

# Information about Genkikan



These are the rules for your safe and comfortable use.

Some of these may seem strict, but please keep them to prevent accidents.

**【Open】 9 A.M. – 9:30 P.M. (※ Return the locker card and leave Genkikan by 9:30 P.M.)**

**※ After 5 P.M, a child aged 12 or younger must be with a parent all the way up to the lobby on 2<sup>nd</sup> floor.**

**【Close】 Every 4<sup>th</sup> Monday, Dec.29<sup>th</sup>–Jan.3<sup>rd</sup>**

**【Registration】 ※First time, it takes about 30 minutes to conduct ① to ③.**

◆ ①Get registered and receive a card on 1<sup>st</sup> floor ⇒ ②Monshin: answering questions before a PC on 2<sup>nd</sup> floor) ⇒ ③Taisosei: estimating physical composition, getting on a machine with barefoot.

◆ If you use the pool or the training gym, finish ① to ③ and purchase tickets at the machine.

◆ If you join a class, finish ① to ③ and ④Tairyoku-sokutei: Fitness test. (Reserve on 2<sup>nd</sup> floor.)

◆ ②③④ are aimed at person over 13 years old.

◆ ② and ④ is valid without expiration. (For free only for the 1<sup>st</sup> time. It costs 100 yen from the 2<sup>nd</sup> time.)

◆ ③ must be done once a year.

◆ For a child under 12 to make card, it is necessary to show parental consent by signing in a form. A stamp will be on the back of the card.

◆ It costs 200 yen to re-issue the card. Ask the reception on 1<sup>st</sup> floor if you lost the card or changed phone number.

<Ticket prices> Due to the upraising of consumption tax, prices have been changed since April 1<sup>st</sup>, 2014.

Ticket	Adults	Over 65	(Junior) High	Elementary	Infants
One-time	410 yen	300 yen	300 yen	200 yen	For free.
11-ticket card	4,100 yen	3,000 yen	3,000 yen	2,000 yen	Note: Above 3 y/o and those without diaper.
1-month pass	4,110 yen	3,080 yen	3,080 yen	2,050 yen	
3-month pass	9,250 yen	7,200 yen	7,200 yen	5,140 yen	

※ These tickets are for entering the paying area, where you can use the swimming pool, training gym, and relaxation room at one time.

※ 11-ticket card and the passes are not refundable.

※ 11-ticket card and the passes cannot be reissued when you lost or forgot it.

## 《 Locker room on 2<sup>nd</sup> floor 》

- Take off your shoes before the red carpet. Men's locker room is on the right, and Women's is on the left.
- The locker is divided into "Dry Zone" with wooden floor and "Wet Zone" with green concrete floor.
- If you go to the gym or the studio, use the locker in "Dry Zone," and go up stairs out of the locker room.
- If you go to the swimming pool, use the locker in "Wet Zone," and go through the door far into the room and turn right.

- Choose any locker you like. Ignore the number on the locker card.

- The lockers with a key on are vacant.

- Open the door of a locker and put the card into it as the arrow on the card indicates, only then can you turn the key to lock.

- When you leave, bring the locker card to the reception desk, and you get your Genkikan card in exchange for the locker card. Confirm whether you have all your belongings: Things left behind are to be disposed after 2 months.

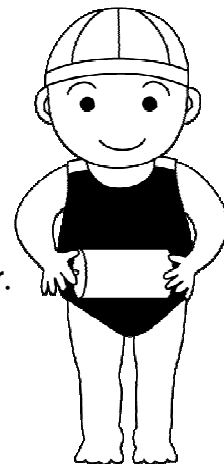
- Don't let the "Dry Zone" floor get wet after you used shower or the pool. When the floor got wet, wipe with a mop in the locker room.

- After using the water-basin, wipe water out with a towel and return the dryer into the basket.

- Don't spin dry too much swimsuits at the hydro-extracting machine.

