

**Fitness right in the heart
of the University of Tokyo Campus**



GOTENSHITA MEMORIAL ARENA, UNIVERSITY OF TOKYO

English information for our foreign friends

The Gotenshita Memorial Arena was built in commemoration of the University of Tokyo's centennial anniversary, with funds raised from alumni and school supporters. The facility is aimed at providing a place where all students and faculty can readily participate in sports and exercise activities, thereby contributing to the improvement of overall health and well-being. Also, outside guests not affiliated with the University can also use the Arena, so long as they are accompanied by a student or faculty member of Tokyo University. The Arena was originally donated as a national facility, and is run mostly by financial support from the Japanese government (via the University). However, in order to maintain the Arena and its facilities at a level that meets the needs/demands of many users, the Arena charges entrance fees, meaning that users share a part of the running costs. We thank you for your understanding regarding the above, and we hope you will make good use of the Gotenshita Memorial Arena.



GENERAL INFORMATION

<http://www.undou-kai.com/goten/>

Days open & Arena hours

Open Monday to Saturday

(Closed on public holidays and during special University events)

General use: 11:30 to 20:20

Reserved exclusive-use of courts/rooms: 10:00 to 20:20

(Last entrance to the Arena is at 19:50. All persons must leave the building by 20:30)

Eligibility Requirements for Arena use

- Student or faculty member of the University of Tokyo
- Alumni or former faculty of the University (Must also be a member of the Athletic Association "Undo-Kai")
- Persons stipulated in the regulations set by the Gotenshita Memorial Arena

(* Guests who do not belong to Tokyo University can also use the Arena, so long as they are accompanied by a student or faculty member of Tokyo University. Children younger than junior high school age are not permitted to use the Arena.)

Entrance Fees

Tokyo University Students and Faculty

When using a one-day ticket (or multiple-purchase coupon ticket)

Purchase the ticket(s) at the vending machine located at the Arena entrance

Show your student or faculty ID upon entering the Arena

When using an Arena pass card

Complete registration and be issued a pass card at the reception desk of the University of Tokyo Athletic Association "Undo-Kai" (A front facial photograph (3.5 cm X 3.0 cm) and your student or faculty ID is required)

Show your pass card upon entering the Arena

	Student	Faculty
1. One-day ticket (valid only for the day of issue)	300yen	300yen
2. Multiple-purchase coupon ticket (valid for 1 year, a book of 11 tickets)	3,000yen	3,000yen
3. Half-year pass card (valid for 6 months)	5,000yen	7,000yen
4. Yearly pass card (valid for 1 year)	8,000yen	10,000yen

Alumni and Former Faculty Members

Apply for membership in the University of Tokyo Athletic Association "Undo-Kai" (Some form of proof identifying you as a University alumni or former faculty member is required)

Follow the same procedures as current students and faculty when entering the Arena

Alumni and former faculty "Supporting member fee" (valid for 1 year) 3,000yen

1. One-day ticket (valid only for the day of issue)	600yen
2. Multiple-purchase coupon ticket (valid for 1 year, a book of 11 tickets)	6,000yen
3. Half-year pass card (valid for 6 months)	15,000yen
4. Yearly pass card (valid for 1 year)	28,000yen

Same-day-only tickets for guests who do not belong to Tokyo University are 600 yen. Please fill out the visitors' log at the entrance.

*Note - A separate trial fee (500 yen) is required when using the training room.

Contact

Gotenshita Memorial Arena Office

Open: Monday to Saturday, 9:00-21:00
 Location: at the Arena entrance
 Tel: 03-5841-2590 (direct line) ext. 22590
 E-mail: gotenshitajimustitu@hotmail.com

Reception Desk of the University of Tokyo Athletic Association (Undo-Kai)

Open: Monday to Friday, 9:30-15:00
 Location: mall level (hospital side) of the Arena
 Tel: 03-5841-2510 (direct line) ext. 22510
 Fax: 03-5841-2523

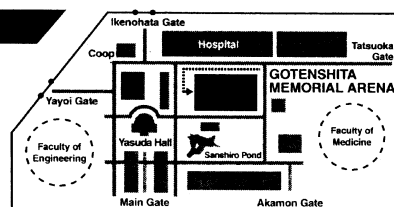
Sports Consultants

Open: Monday to Saturday, 9:30-20:20
 (Closed on public holidays and during special University events)
 Tel: 03-5841-2593 (direct line) ext. 22593
 Fax: 03-5841-2591
 E-mail: gotenshita1@adm.u-tokyo.ac.jp

