



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 – 10:50			1,320				1,650	
Volleyball	Friday	Beginner	18:15 – 19:15			Free				1,540	
		Advanced	19:15 – 21:00			Free				1,540	
Soccer	Sunday	Kids	9:00 – 11:00			Free				1,540	
Acupuncture	Monday Friday	14-17 yr	11:00 – 19:00			5,500				6,600	
		13 - Below				3,300				3,960	
Basketball	Thursday	Kids	16:00 – 18:30			Free				1,540	



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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			1,650	6,600/ m					2,200	
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
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

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			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		
Acupuncture 18+	Monday Friday	11:00 – 19:00	7,700			9,240		
Volleyball	Friday	19:15 – 21:00	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	2,200	8,800/ m				
Shodo	Thursday	17:00 – 18:00	3,080	11,550/ m		3,630	13,860/ m	
Dan Personal Training	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 (Aki) Wednesday (Sophie) Sunday (Rie)	10:00 – 11:15 9:00 – 9:45 13:30 – 14:30	1,430			1,980		
	Saturday (Yuki)	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	
Physiotherapy	By Reservation		12,100			14,520		
Calisthenics	Tuesday	10:30 – 11:30	1,540			1,980		

All prices are tax inclusive



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Tanikawa Spot Lesson			4,400		5,500	
Milos Weekday Group	Weekday	1 hour 30 min	3,800	11,000/ m	4,600	13,200/ m
Tanikawa Weekday Group		1 hour 30 min	2,750		3,300	
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



YC&AC INSTRUCTORS

KIDS & ADULT BALLETT Emma Ishii

LATIN DANCE Billy Santos

KIDS & ADULT HULA Nozomi Watanabe

IKEBANA Naohiro Kasuya

SHODO Shoushin Kato

SAMURAI SWORD FIGHTING Yamato

CALISTHENICS Charu

CIRCUIT TRAINING Ryosuke Furuya

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 Rie

YOGA Aki Negishi

ACUPUNCTURE Anna Kosugi | Contact: ycac.acu@gmail.com to make a reservation

PHYSIOTHERAPHY Yuji Kitano

YOUTH RUGBY Yuji Kitano

TENNIS WEEKDAY GROUP Coach Milos Dimic and Coach Yoshio Tanikawa

TENNIS ADVANCE GROUP Coach Milos Dimic

TENNIS WEEKEND ADULT GROUP LESSON Coach Ryosuke Furuya

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