

# Ota Ward Gymnasium

## 【Instructional Guide for Use】

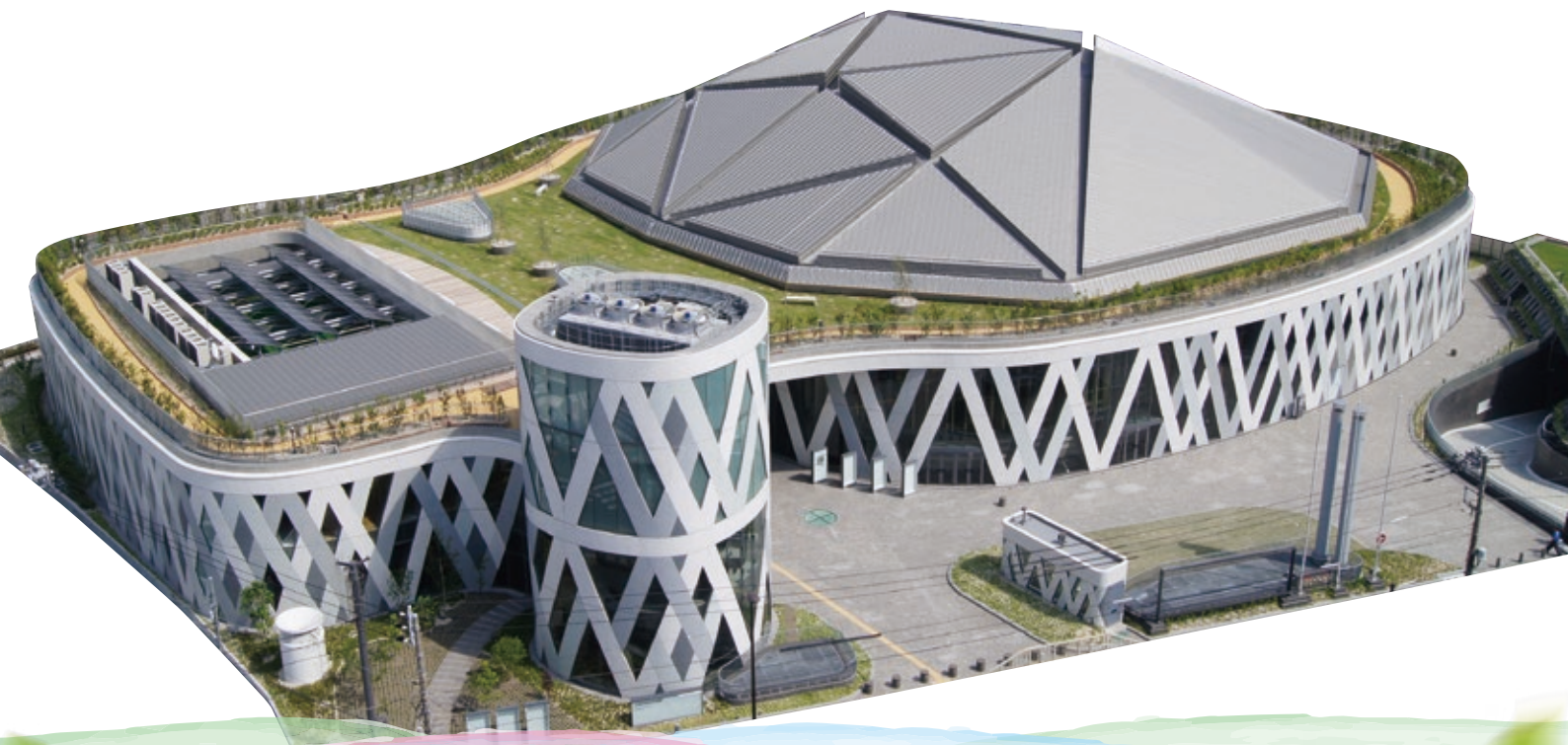
**An Ota Ward Gymnasium, complete with a 4,000 seat auditorium, has arrived!**

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.



