

FITNESS
AT TODAY'S CORE

GOTENSHITA UNIVERSITY OF TOKYO MEMORIAL ARENA

GOTENSHITA IS THE SPORTS & TRAINING ARENA AT HONGO CAMPUS OF U-TOKYO (TODAI)

CONTACTS

How to use Arena

► Arena Entrance Counter

Hours Same as Opening days & Hours on back cover
Location Entrance of this Arena
Phone 03-5841-2590 (direct) or 22590 (extension)

Card Issuance & Exclusive Use Reservation

► Reception desk of Athletic Foundation

(Undou-kai) [Athletic Team, Student Support Department]

Hours 9:30-17:00, Mon-Fri *Closed on public and private holidays
Location Student Support Center (Bldg. on this Arena)
Phone 03-5841-2510 (direct) or 22510 (extension)

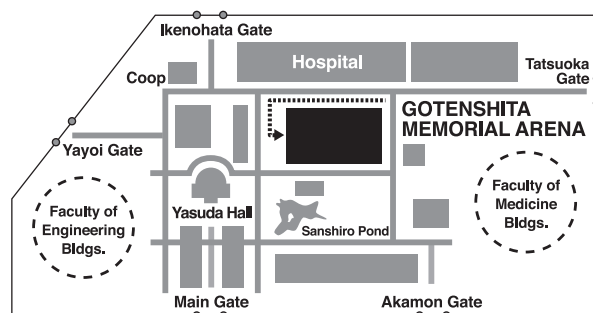
Training Room & Orientations

► Sports Consultants Office

Hours 11:30-20:20, Mon-Fri
10:30-19:20, Sat
*Closed on public and private holidays
Phone 03-5841-2593 (direct) or 22593 (extension)
E-mail gotenshita1@undou-kai.com

ACCESS

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



Web URL

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



Gymnasium

■ Assignments

- Court A: Basketball, Volleyball, Futsal, etc.
- Overall Court B-E: Volleyball, Futsal
- Courts B, C, D, E and F: Badminton
- Courts G, H, I, J, K and L: Table tennis

Exclusive Use

● Charges (/hour)

- Court A ¥1,100
- Overall Court B-L ¥1,300
- Overall Court B-E ¥900
- Single Court B, C, D, E or F ¥300
- Single Court G, H, I, J, K or L ¥200

Personal Use

On weekday afternoon and Tuesday & Thursday evening, courts are set open up for free personal use. On the day you want to use, courts that are not reserved are also equivalent to ones for personal use. Court A is available for basketball (and volleyball with pass drill alone), B-F are for badminton, and G-L are for table tennis.

*Not in exclusive use, the court must be shared with others.

*Entrance fee is separately required.

Exercise Class*

SAVATE

Lending Gears/Tools

Gears/tools for basketball, volleyball, futsal, badminton, and table tennis can be borrowed at the entrance counter of this Arena. Please be sure to return by the designated time.

- A Badminton Racket ¥100/-2hr
- Other Gears/Tools Free

About Exclusive Use of Gymnasium, Studio and Seminar Rooms

● How to Reserve

• Online Reservation (for club's regular use only)

For regular exclusive use, please register your club/group with the "Club Registration" through our Website. After that, reservations can be made on the Website (by the day before using.)

• Reservation via reception desk of Athletic Foundation (Undou-kai)

For personal or single-shot exclusive use, please consult the reception desk of Undou-kai.

Reservation must be made by the business day before using.

● Charge

Exclusive Use Charge and Entrance fee is separately required.

Studio



Exercise Class*

PILATES, YOGA, RELAXATION YOGA, ASHTANGA YOGA, AROMA YOGA, Beginner & Intermediate AEROBICS, BODY ATTACK, Beginner BALLET, ZUMBA, Beginner & Intermediate HIP HOP, Beginner & Intermediate JAZZ DANCE, and SHAPE UP BOXING

Exclusive Use

Available for exclusive use for dance training, as long as the shoes do not scratch the floor. In advance, the necessary reservation procedures at the Athletic Foundation (Undou-Kai) Office are required. If your club has been listed on the Club Registration, the reservation can be made through the Website.

