



KIDS & YOUTH

CLASS	SCHEDULE	LEVEL	TIME	MEMBER FEE				NON-MEMBER FEE			
				1x Week	2x Week	Per Class	Per Month	1x Week	2x Week	Per Class	Per Month
Ballet	Monday	3 - 5 yr	15:30 - 16:15	3,300/ m	5,500/ m	1,100		5,500/ m	8,800/ m	2,200	
		Over 7 yr	16:20 - 17:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
		Advanced	17:20 - 18:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
	Thursday	4 - 6 yr	15:30 - 16:15	3,300/ m	5,500/ m	1,100		6,050/ m	8,800/ m	2,200	
		Over 7 yr	16:20 - 17:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
		Advanced	17:20 - 18:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
Hula	Saturday	Kids & Youth	10:00 - 10:40			990				1,210	
Volleyball	Friday	Youth	18:00 - 20:00			Free				1,540	
	Saturday		10:00 - 11:45			Free				1,540	
Soccer	Sunday	Kids	9:00 - 11:00			Free				1,540	
Basketball	Thursday	Kids	16:00 - 18:30			Free				1,540	
Rugby	Tuesday	Youth	18:00 - 19:00			Free				1,540	7,920/ m
	Sunday		10:00 - 11:00			Free				1,540	7,920/ m
Swimming	By Reservation	3 yr +	By Reservation			3,300	2,750 *5+ lessons			5,500	
Judo	Sunday	Kids	8:30 - 9:30				6,600/ m				
Tennis	Saturday	Pee Wee	9:00 - 9:30				2,970/ m			3,570/ m	
		Kids Beginner Group	9:40 - 10:40				3,520/ m			4,400/ m	
		Kids Intermediate Group	10:50 - 11:50				5,280/ m			6,380/ m	
Shodo	Thursday	Kids	17:00 - 18:00			1,650	6,050/ m			1,980	7,260/ m
		Youth	17:00 - 18:00			3,080	11,550/ m			3,630	13,860/ m
Gymnastics	Wednesday	3 - 4yr + Parent	15:30 - 16:15	Capacity 6		Free		Capacity 6		2,200	
		5 - 9 yr	16:30 - 17:15	Capacity 10		Free		Capacity 10		2,200	
Samurai Sword	Wednesday	Kids 5 - 12yr	18:00 - 19:00				8,800/ m				11,000/ m
		Junior 12 - 15yr	19:20 - 20:20				11,000/ m				13,200/ m



ADULTS

CLASS	SCHEDULE	TIME	MEMBER FEE			NON-MEMBER FEE		
			Per Class	Per Month		Per Class	Per Month	
Ballet	Friday	11:00 - 12:15	1,320			2,200		
	Sunday	13:30 - 14:45	1,320			2,200		
Hula	Saturday	10:50 - 12:00	1,650			1,980		
Volleyball	Friday / Saturday	18:00 - 20:00 / 10:00 - 11:45	FREE			1,540		
Ikebana	Tuesday	10:30 - 15:30	1,650			2,420		
Personal Training	By Reservation	1 hour	7,920	2 x Group 11,000	3x Group 16,500	9,680	2 x Group 12,100	3x Group 18,150
Circuit Training	Thursday	11:00 - 12:00	550					
Judo	Sunday	8:30 - 9:30		8,800/ m				
Shodo	Thursday	17:00 - 18:00	3,080	11,550/ m		3,630	13,860/ m	
Personal Training / Dan	By Reservation	1 hour	7,920	2 x Group 11,000	3 x Group 13,530	9,680	2 x Group 12,100	3x Group 18,150
		45 min	6,325	2 x Group 9,020	3 x Group 10,890	7,590	2 x Group 11,220	3 x Group 13,200
Yoga	Monday/Wednesday	10:00 - 11:15 / 9:00 - 9:45	1,430			1,980		
	Sunday							
	Saturday	10:30 - 11:45	1,540			1,870		
Latin Dance	Sunday	11:30 - 12:30	2,200			3,300		
Well-being & Happiness	Thursday	19:00 - 20:00		15,400/ m			17,600/ m	
Tennis Spot Lesson / Tanikawa			4,400			5,500		
Milos Weekday Group	Weekday	1 hour 30 min	3,800	11,000/ m		4,600	13,200/ m	
Milos Private Lesson	By Reservation	1 hour	9,900	31,680/ m		13,200	39,000/ m	
Tennis Semi Private Lesson	By Reservation	1 hour	3,960					
Tennis Private Lesson	By Reservation	1 hour	7,920			9,680		
Tennis Private Lesson	By Reservation	45 min	5,940					
Tennis Private Lesson	By Reservation	1 hour 30 min	11,880					
Tennis Weekend Group	Weekend			14,850/ m			17,820/ m	
Physiotherapy	By Reservation		12,100			14,520		



YC&AC INSTRUCTORS

KIDS & ADULT BALLET Emma Ishii

LATIN DANCE Billy Santos

KIDS & ADULT HULA Nozomi Watanabe

IKEBANA Naohiro Kasuya

SHODO LESSON Shoushin Kato

WELL-BEING & HAPPINESS Talu Eckhoff

GYMNASTICS Lina Ito & Yuki Nonogami

SAMURAI SWORD FIGHTING Yamato

PERSONAL TRAINING Danny Mullaney | Contact: dan_mullaney@hotmail.com to make a reservation

PERSONAL TRAINING Chuck Wilson | Contact: nbwilson@gol.com to make a reservation

JUDO Chuck Wilson

YOGA Yuki Otaka

YOGA Sophie Geddie

YOGA Aki Negishi

PHYSIOTHERAPY Yuji Kitano

YOUTH RUGBY Yuji Kitano

TENNIS WEEKDAY GROUP Coach Milos Dimic and Coach Yoshio Tanikawa

TENNIS ADVANCE GROUP Coach Milos Dimic

TENNIS KIDS GROUP LESSON Coach Lina Ito

PEE WEE TENNIS Coach Lina Ito

TENNIS WEEKEND ADULT GROUP LESSON Coach Ryosuke Furuya

TENNIS PRIVATE LESSONS Coach Milos Dimic, Coach Yoshio Tanikawa, Coach Ryosuke Furuya or Coach Chiaki Miyamoto