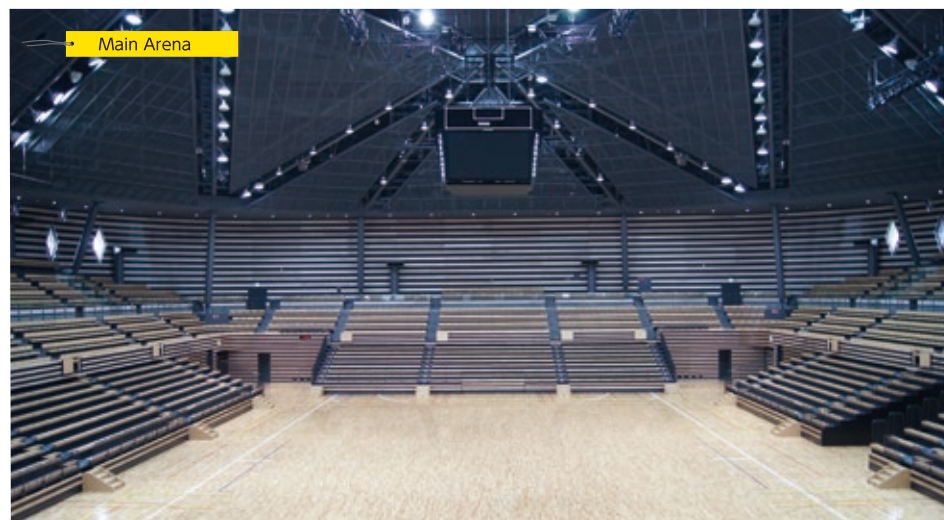


# Main Facilities Plan

## Main Arena

scale 1,824m<sup>2</sup> (48m×38m)

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. addition to the general usage of our facilities.  
See Page 4 for the Court Layout.



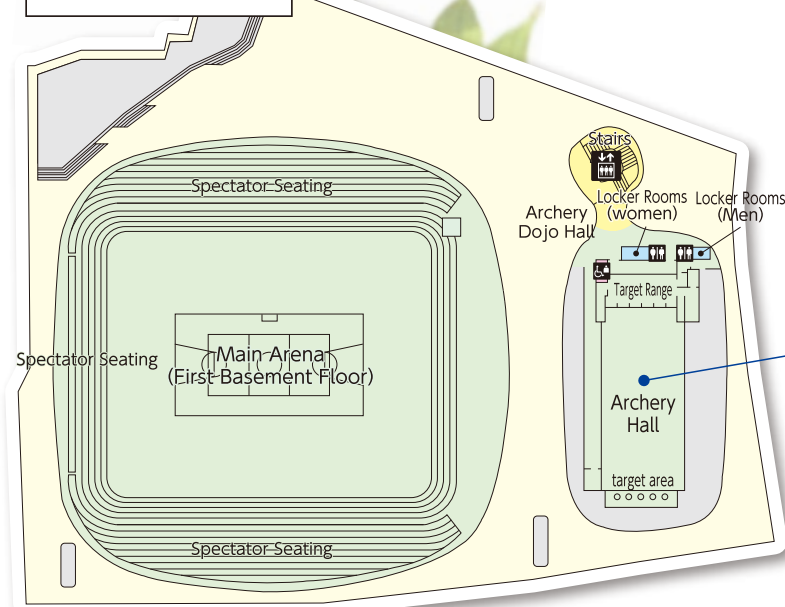
## Central Hanging Scoreboard

### Full-Scale Suspension

We've brought in a massive 4-sided scoreboard, so big that it will double the excitement!



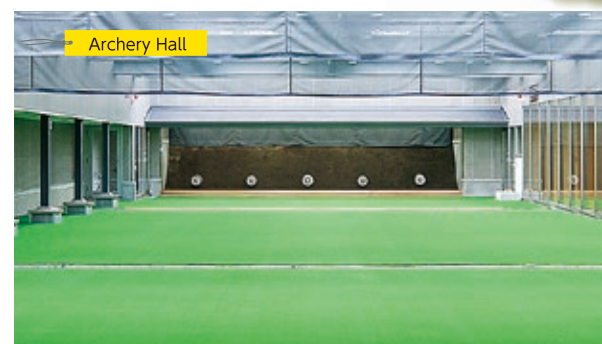
## Second Floor



## Archery Hall

Scale 5 Target Lanes, 28m in Length

Available for group use and a personal use.