● Charge (/hour)

¥1,200

Seminar Rooms



Exclusive Use

Available for sports-related lectures or meetings only. In advance, the necessary reservation procedures at the Athletic Foundation (Undou-Kai) Office are required. If your club has been listed on the Club Registration, the reservation can be made through the Website.

● Charge (/hour)

Seminar room A or B ¥600

Facilities

About Exercise classes

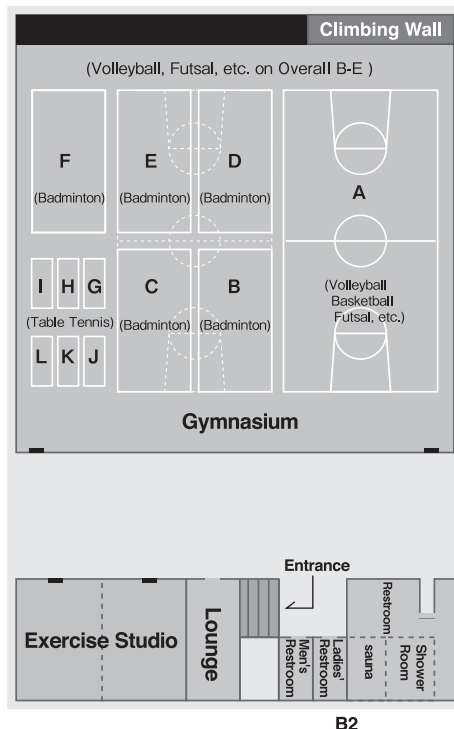
Exercise classes with an asterisk (*) are still tentative.

Swimming Pool

Swim Pool can be used always in the open time of this Arena. And, you can attend the Pool's exercise classes.

OK with lack of swim skill

Each of the three Lane types—"Advanced" if you are a 25m-swimmer, "Free" if you'd like to practice, and "Walk" if you'd like to



Sports Consultants Office

Sports Consultants Office provides paid physical fitness test for pre/post-training evaluation.

Fitness Test & Counseling

(requiring appointment 1- week later)

● Post-test counseling

Fitness test evaluation and advice for health improvement, weight loss, competition, etc.

● Fee ¥400

● Measurement

- (1) Body composition - height, body weight & Fat %
- (2) Overall physical endurance - bicycle
- (3) Strength - grasping power & back strength
- (4) Flexibility (5) Explosive power - leg extension (6) optional Max. anaerobic power - special bicycle

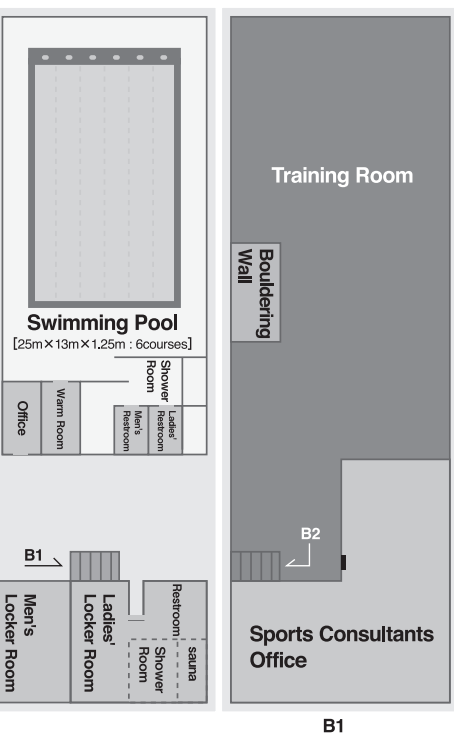
For detail of updates to classes, check our Website.

Exercise Class* SWIMMING



just walk—responds to your skill level, even without confidence.

*A pull buoy and kickboard can be borrowed.



Rental Locker



● Eligible

Anyone who is qualified for solo admission.

● Term

A contract term is 3, 6, 9, or 12 months; a month under contract is defined as the first through last days of the month.

● Charge

3 months	¥2,000
6 months	¥3,500
9 months	¥5,000
12 months	¥6,500

● Acceptance

New and extended contracts are both accepted in the Sports Consultants Office, which also receives inquiry about waiting list entry in case that the lockers are fully occupied.

