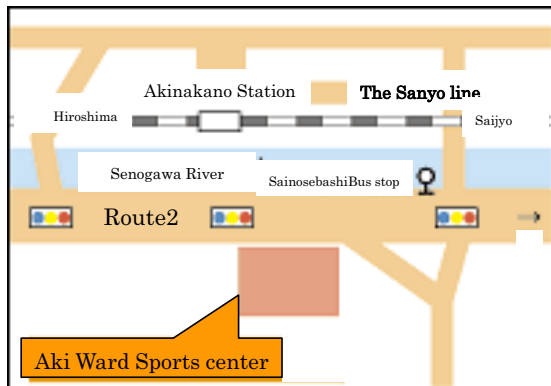


## Hiroshima City Aki Ward Sports Center 安芸区スポーツセンター



- Take the Sanyo Line to Akinakano. Walk for 7 minutes.
- Take a Geiyo Bus bound for Nakanohigashi or Saijo (Hiroshima Station No.12 or Hiroshima Buscenter No.5). Get off at Sainosebashi. Walk for 3 minutes.
- Take a Geiyo Bus bound for Hiroshima Bus Center Port (via Ikkanda). Get off at Sainosebashi. Walk for 3 minutes.

〒739-0323 Hiroshima-shi, Aki-ku, Nakanohigashi, 2-3-1  
 TEL: (082) 893-1998  
 FAX: (082) 893-1857  
 Homepage: <http://www.sports-or.city.hiroshima.jp/>

### Hours

9:00AM – 9:00PM  
 8:30AM – 9:30PM (June- September)

### Closed

Wednesday, August 6, December 28 – January 4

### For Individual Use

Please pay at the registration desk.

**For Exclusive Use** The required forms must be submitted within the defined application period. The period begins 3 months before the applicant wishes to use the facilities and ends on the 10<sup>th</sup> of the month before the usage date.

### For Everyone's Enjoyment of the Facilities

- Observe facility hours.
- Wear appropriate workout attire.
- Outdoor shoes cannot be worn in the building. Please bring indoor shoes.
- Be respectful of the Center's equipment and use it properly.
- Clean the equipment you've used and return everything to its proper place.
- Eat and drink only in designated areas.
- Take all your own garbage home with you.
- The Sports Center is not responsible for accidents or theft in the building and parking areas. Please take appropriate precautions.
- Those under the influence of alcohol will be refused entry.
- Those causing trouble or disrespecting others may be asked to leave.
- No smoking in the building, except in designated areas.

### Fees

Category	Individuals: single-use		Individuals: book of single-use tickets (11)		Exclusive Use: per hour	
	Child	Adult	Child	Adult	Child	Adult
Large Gymnasium	¥150	¥260	¥1,500	¥2,600	¥3,390	¥5,950
Small Gymnasium	¥150	¥260	¥1,500	¥2,600	¥1,130	¥1,970
Training Room	¥310	¥540	¥3,100	¥5,400		
Swimming Pool	¥240	¥480	¥2,400	¥4,800		
Tennis Court					¥260	¥500
Conference Rooms 1 & 2					¥440 per room	
Locker	¥100 per locker					

### Training Room Registration

To increase basic physical strength, and build muscle and stamina, it is important to train with repetition and endurance following a fitness program that meets the varying needs of age and strength. For those that feel out of shape lately, we have a support staff of specialists to ease your worries.

[Entrance Restriction] Those over age 15 (junior high school students excluded)

[Fees] Please pay every time you use the facilities.

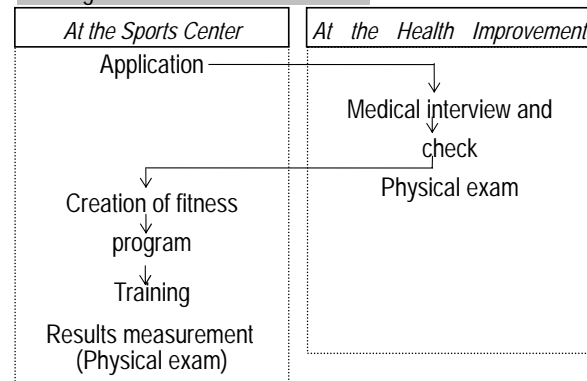
Separate payment is necessary for the medical check.

[Enrollment Period] One year from the day of registration

### Now Accepting Training Room Applicants!

We support your results-oriented shape-up and bulk-up.

### Training Room Enrollment Procedure



## Facility Outline

- Opened: May 19, 1984
- Lot Area: 11,243m<sup>2</sup>
- Total Floor Area: 6,607m<sup>2</sup>
- Construction: reinforced concrete
- Total Project Expenses: 3.17 billion yen
- Parking Capacity: 109

### First Floor

Parking  
 Training Room  
 Swimming Pool  
 Men's & Women's Locker rooms  
 Conference Rooms  
 Office/Kiosk  
 First Aid Room  
 Lounge  
 Vending Machines

### Second Floor

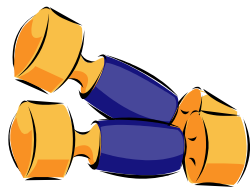
Large Gymnasium  
 Vending Machines

### Third Floor

Pull-Out Seating for Large Gymnasium

### Underground

Small Gymnasium  
 Men's & Women's Toilets



### First Floor

**Training Room** 435.39m<sup>2</sup>  
 4 Treadmills  
 8 Aerobikes  
 Weight machines  
 Free weights  
 Relaxation machines  
 Fitness measurement equipment

**Swimming Pool** 25m x 6Lanes  
 Small Pool

**Conference Rooms** 143m<sup>2</sup>  
 2 Rooms (capacity per room: 30 people)  
 Room-adjointing capability

**Parking** First 48 cars Second 61cars

### Second Floor

**Large Gymnasium** 1,564m<sup>2</sup> (46mx34m)  
 3 Volleyball courts  
 2 Basketball courts  
 10 Badminton courts  
 Table tennis, *mini-tennis*

**Pull-Out Seating**  
 504 Seat capacity

**Pool Stand**  
 60 Seat capacity

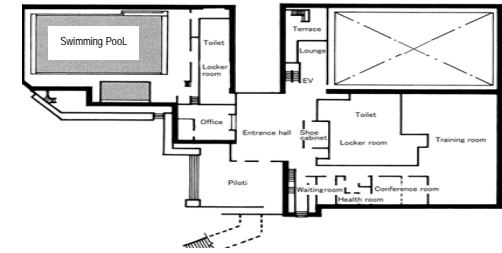
### Third Floor

**Pull-Out Seating**  
 480 Seat capacity

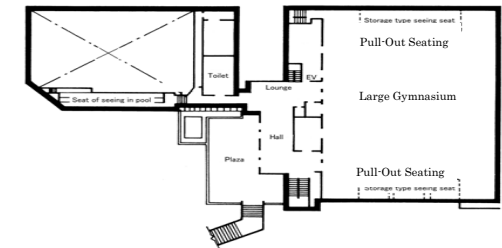
### Underground

**Small Gymnasium** 640m<sup>2</sup> (32mx20m)  
 1 Volleyball court  
 1 Basketball court  
 3 Badminton courts  
 Table tennis, *mini-tennis*

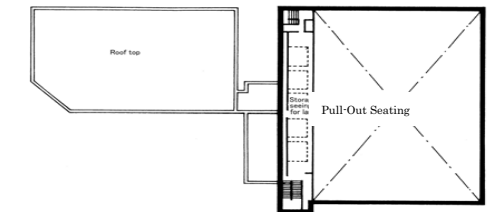
### First Floor



### Second Floor



### Third Floor



### Underground