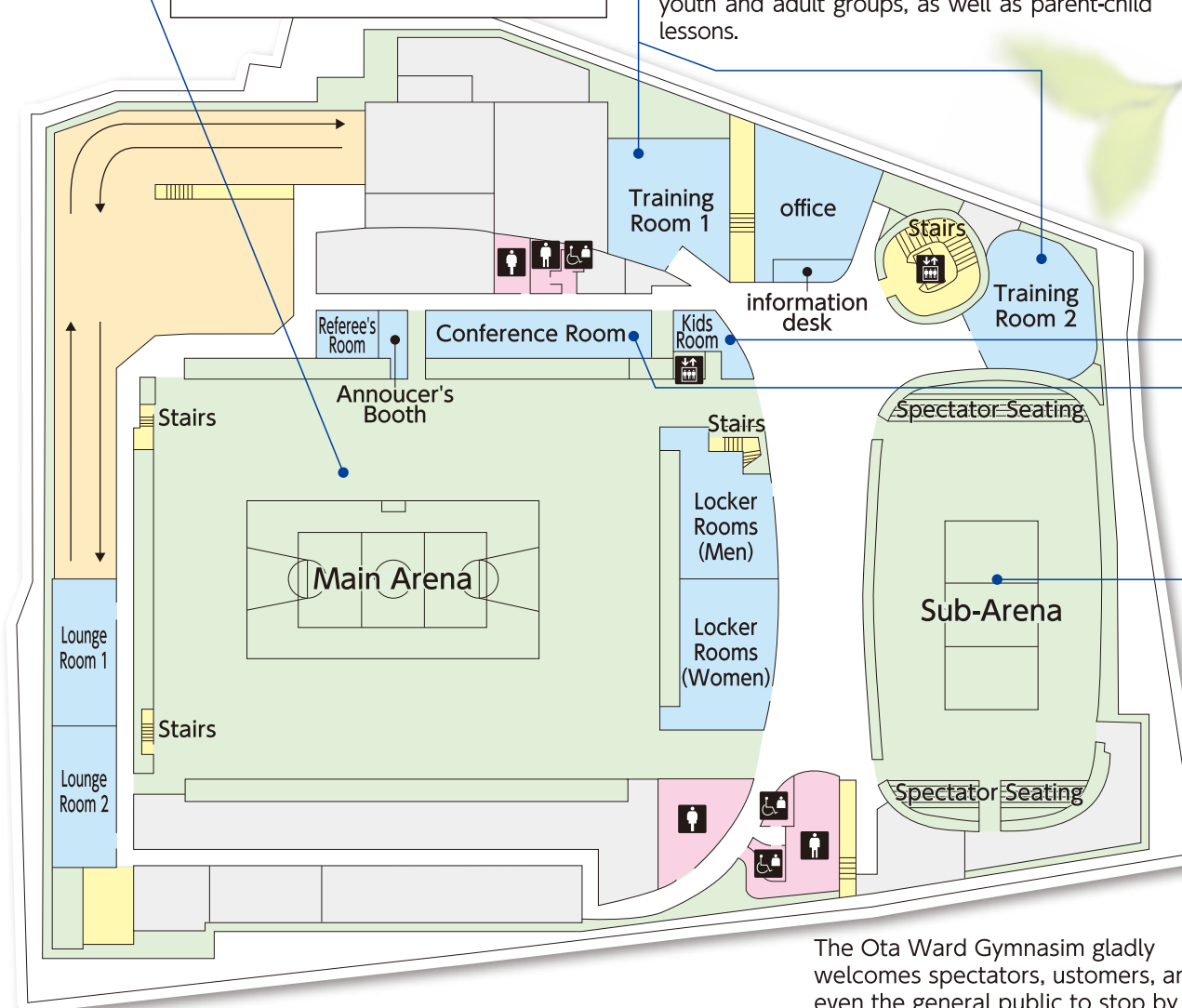
## Training Room

Floor Area Training Room 1: 120m<sup>2</sup> (11m×11m)  
Training Room 2: 120m<sup>2</sup> (11m×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.



## First Basement Floor



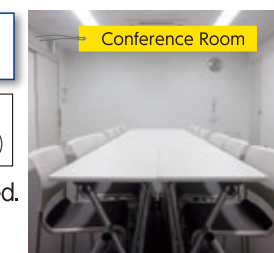
## Kids Room

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

## Conference Room

floor area 90m<sup>2</sup> (21m×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

scale 646m<sup>2</sup> (34m×19m)

Fixed Seating - 200  
For multipurpose usage.  
Volleyball / Basketball Courts: 1; Badminton Courts: 4  
Tatami mats for making two full judo rings also available!  
See Page 4 for the court layout.