Training Room

TO USE THIS ROOM'S EQUIPMENT,
PAID REGISTRATION REQUIRED
AFTER 1-HOUR REGISTRY ORIENTA-
TION NOT JUST ENTRANCE FEE!

To use this Training Room, additionally, it is required to attend a registry orientation, in order to ensure safe use of the equipment and let you know the rules.

Training Room Registry orientation

● **Entry** About a Training Room Registry Orientation, Please see the black framed box at the right bottom.

● **Registration fee** ¥1,500

► Wearing and Annual-Renewing Registry Wrist Band

After a Training Room Registry orientation, you will receive a Wrist Band proving your registration. In the Training Room, it is mandatory to always wear this band, and pay the fee to renew it when March comes; otherwise, you can no longer use the Room in the new academic year.

*For registration renewal, taking an orientation is not required.

● **Renewal Fee** ¥1,000

Exercise Class*
SLIM CIRCUIT



*If you have not taken an orientation, taking "Trial/Visitor Use" steps gives you one-day use of the Training Room. With a Trial/Visitor Use ticket you bought at the Entrance, please come to the Training Room Counter.

● **Trial/Visitor Use** ¥500

■ Training Room Rentals

● **Indoor Shoes:** ¥200

● **Climbing Shoes:** ¥200/4hr

*Wearing sox is required for wearing rental shoes.

*No towel rental, No exercise wear rental.

■ Body Composition Analysis

A latest device in the Training Room enables you to know your body composition.

● **Fee** ¥200

Climbing Wall

Climbing Wall is placed in the Gymnasium.



■ How to Use

A registry orientation is required.

This wall cannot be climbed unless there are less than two climbers holding a certificate issued after the orientation.

Climbing Orientation (once or twice/month).

● **Registration fee** Free

※However: the insurance fee is at your own expense.

Bouldering Wall

Bouldering Wall is placed in the Training Room



■ How to Use

A registry orientation is required.

Bouldering Orientation

● **Registration fee** Free

※However: the insurance fee is at your own expense.

*Precaution

This Wall is the Training Room's equipment. A "Training Room Registry Orientation" is required before a Bouldering Orientation.

Training Room Use Registry, Climbing and Bouldering Orientations

● Attendance qualification

Anyone who is qualified for solo admission of this Arena can only attend those orientations.

● Entry

After checking our Website for the schedule, please make a reservation on each entry form.

*If you are not able to access our Website for reservation, please come directly to the Sports Consultants Office (in the Training Room); if that were impossible, there would be phone reservation (03-5841-2593.)

GENERAL INFORMATION

Opening days & Hours

Monday to Saturday

(Close on public holidays and special University events)
*Please check schedule updates for the Gotenshita Website

	Monday to Friday	Saturday
General use	11:30 - 20:20	10:30 - 19:20
Reserved exclusive (use of courts/rooms)	10:00 - 20:20	10:00 - 19:20
Check-in, Ticket purchase	19:50	18:50
Check-out	20:30	19:30

Entrance Fee

Active Students and Faculty

Using one-day ticket or coupon

Purchase a ticket at the vending machine in the Arena entrance

↓

Hand your ID card to enter the Arena

Using passcard

Get a passcard issued after
(1) a 4.0cm x 3.0cm front facial photograph taken within 6 months and
(2) your ID card are presented at the reception desk of Undou-Kai

↓

Hand your passcard to enter the Arena

	Student	Faculty
One-day ticket (valid only for 1 entry on issue day)	¥500	¥500
Multiple-purchase coupon (valid for 1 year, a book of 11 one-day tickets)	¥5,000	¥5,000
Passcard (valid for 6 months)	¥7,000	¥9,000
Passcard (valid for 1 year)	¥10,000	¥12,000

Requirements for Admission

- Active students and faculty members of this University
- Graduates or former faculty members of the University must be a member of the Athletic Foundation, referred to as Undou-Kai
- Persons related to the University, stipulated in the regulations set by Gotenshita Memorial Arena

Guests not belonging to the University are not allowed to enter and use the Arena by themselves. In order to enter and use, the guests must be accompanied by those eligible for admission (ONE guest must enter and leave the Arena AT THE SAME TIME as ONE eligible person.)

