

Timetable	Grade	Course	Instructor	Things to bring	Date of first class	Meeting place	In case of rain
Wed.3rd	2	Fitness Training	Kawai	Student ID card, Indoor shoes, Sprots wear	19 Apr. 3rd period	Meet at Central gymnasium 2F Athlete lounge	Same as on the left
		Swimming	Homma	Bring a swimming wear, swimming cap, and a swimming goggle, towel	19 Apr. 3rd period	Get changed and meet at pool side	Same as on the left
		Dance	Hirayama	Sports wear	19 Apr. 3rd period	Dance studio, Central Gymnasium	Same as on the left
		Gymnastics	Kanaya	Sports wear	19 Apr. 3rd period	Gymnastics Stadium, Central Gymnasium	Same as on the left
		Kendo	Sakai	Japanese kendo wear will be lent to attendance. Please come to martial arts gymnasium 2F with sports wear.	19 Apr. 3rd period	Kendo Floor, Martial Arts Gymnasium	Same as on the left
		Flag Football	Matsumoto	Sportswear, Indoor shoes & Outdoor shoes	19 Apr. 3rd period	Check www.go-matsugen.jp	Check www.go-matsugen.jp
		Volleyball	Akiyama	Sprots wear. Indoor shoes.	19 Apr. 3rd period	Gymnasium (Volleyball)	Same as on the left
		Softball	Kawamura	Sports wear	19 Apr. 3rd period	Baseball field	Meeting room, Central Gymnasium
		Handball	Yamada	Sports Wear, Sports shoes. (Rainy day: Indoor shoes) handball court. (Rainy day: Gymnasium(Medical Area))	19 Apr. 3rd period	Handball court	2nd Gymnasium (Medical area)
		Soccer	Hong	Sports wear, Taining Shoes	19 Apr. 3rd period	Soccer field	Lecture room, Central Gymnasium
		Tennis	Kubota	Sports wear. Writing tools. Tennis shoes or flat sole sports shoes when you have one.	26 Apr. 3rd period	Tennis court (next to SPEC)	Meeting room, 2nd floor P.E. center
		Golf	Shiraki	N/A	19 Apr. 3rd period	Notice board in front of P.E. center	Same as on the left
		Outing Sports	Sakamoto	N/A	19 Apr. 3rd period	Practice field (Yasei no Mori)	Club house
		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.	19 Apr. 3rd period	Trim exercise room, 1st floor P.E. center	Same as on the left
Thu.2nd	2	Fitness Training	Ohmori	Please bring the followings: ①Sports wear, ②Indoor shoes, ③Sports shoes(Outdoor), ④2 Towels, ⑤Smartphone or Watch that can count by seconds, ⑥Notebook(A4 size), ⑦Writing tools, ⑧Student ID card	13 Apr. 2nd period	2nd training room, Central Gymnasium	Same as on the left
		Track & Field	Tanigawa	Wrist watch	13 Apr. 2nd period	Track & Field, home straight	Running course next to SPEC
		Swimming	Takagi	Swimming wear, Swimming cap, Swimmimg goggle.	13 Apr. 2nd period	Get changed and meet at pool side	Same as on the left
		Dance	Yonezawa	Sports wear	13 Apr. 2nd period	Dance studio, Central Gymnasium	Same as on the left
		Refresh Movements	Hasegawa	Sports wear, Bare feet	13 Apr. 2nd period	Gymnastics Stadium, Central Gymnasium	Same as on the left
		Karate	Fumoto	Karate uniform will be lent to you. Prepare a bag for take the uniform back to home. Bring your own if you have one.	13 Apr. 2nd period	1st Multi-purpose Dojo	Same as on the left
		Bodywork	Kato	Sports wear, towel, you will be required to take off your pair of socks during the class.	13 Apr. 2nd period	2nd Multi-purpose Dojo	Same as on the left
		Volleyball	Akiyama	Sports wear, Indoor shoes	13 Apr. 2nd period	Gymnasium (Volleyball)	Same as on the left
		Softball	Kaneda	Sports wear. Please bring your sports shoes (You can not wear spiked shoes).	13 Apr. 2nd period	Baseball field, Back net	Same as on the left
		Basketball	Otaka	Sports wear, Indoor shoes	13 Apr. 2nd period	Basketball court, Central Gymnasium	Same as on the left
		Handball	Nemes	Sports Wear, Sports shoes. (Rainy day: Indoor shoes) handball court. (Rainy day: Gymnasium(Medical Area))	13 Apr. 2nd period	Handball court	2nd Gymnasium (Medical area)
		Table Tennis	Kiuchi	Sports wear, Indoor shoes	13 Apr. 2nd period	3rd Gymnasium (3rd area)	Same as on the left
		Soccer	Koido	Sports Wear, Training Shoes	13 Apr. 2nd period	Soccer field	Meeting room, Central Gymnasium
		Tennis	Mitsuhashi	Sports wear, Tennis shoes or flat sole sports shoes	13 Apr. 2nd period	Tennis court (next to SPEC)	Meeting room, 2nd floor P.E. center
		Golf	Shiraki	N/A	13 Apr. 2nd period	Notice board in front of P.E. center	Same as on the left
		Shooting Sports	Saga	Training Shoes, Sports Wear	13 Apr. 2nd period	Japanese archery training hall	Lecture room, Central Gymnasium
		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 beforehand.	20 Apr. 2nd period	Trim exercise room, 1st floor P.E. center	Same as on the left