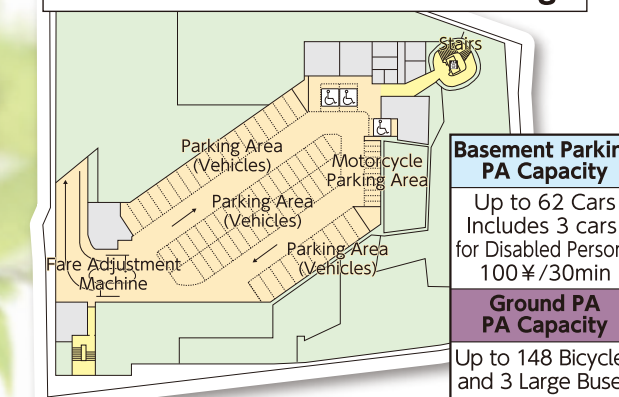
## Cafeteria

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

## Other Facilities

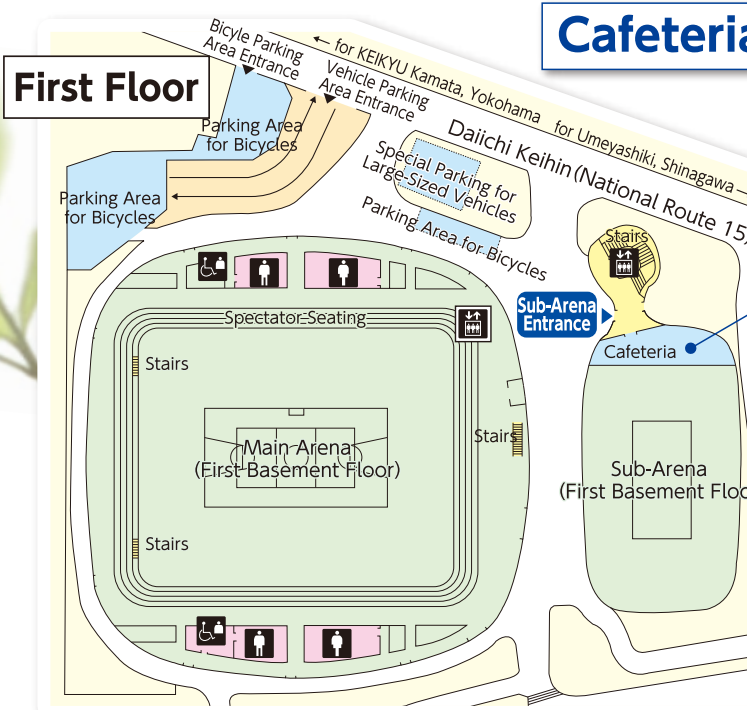
6 Unisex Restrooms  
Locker Rooms  
(Including 2 Restrooms for the Disabled)  
2 Lounge Rooms

## Second Basement Floor (Parking)



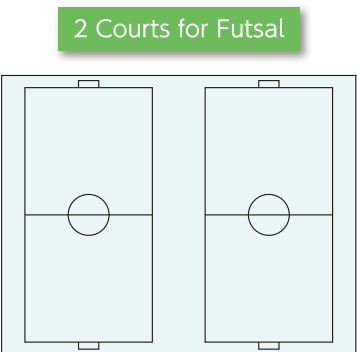
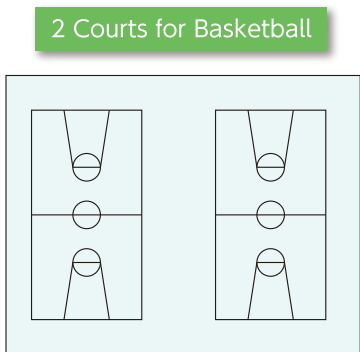
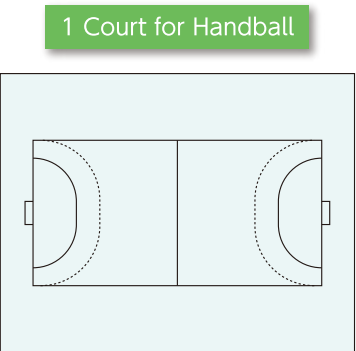
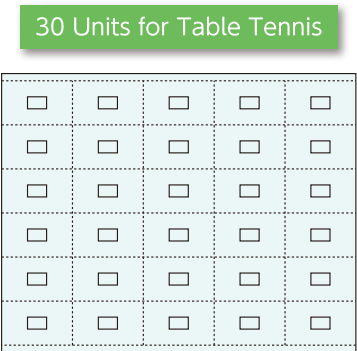
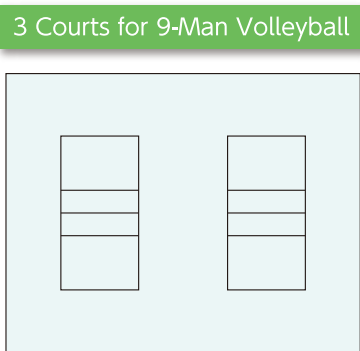
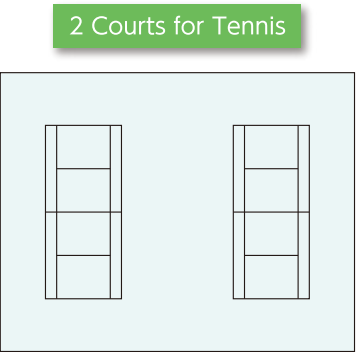
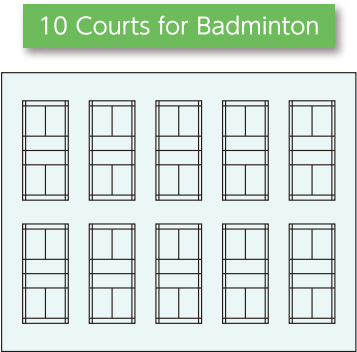
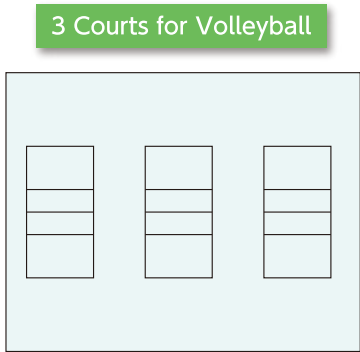
**Basement Parking PA Capacity**  
Up to 62 Cars  
Includes 3 cars for Disabled Persons  
100¥/30min  
**Ground PA Capacity**  
Up to 148 Bicycles and 3 Large Buses