For details of requirement for admission, please contact the Athletic Foundation (Undou-kai) reception desk, described in the front page.

Graduates and Former Faculty with Membership

Enroll in the Athletic Foundation (Undou-Kai) to get the Supporting Membership after
(1) a 4.0cm x 3.0cm front facial photograph taken within 6 months,
(2) any ID card of yours such as driver's licence card or insurance card, or a copy thereof, and
(3) a form of proof identifying you as a graduate or former faculty member of the University, or a copy thereof, are all presented.

↓

Follow the same step as Active Students and Faculty to enter the Arena

Undou-Kai Supporting Membership Fee (valid for 1 year)	¥3,000
One-day ticket (valid only for 1 entry on issue day)	¥800
Multiple-purchase coupon (valid for 1 year, a book of 11 one-day tickets)	¥8,000
Passcard (valid for 6 months)	¥18,000
Passcard (valid for 1 year)	¥32,000

NOTES: (1) Guests not belonging to this University can only buy a one-day ticket of ¥1,200. To use the Training Room, an additional trial/visitor fee of ¥500 is required. (2) The coupon tickets cannot be refunded even though intact. (3) The passcard cannot be refunded or changed to the other type in any case. (4) The passcard can be reissued only once. (5) The passcard can be issued or renewed two weeks before the date of use. (6) If transferring a passcard to another person, or any other unfair use, were found, you could not use this Arena any longer.

Donations Welcome

- **Your Assistance constructed this Arena**

Back in 1988, the Arena was built with assistance of graduates and many other supporters, as part of the centennial anniversary celebrations of the University of Tokyo in 1977. More than a quarter of a century after the Arena was opened, various kinds of facilities are markedly getting older. In order to continue the safety and security of the sports activity and arena operation, it is inevitable for the facilities to be maintained constantly.

- **Support Fund for Gotenshita Facility Maintenance**

Large amounts of money are necessary for this facility maintenance. However, the reality is that a limited budget of the university has extreme difficulty in satisfying all of financing. Hence, this fund has been set up. We would appreciate your kind assistance.

Read more on the web!

U-Tokyo Foundation Gotenshita

Inquiries
The University of Tokyo Foundation Office
Tel: 03-5841-1217
Email: kikin@adm.u-tokyo.ac.jp

You can contribute to us from a smartphone.

Other Notes about using Gotenshita Arena

- Elementary school students and younger children cannot enter this Arena. Junior high school students and younger children cannot use the Training Room.
- Smoking is strictly prohibited while in the Arena.
- Wearing outdoor shoe is not allowed within the Arena. Please be sure to bring and wear indoor shoes for this Arena.
- A guest not belonging to this University must check in and out the Arena at the same time as a qualified person, that is, a student or faculty member of this University.
- The belongings/bags being deposited is not provided. When coming in the Arena, please be sure to bring ones that are able to put in a locker (changing room or rental locker). The Athletic Foundation of this University or the University will not take any responsibility for any lost items. Your valuables should be monitored on your own responsibility.
- The locker key band that you received at the entrance counter should be worn to the skin. In the case where you lose the key, you will be charged for replacing it.
- Lending sports gears/tools is limited to students and faculty members in the University.
- In the case where you got injured or involved in accidents in the Arena, we would give you first aid. However, we ask that you behave with sufficient caution and safety.
- Please do not behave in a manner that annoys other users.
- This Arena is managed by a limited number of staff. We ask for your active understanding and cooperation for the Arena operation.
- Please be sure to put the items back to the original location after use (especially, moved table-tennis tables, placed badminton or volleyball nets, and placed soccer goal posts.) Please be sure to organize the facility and the equipment that accompanies it, without any loss or damage. In the case where it were lost or damaged, please be sure to inform us of what happened. According to the circumstances, we are sorry to let you bear the cost of restoration to original state.
- After using the court, sweep and clean the floor with mops.
- The charge of exclusive use, reserved in advance, must be paid till the previous day.
- There is no photographing or video recording within the Arena; if necessarily needing it, you require prior permission of the Education and Student Support Department of this University (03-5841-2510).