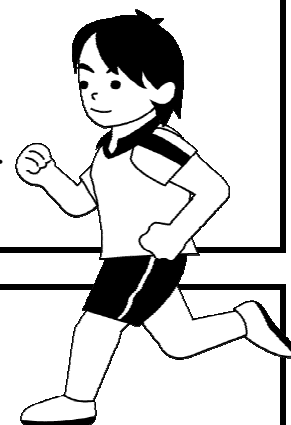
## ◀ Swimming pool on 2<sup>nd</sup> floor ▶

1. For a child to use the pool, (s) he has to be older than 3, and needs no diaper.
2. A Third-grader (shogaku 3 nensei) or younger needs to be with a guardian aged 14 or older to enter. A third-grader and a first-grader, for example, need 2 guardians to enter.
3. Swimsuit and swimming cap are necessary.
4. Wash out hair dressing, makeup, and lip rouge before entering the pool.
5. Don't swim with eyeglasses and accessories on.
6. Tie the eyeglasses by a band to walk in the pool with glasses on.
7. Don't bring in personal belongings except for "armhelper, pullbuoy, and aquamit."
8. You can borrow an armhelper and a float board.
9. Eating and drinking is prohibited to keep the pool clean.
10. Take water in the locker room or near the towel-shelf before the compulsory shower.
11. Don't skip a warm-up to prevent injury.
12. Tattoos must be concealed by wearing rashguard or swimsuits to swim in the pool.
13. Ask the desk about how a handicapped person can use the pool.
14. Don't occupy a lane in a group.
15. Don't dive or jump into the pool.
16. When classes and municipal exclusive use are held, free-use lanes may be reduced to three. Confirm free-use lanes by the website or posted notice.
17. Swimming cap, goggles, band for eyeglasses can be rented for 100 yen each at the desk on 2<sup>nd</sup> floor.
18. Please follow the instruction from lifeguards in and around the pool.



## ◀ Training gym on 3<sup>rd</sup> floor ▶

- A. Only for the first time, tell a staff at the gym and take the orientation and receive a "karte."
- B. The gym is available for people aged 14 or older. Elementary students cannot enter the gym.
- C. Get dressed in sporty outfit and bring indoor shoes. There are no shoes for rental. You cannot use the gym wearing jeans, pants, skirt, loose pants that need a belt, leather shoes, and sandals. Don't be shoeless.
- D. Don't eat foods or snacks in the gym. Candies and chewing gums are banned, too.
- E. Bring something to drink with a lid that keeps water from spilling even when it's got tipped over.
- F. Don't talk on the cell phone or send mails in the gym.
- G. Warm-up before exercising and cool-down after exercising are highly recommended to prevent injury.
- H. Don't try to do an exercise too hard for you.
  1. "Treadmills" and "Cross-Trainers" require reservation. There are 4 Treadmills for 30 minutes, 2 Treadmills for 60 minutes, 2 Cross-Trainers for 60 minutes.
- J. Don't jump off, walk backward, or hold dumbbells while using a Treadmill.
- K. Don't occupy a machine with your personal belongings. It's for everyone's use.
- L. Wipe the sweat out from the machine with a towel.
- M. Use dumbbells in "free-weight area." Don't drop them from high above the floor.
- N. Don't enter the studio, except for participants of a studio lesson.
- O. Please follow the instruction from a staff in the gym.



### Note:

- Ask the desk about how a handicapped person can use the gym or the pool.
- If you had diseases in the past, follow the advice from a doctor.
- Exercising under the influence of alcohol is not allowed.
- Take water at certain intervals. Bring something to drink: there's no water for free.
- When you don't follow the request from a staff, we would be sorry to ask you to leave Genkikan.
- Parking lots are limited: please use public transportation or bicycles. The parking at Okazaki Dental association center, which is just in front of Genkikan, is available, but it costs 300 yen for 30 minutes.

April 1<sup>st</sup>, 2017.

Phone number: 0564-21-1230 (Reception Desk on 1<sup>st</sup> floor) FAX: 0564-21-1278  
0564-21-7733 (Reception Desk on 2<sup>nd</sup> floor) FAX: 0564-21-7738