



Hiroshima City Sports Association

Hiroshima Big Wave

## Higashi Ward Sports Center

Hours 9 a.m. 9 p.m. ( 8:30 a.m. 9:30 p.m. in July - September)  
Closed Tuesday, August 6, December 28 January 4  
Address 1-8-3 Ushitashin-machi, Higashi-ku, Hiroshima-city 732-0068  
PHONE : (082)222-1860 FAX : (082)222-1861  
URL <http://www.sports-or.city.hiroshima.jp>

### The usage

Please pay the charge of the items of choice by receptionist, and accept a receipt.

Please show registration of each room a receipt.

Please use the coin locker of a changing room, and manage valuables and a load by each one.

| (unit: ¥)          | Individuals:<br>single -use |       | Individuals:<br>book of single-use<br>tickets (11) |       |
|--------------------|-----------------------------|-------|--|-------|
|                    | Child                       | Adult | Child  | Adult |
| Large<br>Gymnasium | 150                         | 260   | 1,500  | 2,600 |
| Small<br>Gymnasium | 150                         | 260   | 1,500  | 2,600 |
| Swimming Pool      | 240                         | 480   | 2,400  | 4,800 |
| Training Room      | 310                         | 540   | 3,100  | 5,400 |
| Locker             | 100 per locker              |       |  |       |

#### 'About the exemption system of an individual usage fee'

About next person, an individual usage fee (except for a coin locker) is Exempted. Please show each notebook and a batch to receptionist.

The grant of the health record book is received and he/she is a person aged 65 and over.

Those who have received the grant of a physically handicapped person's card, the ryouiku notebook, the mentally handicapped person health-and-welfare notebook, and the war casualty notebook.

Those who have received the grant of the atomic bomb disabled person chapter (batch)

The above-mentioned person's helper

## Training Room

There are various instruments and tools in the room. They are used and movement according to your purpose can be enjoyed.

Please consult with the staff on directions for use, the training method, etc.

#### Use procedure

Pay a charge by receptionist. Please accept a receipt.

Please show the exercise room staff a receipt.

Please offer the staff at the first time of the first use.

#### The cautions on use

Please wear indoor shoes for accident prevention.

(It cannot use, when there are no indoor shoes.)

Since elementary and junior high school students are in development stage of the body, there are use restrictions.

Those who are undergoing the present medical treatment need to use in response to diagnosis of a doctor.

#### Introduction of a training machines

Various measurement apparatus which is useful for health care administration

Scale body fat meter sphygmomanometer

The machine for the body fat combustion by aerobics

Step machine Rowing machine

Running machine Aero motorbike

The machine which heightens and accumulates muscular power

Weight machine Dumbbell Iron array Sit-up stand

The machine for recovery from fatigue

Relaxation machine Rolling high crown

If you want to train effectively,  
A training room registration system is ///

#### Training room registration system...

In order to attain your purpose effectively safely, it is a system which creates only original menu.

Medical checkup in the appointed medical institution is performed, it unites with your purpose, and the special staff creates a training menu.

In detail, it is to a sports center...

#### First Floor

Large Gymnasium 1,645 m<sup>2</sup>(47m × 35m)

3 Volleyball courts

2 Basketball courts

10 Badminton courts ( use light sports)

12 Table-tennis courts

Small Gymnasium 640 m<sup>2</sup>(32m × 20m)

1 Volleyball courts

1 Basketball courts

4 Badminton courts ( use light sports)

10 Table-tennis courts

Swimming Pool

25m Pool ... 325 m<sup>2</sup> (25m × 13m) 6courses

Depth of water 1.2m ~ 1.4m

Kids Pool ... 36 m<sup>2</sup> (4m × 9m)

Depth of water 0.6m

Parking Capacity 144

#### Second Floor

Gallery stands of Large Gymnasium 1,002 seat capacity

Gallery stands of Swimming Pool 48 seat capacity

Conference Rooms (2) 30 seat capacity ( per 1room)

Guest Room 8 seat capacity ( 1room)

Tearoom "MIKURA"

#### The First Basement

Training Room 415 m<sup>2</sup>

4 Treadmills

7 Aero bikes

2 Natural Runners

Weight machines

Free weights

Relaxation machines

Fitness measurement equipment