## First Floor



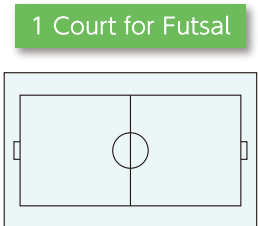
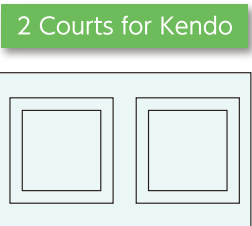
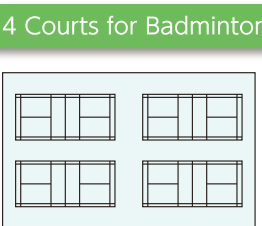
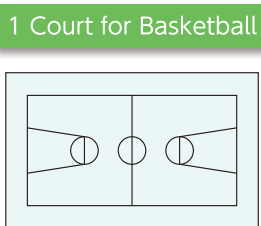


■Court layout for Main-arena

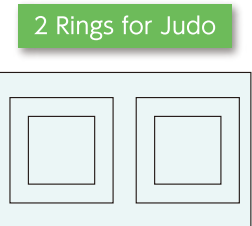
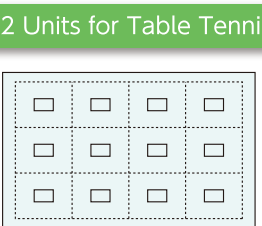
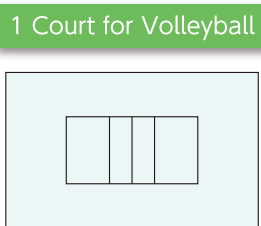


※No Exclusive Court Lines

■Court Layout for Sub-Arena



※No Exclusive Court Lines



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

	Main Arena		Sub-Arena
	Full Court	Half Court	
Volleyball	3 Courts	1 Court	1 Court
9-Man Volleyball	2 Courts	1 Court	1 Court
Basketball	2 Courts	1 Court	1 Court
Futsal	2 Courts (※1)	1 Court (※1)	1 Court (※1)
Handball	1 Court	-	-
Tennis	2 Courts	1 Court	1 Court (※1)
Table Tennis	30 Units	15 Units	12 Units
Badminton	10 Courts	4 Courts	4 Courts
Judo	-	-	2 Rings (※2)

- ※1 No Court Lines for Futsal and Tennis in the Sub-Arena Line-tape may be added/removed for an extra fee The same fee will be applied to events that require court lines not in the above mentioned courts.
- ※2 A sufficient amount of time is required for preparing the tatami for judo.Please consider the time required for setup and removal in advance when reserving.
- ※3 Extra fees may be charged for events in the Main Arena

■List of Sports Available

◆Main & Sub-Arena

Volleyball	Soft Volleyball	Basketball	Futsal	Handball	Dodge Ball
Tennis	Short Tennis	Bound 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	Jukendo (Bayonet Kendo)	Karate	Aikido	Chinese Martial Arts
Aikido	Fencing	Naginata	Indica		

◆Gym Room

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

※Common Notes

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





## Reservation for Facilities

### ◆Reservation Notes

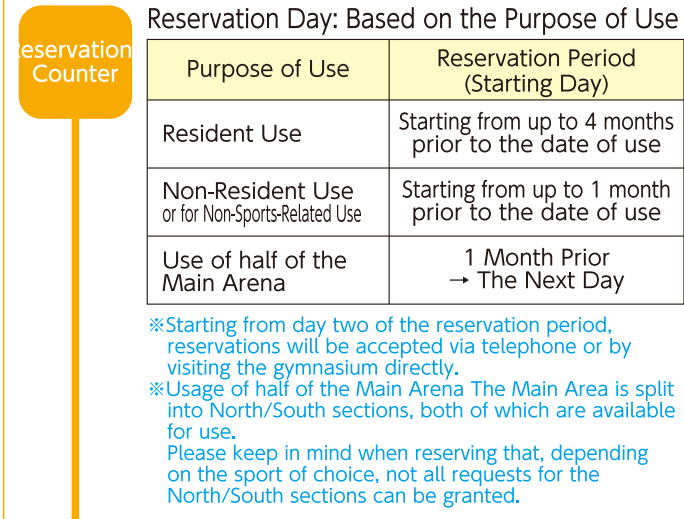
9:00am Open Daily

Reservations Counter: Located at B1 Reception Desk

(To access, please approach the gymnasium from National Route 15, enter the 1F main entrance on the left side of the building, and follow the stairs to B1.)

