

| Timetable   | Grade | Course            | Instructor | Information                                                                                                                                                                           |
|-------------|-------|-------------------|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wed.<br>3rd | 2     | Fitness Training  | Kawai      | Student ID card, Indoor shoes, Central gymnasium 2F Athlete lounge.                                                                                                                   |
|             |       | Swimming          | Homma      | Swimming wear, Swimming cap, Swimming goggle                                                                                                                                          |
|             |       | Dance             | Hirayama   | Sports Wear, Indoor shoes                                                                                                                                                             |
|             |       | Gymnastics        | Kanaya     | N/A                                                                                                                                                                                   |
|             |       | Kendo             | Sakai      | Costs ¥2,000 (You need to buy bamboo sword. Ordering in the 1st class). Japanese kendo wear will be lent to attendance. Please come to martial arts gymnasium 2F with sports wear.    |
|             |       | Volleyball        | Akiyama    | N/A                                                                                                                                                                                   |
|             |       | Softball          | Nara       | N/A                                                                                                                                                                                   |
|             |       | Basketball        | Otaka      | Sports Wear, Indoor shoes                                                                                                                                                             |
|             |       | Handball          | Yamada     | Sports Wear, Sports shoes. (Rainy day: Indoor shoes)                                                                                                                                  |
|             |       | Soccer            | Geisler    | Sports wear, Taining Shoes, Rain wear                                                                                                                                                 |
|             |       | Tennis            | Kubota     | Tennis shoes or flat sole sports shoes                                                                                                                                                |
|             |       | Golf              | Shiraki    | Costs ¥4,000 (Charge of Golf practice range and Golf course)                                                                                                                          |
|             |       | Outing Sports     | Sakamoto   | Sports wear                                                                                                                                                                           |
|             |       | Trim Exercise     | Fukuda     | You can only take this class if you have mental or physical disorder. If you wish to take this class, you have to come to Physical Education Center beforhand.                        |
| Thu.<br>2nd | 2     | Fitness Training  | Ohmori     | You need to bring the followings. ①Sports Wear, ②Sports shoes(Indoor), ③Sports shoes(Outdoor), ④Towel, ⑤Smartphone or Watch that can count by seconds, ⑥Notebook (A4), ⑦Writing tools |
|             |       | Track & Field     | Tanigawa   | N/A                                                                                                                                                                                   |
|             |       | Swimming          | Takagi     | Swimming wear, Swimming cap, Swimmimg goggle. Meeting point: get changed and wait inside the swimming pool building                                                                   |
|             |       | Dance             | Yonezawa   | N/A                                                                                                                                                                                   |
|             |       | Refresh Movements | Hasegawa   | Sports Wear, Bare feet                                                                                                                                                                |
|             |       | Karate            | Fumoto     | You will borrow a Karate uniform. Prepare a bag for taking it back home                                                                                                               |
|             |       | Bodywork          | Kato       | N/A                                                                                                                                                                                   |
|             |       | Volleyball        | Akiyama    | N/A                                                                                                                                                                                   |
|             |       | Softball          | Kaneda     | You can bring your own gloves, if you have one. You can not wear spiked shoes.                                                                                                        |
|             |       | Basketball        | Otaka      | Sports Wear, Indoor shoes                                                                                                                                                             |
|             |       | Handball          | Nemes      | Sports Wear, Sports shoes. (Rainy day: Indoor shoes) handball court. (Rainy day: Gymnasium(Medical Area))                                                                             |
|             |       | Table Tennis      | Kiuchi     | N/A                                                                                                                                                                                   |
|             |       | Soccer            | Geisler    | Sports Wear, Training Shoes, Rain Wear                                                                                                                                                |
|             |       | Tennis            | Mitsuhashi | Tennis shoes or flat sole sports shoes                                                                                                                                                |
|             |       | Golf              | Shiraki    | Costs ¥4,000 (Charge of Golf practice range and Golf course)                                                                                                                          |
|             |       | Shooting Sports   | Saga       | Training Shoes, It costs ¥1,000.                                                                                                                                                      |
|             |       | Trim Exercise     | Sakamoto   | You can only take this class if you have mental or physical disorder. If you wish to take this class, you have to come to Physical Education Center beforhand.                        |