Access

Address

7-3-1 Hongo, Bunkyo-ku, Tokyo 113-0033



Other matters to be noted concerning Arena use

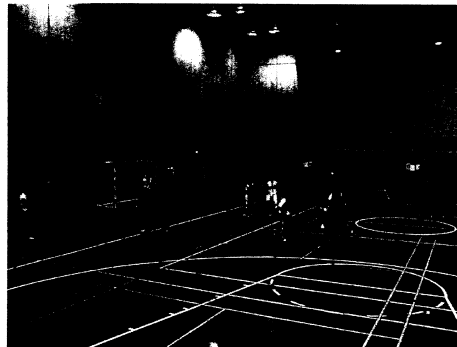
- You are not allowed to wear outdoor shoes in the Arena. Please be sure to bring a separate pair of indoor shoes.
- Smoking is strictly prohibited while in the Arena.
- Children younger than junior high school age are not permitted to use the Arena.
- We do not offer any services to store your belongings/bags. Please use the lockers provided in the changing rooms.
- Guests who do not belong to Tokyo University are not permitted to use the Arena, unless they are accompanied by a student or faculty member of Tokyo University. If a large number of guests in your party are planning to visit the Arena, please be sure to consult with the Arena Office in advance.
- Please be sure to wear the key band that you receive at the Arena entrance. In the event that you lose the key, you will be charged for the cost of replacing it.
- Guests who do not belong to Tokyo University may not borrow sports or exercise equipment.
- In the event that you become injured or are involved in some type of accident while in the Arena, first-aid treatment is available in the sports counseling room. We ask that you please observe common sense safety precautions on your own while exercising and that you behave with caution while in the Arena.

HOW TO USE THE FACILITIES

Gymnasium (B2F)

Can be used for: **volleyball, basketball, table tennis (6 tables), badminton (5 courts)**

- Any person may use the gymnasium during individual-use hours.
(* Please check the time table for individual-use hours at the Arena Office.)
- The court on the left side (as viewed from the hallway) is usually used for badminton and table tennis, and that on the right for volleyball and basketball.
- Most equipment for these activities is available at the Arena, except for badminton rackets and shuttlecocks.
- For exclusive private use of the courts, please register with "Club Gotenshita" in advance, and make reservations through the web site (<http://www.undou-kai.com/reservation.html>).
- After you are finished using the facilities, please return all equipment to its original place (including tables for table tennis and nets for badminton) and sweep the floor.



Meeting Room (B2F)

Can be used for: **aerobic dance exercise, dance (ballet, hiphop, jazz), tai-chi, boxercise, foot-therapy**

- Lessons for the above activities are basically held at lunch time and in the evenings. All persons who use the Arena are free to participate in these lessons, and no reservations are required. Please check the monthly program schedule and choose the class that suits your individual interests.
- Exclusive use of the Assembly Room is also possible. Please complete the necessary procedures at the Athletic Association (Undokai) office in advance. You can make reservations through the web site, after registering with "Club Gotenshita."
(*Audio equipment is not available when you reserve the Assembly Room for exclusive use. Please be sure to bring your own CD/cassette audio player.)

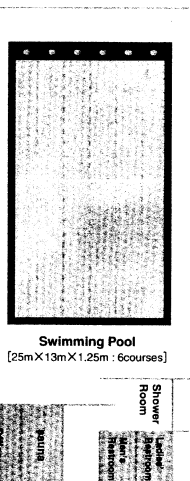
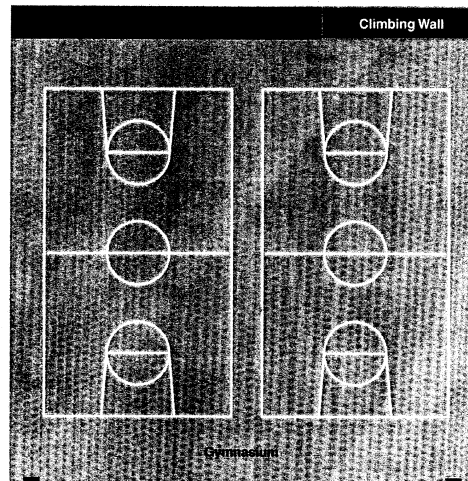


Seminar Room [No.1, No.2] (B1F)