### For General Use

#### ◆The Process of Making a Reservation



### Use of the Archery Dojo

#### ◆The Process of Making a Reservation

Group registration must be completed in advance before making any reservations. As a general rule, reservations can be made only for groups of 10+ people.  
※However, all Ota Ward junior and senior high school student groups of any size may reserve the dojo for educational purposes.  
However, to ensure safety, adult supervision (school faculty, parent, etc.) is required. Students may not use the dojo unattended.

- Group Registration**
- Group of more than 20 people.
  - However, all Ota Ward junior and senior high school student groups of any size may reserve the dojo for educational purposes. If accompanied by an adult supervisor (for safety purposes).  
※Enter as a group in the word, representatives and more than half of the group members must be cleared the followings.  
1. Reside within Ota Ward.  
2. Be employed at a company within Ota Ward.  
3. Be enrolled at any school within Ota Ward.
  - How to register as a group  
①The group representative must submit both the Archery Dojo Group Registration Form and/or Group Revision Form (incl. member registry) directly at the counter.  
②If there are any group alterations, please re-submit the Archery Dojo Group Registration Form and Group Revision Form, along with a member registry form

To reserve, group registration must be completed in advance. Reservation Day: Based on the Purpose of Use

Purpose of Use	Reservation Period Starting Date	Reservation Period Ending Date
Resident Group	3 months prior to day of use	1 Month Prior ↓
Non-Resident Group	2 months prior to day of use	The Previous Day

※Only reservation at the counter will be accepted⇒For conflicting reservations, a lottery will be taken⇒Afterwards, reservations via telephone will be accepted.  
※Both phone and at-the-counter reservations will be accepted the day after the starting date.

#### ◆Use of the Archery Dojo

When reserving the dojo, please be sure to check and confirm with the time table below.  
Please note that if your reservation form is not submitted by the day prior to one month before the date of the event, then the reservation type will be changed to "individual use."

Archery Dojo Time Table

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Individual Use	Individual Use	Individual Use	Individual Use	Group Use	☆	Group Use
Afternoon	Individual Use	Group Use	Individual Use	Group Use	Individual Use	Group Use	☆
Evening	Individual Use	Individual Use	Group Use	—	—	☆	☆

☆Mainly for individual use, but in special cases group use is possible as well. Please contact us for further details.  
Morning-9:00~12:00 /Afternoon-13:00~16:30 /Evening-17:30~21:00

#### ◆For Individual Use

Please purchase a ticket at the ticket machine on the day of use.

#### ◆Other Notes and Precautions

- Please be aware that use of the gymnasium may be denied if you neglect to follow regulations.
- We apologize, but we do not accept reservations via the internet or fax
- If the payment deadline is repeatedly missed, then any further reservations will be declined.
- If you wish to change the date, time, and/or location, please cancel, and then re-submit your reservation.
- Resident/Non-Resident Qualifications When Using Facilities (Archery Dojo Incl.)  
Resident (Individual): Must reside, be employed, or enrolled in school within Ota Ward.  
Resident (Group): The group representative or 50% or more of the members must reside, be employed, or enrolled in school within Ota Ward.  
Non-Resident: Individuals or groups that do not meet any of the above criteria.  
※When using the Archery Dojo as a group, group registration must be completed beforehand.

#### ◆The refunding of payments will be made as follows:

Written below: For those who have fully submitted their payments, and for those who have only submitted partial payments.  
A) 100% of the payment fee will be refunded if the cancellation is made 5 months prior to the day of use.  
B) 75% of the payment fee will be refunded if the cancellation is made 3 months to 5 months prior to the day of use.  
C) 50% of the payment fee will be refunded if cancellation is made 1 month to 3 months prior to the day of use.  
D) 25% of the payment fee will be refunded if cancellation is made 2 weeks to 1 month prior to the day of use.

#### Reservations for the archery dojo and for general use

To reserve, please check in at the reception desk by 9:00am.  
If there are multiple reservations for the same time, a lottery will be taken.

