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Inquiry: Nishino Kōen Taiikukan (Nishino Park Gymnasium) (TEL: 0595-82-1144) / Higashino Kōen Taiikukan (Higashino Park Gymnasium) (TEL: 0595-83-1888) / Seki B&G Kaiyō Center (TEL: 0595-96-1010)

There are sports classes which is from April to September is as below. Please contact each facility for details.

Nishino Kōen Taiikukan

Class	Day	Period	Eligible	Maximum Participants	Fee
Tai Chi	Thu	P.M.	18 years old and over	50	¥4,500
Tennis	Tue	A.M.	18 years old and over	10	¥5,000
Wai-wai! New Sports	Wed	A.M.	18 years old and over	20	¥3,600



Higashino Kōen Taiikukan

Class	Day	Period	Eligible	Maximum Participants	Fee
Exercise for posture improvement A	Tue	P.M.	18 years old and over	20	¥7,000
Exercise for posture improvement B	Tue	P.M.	18 years old and over	20	¥7,000
Yoga for being healthy	Fri	A.M.	18 years old and over	20	¥7,000
Exercise with a exercise ball	Wed	A.M.	18 years old and over	15	¥4,200
Stretch with a foam roller	Sat	A.M.	18 years old and over	15	¥7,000
Core training & Shape up	Wed	A.M.	18 years old and over	20	¥4,200
Yoga & Stretch for men	Fri	Night	18 years old and over	15	¥4,800
Aerobics	Thu	Night	18 years old and over	15	¥4,800
Cheer dance	Tue	Night	From 5 years old to elementary school 2nd grader	15	¥8,000
Hip hop for kids	Sat	A.M.	From 4 years old to elementary school 2nd grader	12	¥8,000
Hip hop for junior	Sat	A.M.	From elementary school 3rd grader to 6th grader	12	¥8,000
Aerobics	Tue	A.M.	18 years old and over	50	¥5,400

Seki B&G Kaiyō Center

Class	Day	Period	Eligible	Maximum Participants	Fee
Swimming class for preschooler	Mon	P.M.	From 3 years old to preschool child	15	¥13,200
Swimming class for kids	Mon	P.M.	From 5 years old to elementary school 2nd grader	15	¥13,200
Swimming class for junior	Mon	P.M.	From elementary school 1st grader to 6th grader	15	¥13,200
Swimming class for preschooler	Fri	P.M.	From 3 years old to preschool child	15	¥13,200
Swimming class for kids	Fri	P.M.	From 5 years old to elementary school 2nd grader	15	¥13,200
Swimming class for junior	Fri	P.M.	From elementary school 1st grader to 6th grader	15	¥13,200
Walking in the water	Thu	P.M.	18 years old and over	35	¥6,000
Exercise for posture improve- ment in pool	Mon	A.M.	18 years old and over	30	¥6,000
Conditioning Yoga	Thu	P.M.	18 years old and over	30	¥6,000
Aerobics	Sat	A.M.	18 years old and over	30	¥6,000

XIt is required to sign up for sports insurance if you join the class. Sports insurance will be valid until the end of fiscal year 30 (March, 2019). Also, once you sign up, the insurance will be applicable to any classes which will be held each facility.

1. From 18 years old to 64 years old : \pm 1,850

2. 65 years old and over: \pm 1,200

3. Children (under junior high school student): \pm 800.

How to apply : Bring your participation fee and sports insurance premium and apply directly to each facility.

Application start date: April 1 (Sun) Detailed schedule will be handed at the time of application. Depending on the class, minimum number of participant is decided, so please confirm at each facility.

د المعنية Information from Library(図書館のお知らせ)

Inquiry: Municipal Library (TEL: 0595-82-0542)

■ Recommended Books : 『How Starbucks Saved My Life/ Michael Gates Gill』 〈General Book〉

Summary : Despite having everything, a 64-year-old man who lost everything starts building his life again, while he faces the 28-year-old boss in his new workplace, Starbucks. Based on a true story where people can learn what is important in their lives.

- We have other books like these!
- Felt Friends from Japan / Naomi Tabatha \langle General Bookangle
- Bam and Kero`s Frosty Morning / Yuka Shimada ${
 m <Children's Book}{
 m >}$
- Spot`s Thanksgiving / Eric Hill \langle Children's Book \rangle

There are many foreign books here. Please free to come to Kameyama Municipal Library.



Protect yourself from earthquakes, typhoons and floods! (Vol. 8 out of 8) にしん たいよう すいがい み まも だい がい ぜん かい (地震、台風、水害から身を守りましょう!第8回/全8回)

Inquiry: Kiki Kanri Shitsu (TEL: 0595-84-5035)



Try to get to know the people in your neighborhood.

Ways you can get involved during non-emergency times

- Greet one another
- Participate in local events
- Get involved in the local organizations like the Kodomokai and PTA
- Participate in neighborhood community associations
- Help people even if you don't understand Japanese
- Participate in disaster prevention drills

Ways you can get involved after a natural disaster

- Help with firefighting and rescue activities
- Help people with physical disabilities, the elderly and young infants evacuate
- Serve meals and distribute supplies at an evacuation center

For more information, check out Bosai Mie's homepage at www.bosaimie.jp/ Information on things like current weather conditions, and evacuation orders are available in English.





Cherry Bloss	om Festiv	val in K	****・ ** ameyama City(亀山市の 桁))		
Cherry blosso Dat	om festiva Taikōjina e and time	s in Kar awate C e: April :	c hi Zukuri Kyōgikai (TEL: 0595 meyama will be held as showr c <mark>herry</mark> Blossom Festival 1 (Sun), from 10:00 to 14:00 ikōjinawate (Taikōji-chō)				
Informatio	n of Met	al Wel	_{きんぞくせいけい か} ding Course(金属成形科のこ	。 【案内)			
Inquiry: Hello Work, Suzuka (TEL: 059-38 License aimed at acquisition :	 rollment procedure. It is also required the exam fee (approx. ¥10,000) for JIS welding certification. ■Admission Selection Date : March 14 (Wed), 26 (Mon) ※Admission Selection on March 26 will not be 						
■ Training period : From April 6 (Fri) to 9 8:30 to 15:40			d), Those who wish to tak				
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The doctor on duty for the day may be changed. Please confirm by phone	Cor	sultatio	NIGHT-TIME and AFTER ((except Sundays and on hours: 19:30 to 22:00 / Re	d Holid	ay))	
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・Portuguese and English interpreters are available. といるわせき。 かめやまししみんぶんかぶぶんかしんこうきょくきょうせいしゃかいれしんしつ でんわ 問合先:亀山市市民文化部文化振興局共生社会推進室(電話: 0595-84-5066)