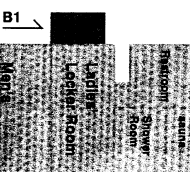
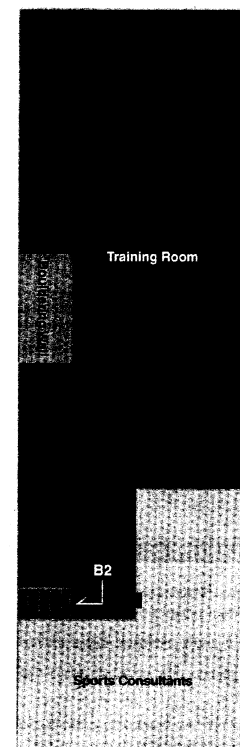
- Available for sports-related lectures and meetings, etc. To use the Lecture Rooms, please complete the necessary procedures at the Athletic Association (Undokai) office in advance. You can make reservations through the web site, after registering with "Club Gotenshita."

Climbing Wall (B2F)

- All persons are required to attend an instructional climbing lecture and obtain the prescribed certification before using the Climbing Wall. To attend the climbing lecture, please complete the necessary procedures at the Athletic Association (Undokai) office in advance. It is necessary to carry and show a certificate card issued by the Climbing Wall management committee when using this facility.



Swimming Pool
[25mX13mX1.25m : 6courses]



B1

Entrance

B2

B1

Sports Consultants (B1F)

- We offer various sports/exercise-related counseling as described below. You can use this counseling service to evaluate your physical abilities prior to beginning training, or to check the level of training effects.

Measurement of physical fitness

Items measured: height, weight, percentage of body fat, muscular strength (leg extension power), explosive power, overall physical endurance (measured using a bicycle ergometer)

Fee: 300 yen

Physical fitness counseling

*reservations are required; only available for persons who receive measurement of physical fitness.
Counseling is provided based on the results of the physical fitness measurement, primarily regarding: health improvement, fat reduction, improvement of abilities in competitive sports (for more detailed information, please access the web site. <http://www.undou-kan.com/goten/>)
Fee: free-of-charge

Swimming Pool (B2F)

Can be used for: **swimming, walking-in-water exercise, aqua exercise**

- The Swimming Pool can be used any time the Arena is open.
- The pool lanes are divided according to swimming speed, allowing everybody to swim smoothly at their own pace. Please choose the lane that suits your particular swimming speed (Diving is strictly prohibited).
- A swimming cap and swimsuit must be worn at all times while inside the Swimming Pool.



Training Room (B1F)

Can be used for: **weight training (machines and free weights), aerobic exercise (bicycle ergometer, etc.), climbing wall, exercise programs in the mat area (aerobic dance exercise, super-circuit exercise, step exercise)**

Before using the Training Room

The Gotenshita Memorial Arena requires that all persons attend an orientation program prior to actually using the training room, in order to ensure safe use of equipment and proper training techniques. Those who wish to use the free weights are also required to attend an additional "free-weight training orientation program."

(* Guests who do not belong to Tokyo University and members who have not yet taken the orientation program may try out equipment in the Training Room on a limited basis. Please feel free to inquire about this with the Training Room staff. (In this case, an additional registration fee (500 yen) is necessary aside from the entrance fee.))

Orientation program for becoming a registered user of the Training Room

- Registration:** please make a reservation prior to attending the orientation (access the web site to check the orientation schedule, and to make a reservation please visit the sports counseling room, or call the office at 03-5841-2593)
- Registration fee:** students = 500 yen; faculty = 1,000 yen

Free-weight training orientation program

- Registration:** please access the web site
 - Registration fee:** 1,500 yen
- (*You must first attend the "Orientation program for becoming a registered user of the Training Room" prior to taking the free-weight training orientation)

Orientation for the climbing wall

- Registration:** please access the web site
 - Registration fee:** Free-of-charge
- (*You must first attend the "Orientation program for becoming a registered user of the Training Room" prior to taking the climbing wall orientation)

(Please access the web site to check the details. <http://www.undou-kan.com/goten/>)

When using the Training Room

When you use the Training Room you are required to wear the wrist band that was given out during the orientation program. The color of the wrist band changes every fiscal year. If you wish to use the Training Room again during the next fiscal year, please be sure to follow the necessary renewal procedures (renewal fee: students = 500 yen; faculty = 1,000 yen. (free-weight use = 1,000 yen).

Activities

Various lessons (aerobic dance exercise, etc.) are basically held at lunch time and in the evenings. Please access the web site to check the details. <http://www.undou-kan.com/goten/>