## Fees for Facilities

### For General Use

#### ◆Price List

Residents							Non-residents								
	Section of Use	Morning	Early Afternoon	Late Afternoon	Evening	All Day		Section of Use	Morning	Early Afternoon	Late Afternoon	Evening	All Day		
	Hours of use	9:00	12:00	15:00	18:00	9:00		Hours of use	9:00	12:00	15:00	18:00	9:00		
		12:00	15:00	18:00	21:00	21:00			12:00	15:00	18:00	21:00	21:00		
Facilities		Dates	Fees for Facilities				Facilities		Dates	Fees for Facilities					
Main-arena	All	Weekdays	16,000	16,000	21,000	28,600	81,600	Main-arena	All	Weekdays	19,200	19,200	25,200	34,300	97,900
		Weekends & Holidays	28,600	28,600	28,600	28,600	114,400			Weekends & Holidays	34,300	34,300	34,300	34,300	137,300
	Half	Weekdays	8,000	8,000	10,500	14,300	40,800		Half	Weekdays	9,600	9,600	12,600	17,200	49,000
		Weekends & Holidays	14,300	14,300	14,300	14,300	57,200			Weekends & Holidays	17,200	17,200	17,200	17,200	68,600
Sub-arena		Weekdays	6,300	6,300	8,200	11,200	32,000	Sub-arena		Weekdays	7,600	7,600	9,800	13,400	38,400
		Weekends & Holidays	11,200	11,200	11,200	11,200	44,800			Weekends & Holidays	13,400	13,400	13,400	13,400	53,800
Training Room 1		Weekdays	3,000	3,000	3,900	5,400	15,300	Training Room 1		Weekdays	3,600	3,600	4,700	6,500	18,400
		Weekends & Holidays	5,400	5,400	5,400	5,400	21,600			Weekends & Holidays	6,500	6,500	6,500	6,500	25,900
Training Room 2		Weekdays	3,000	3,000	3,900	5,400	15,300	Training Room 2		Weekdays	3,600	3,600	4,700	6,500	18,400
		Weekends & Holidays	5,400	5,400	5,400	5,400	21,600			Weekends & Holidays	6,500	6,500	6,500	6,500	25,900
Conference Room		Weekdays	2,000	2,000	2,600	3,600	10,200	Conference Room		Weekdays	2,400	2,400	3,100	4,300	12,200
		Weekends & Holidays	3,600	3,600	3,600	3,600	14,400			Weekends & Holidays	4,300	4,300	4,300	4,300	17,300
Lounge Room 1		Weekdays	3,600	3,600	4,100	4,900	16,200	Lounge Room 1		Weekdays	4,300	4,300	4,900	5,900	19,400
		Weekends & Holidays	4,900	4,900	4,900	4,900	19,600			Weekends & Holidays	5,900	5,900	5,900	5,900	23,500
Lounge Room 2		Weekdays	3,600	3,600	4,100	4,900	16,200	Lounge Room 2		Weekdays	4,300	4,300	4,900	5,900	19,400
		Weekends & Holidays	4,900	4,900	4,900	4,900	19,600			Weekends & Holidays	5,900	5,900	5,900	5,900	23,500
※The Lounge Room is not available															
※Both setup and clean-up are included in the period of use.															

※The Lounge Room is not available

※Both setup and clean-up are included in the period of use.

### Secondary/Special Equipment

#### ◆Fee Chart (for General Use)

Sports Events	Secondary/ Special Equipment	Units	Classification	◆Fees
Judo	Tatami, Lines for Ring	2 Rings	1 Frame	900
Table Tennis	Table Tennis Unit, Fence	1 Unit		150
Volleyball	Referee Stand, Net, Post	1 Court		400
Badminton	Referee Stand, Net, Post	1 Court		400
Soft-valley	Referee Stand, Net, Post	1 Court		400
Handball	Goal Net	1 Court		800
Basketball	Goal, etc.	1 Court		800
Tennis	Referee Stand, Net, Post	1 Court		400
Futsal	Goal Net	1 Court		800
Scoreboard	Motor	1 Court		1,000
Air-Conditioning	Main-arena	1 Set	1 Hour	5,000
	Sub-arena	1 Set	1 Hour	2,000

※Please contact us for further details.

### Basement Parking Fee

Basement Parking Fee		
Basement Parking	Up to 62 cars	¥100/30min.
Basement Motorbike Parking	Up to 12 motorcycles	Free

## Class Lessons

## 2 Types of Sports Lessons to Choose From!

Regular Course	10 Step-Up Lessons Every 3 Months (Due to tournaments and other events, this number may differ)	60 min. per lesson ¥7,000/10 lessons
Day Course	You can easily join a one-shot course for the sport of your liking.	45 min. per lesson ¥700/1 lesson

Ticket packs and season tickets are also available with your lesson.

#### Main Class Content

- |  |   |
|--|---|
| ●Adjustment / Functional Improvement ... | Health Calithenics, Yoga, Pelvic Adjustment, etc. |
| ●Relax .....                             | Lymph/Wave/Torso Stretch, etc.                    |
| ●Dance .....                             | Zumba, Fula, Tap-Dance, etc.                      |
| ●Active .....                            | Simple Aerobics, Hoop Boone, Group Kicking        |
| ●Parent/Child Class .....                | Baby Yoga, Family Gymnastics,, etc.               |
| ●For Kids Class .....                    | Kids-Dance, Junior-Hoop, etc.                     |

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

※There will also be main event lessons.

### Use of the Archery Dojo

#### ◆Fee Chart

		Resident			Non-resident		
Time Period		Morning	Afternoon	Evening	Morning	Afternoon	Evening
Hours of Use		9:00	13:00	17:30	9:00	13:00	17:30
		12:00	16:30	21:00	12:00	16:30	21:00
Classification		Fees			Fees		
Individual Use	General Use	400	450	500	400	450	500
	For High School Students and Younger	200	220	250	200	220	250
Reservations		4,000	4,500	5,000	4,800	5,400	6,000

※Both setup and clean-up are included in the period of use.

