

**Information about first class, 2023 (Spring)**

As of March 1, 2023

Timetable	Course	Instructor	Things to bring	Date of first class	Meeting place	In case of rain
Thu. 2nd	Swimming	Sakaue	Bring a swimming wear, swimming cap, and a swimming goggle, towel	13 Apr. 2nd period	Get changed and meet at pool deck	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 Area, Central Gymnasium	Same as on the left
	Kendo	Nabeyama	sports wear	13 Apr. 2nd period	Kendo Floor, Martial Arts 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
	Flag Football	Matsumoto	Sportswear, Indoor shoes & Outdoor shoes	13 Apr. 2nd period	Sekisho Field (2nd soccer field)	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
	Table Tennis	Nonaka	Sports wear, Indoor shoes	13 Apr. 2nd period	3rd Gymnasium (3rd area)	Same as on the left
	Badminton	Tanifuji	Sports wear, Indoor shoes	13 Apr. 2nd period	1st Gymnasium (1st area)	Same as on the left
	Tennis	Maezawa	Training Shoes, Sports Wear	13 Apr. 2nd period	Taigei Tennis Court	Meeting room, 2nd floor P.E. Center
	Shooting Sports	Saga	Training Shoes, Sports Wear	13 Apr. 2nd period	Japanese archery training hall	Lecture room, Central Gymnasium (2F)
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.	13 Apr. 2nd period	Trim exercise room, 1st floor P.E. center	Same as on the left	
Thu. 3rd	Fitness Training	Tanigawa	Training Shoes, Sports Wear, Wrist watch	13 Apr. 2nd period	2nd training room, Central Gymnasium	Same as on the left
	Dance	Hirayama	Sports wear	13 Apr. 2nd period	Dance studio, Central Gymnasium	Same as on the left
	Kendo	Nabeyama	sports wear	13 Apr. 2nd period	Kendo Floor, Martial Arts Gymnasium	Same as on the left
	Judo	Matsui	Judo uniform (be available for rent). Female students bring a T-shirt.	13 Apr. 2nd period	Judo dojo, Gymnasium of Martial Arts	Same as on the left
	Softball	Nara	Sports wear	13 Apr. 2nd period	Baseball field, Back net	Meeting room, Central Gymnasium (2F)
	Basketball	Sakamoto	Sports wear, Indoor shoes	13 Apr. 2nd period	Basketball court, Central Gymnasium	Same as on the left
	Handball	Fujimoto	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	Ando	Sports wear, Indoor shoes	13 Apr. 2nd period	3rd Gymnasium (3rd area)	Same as on the left
	Badminton	Tanifuji	Sports wear, Indoor shoes	13 Apr. 2nd period	1st Gymnasium (1st area)	Same as on the left
	Soccer	Naruse	Sports Wear, Training Shoes	13 Apr. 2nd period	Soccer field	Meeting room, 2nd floor P.E. Center
	Tennis	Maezawa	Training Shoes, Sports Wear	13 Apr. 2nd period	Taigei Tennis Court	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
	Outdoor pursuits	Sakamoto	everyday clothes	13 Apr. 2nd period	Practice field (Yasei no Mori)	Club house
Shooting Sports	Saga	Training Shoes, Sports Wear	13 Apr. 2nd period	Japanese archery training hall	Lecture room, Central Gymnasium (2F)	
New Sports	Nagata	Training Shoes, Sports Wear	13 Apr. 2nd period	Sekisho Field (2nd soccer field)	Ancient Japanese Martial Arts	
Trim Exercise	Saito	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.	13 Apr. 2nd period	Trim exercise room, 1st floor P.E. center	Same as on the left	
Fri. 2nd	Fitness Training	Kawai	Indoor shoes, Sports wear	14 Apr. 2nd period	Spectator seats on the Athletic Field	Same as on the left
	Swimming	Tsunokawa	Swimming wear, Swimming cap, Swimming goggle.	14 Apr. 2nd period	Get changed and meet at pool side	Same as on the left
	Jog & walk	Enomoto	Running Shoes, Sports Wear	14 Apr. 2nd period	Track & Field, home straight	Same as on the left
	Kendo	Nabeyama	sports wear	14 Apr. 2nd period	Kendo Floor, Martial Arts Gymnasium	Same as on the left
	Judo	Hiraoka	"Judo uniform (be available for rent). Female students bring a T-shirt"	14 Apr. 2nd period	Judo dojo, Gymnasium of Martial Arts	Same as on the left
	Flag Football	Matsuo	Sportswear, Indoor shoes & Outdoor shoes	14 Apr. 2nd period	Sekisho Field (2nd soccer field)	4th Gymnasium (Kasuga area)
	Softball	Nara	Sports wear	14 Apr. 2nd period	Baseball field, Back net	Meeting room, Central Gymnasium (2F)
	Basketball	Moriya	Sports wear, Indoor shoes	14 Apr. 2nd period	Basketball court, Central Gymnasium	Same as on the left
	Handball	Yamada	Sports Wear, Sports shoes. (Rainy day: Indoor shoes)	14 Apr. 2nd period	Handball court	2nd Gymnasium (Medical area)
	Table Tennis	Ando	Sports wear, Indoor shoes	14 Apr. 2nd period	3rd Gymnasium (3rd area)	Same as on the left
	Soccer	Koido	Sports Wear, Training Shoes	14 Apr. 2nd period	Soccer field	2nd Multi-Purpose Dojo
	Tennis	Kudo	Training Shoes, Sports Wear	14 Apr. 2nd period	Taigei Tennis Court	Lecture room, 1st floor P.E. Center
	Outdoor pursuits	Sakamoto	everyday clothes	14 Apr. 2nd period	Practice field (Yasei no Mori)	Club house
New Sports	Saito	Sports Wear	14 Apr. 2nd period	Notice board in front of P.E. center	Gymnasium (Volleyball)	
Shooting Sports	Saga	Training Shoes, Sports Wear	14 Apr. 2nd period	Japanese archery training hall	Lecture room, Central Gymnasium (2F)	
Trim Exercise	Nagata	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.	14 Apr. 2nd period	Trim exercise room, 1st floor P.E. center	Same as on the left	