100 yen