※Available for high school students (adult supervision required) and older. Beginners not allowed.

### Rental Equipment

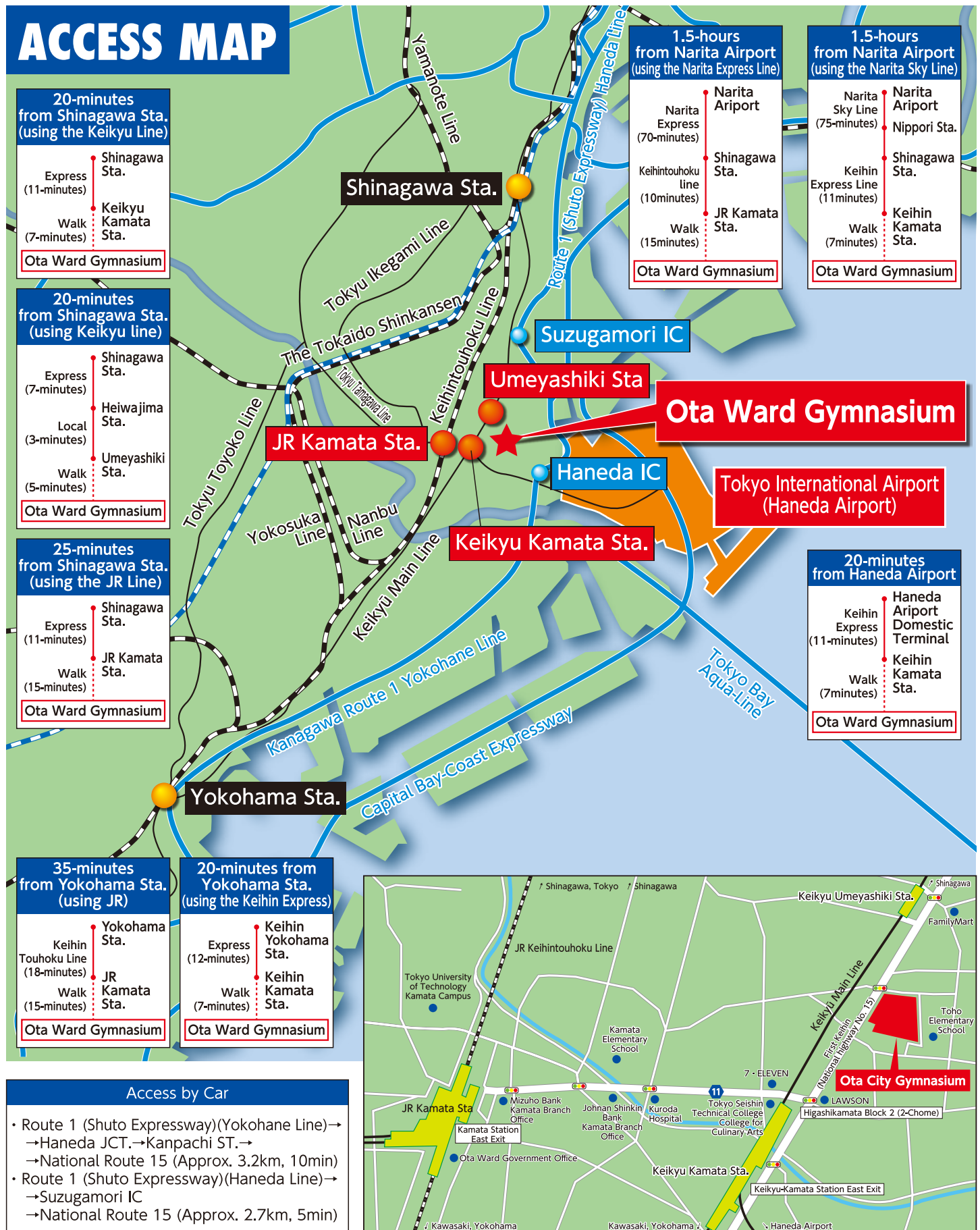
#### ◆Fee Chart

Rental Equipment	
(Unit: Japanese Yen, tax included)	
Balls for Basketball, Volleyball, Futsal / Rackets for Table Tennis, Badminton	¥100/each.
Ping-Pong Ball / Shuttle for Badminton	¥50/each.
Mat for Dancing	¥500/per mat.

Other	Coin Shower	¥100/5min.
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# ACCESS MAP



# Ota Ward Gymnasium

## TEL.03-5480-6688

〒144-0031 1-11-1 Kamata, Ota-ku, Tokyo

**Reservation** 9:00 ~ 18:00

**Opening Hours** 9:00 ~ 21:00

**Closed** on the Last Wednesday of Every Month

For more information,

Ota Ward Gymnasium

search for us at

<http://ota-sports.jp>