



Welcome to Wanagaya Sports Center



Facilities Guide

General Information



Address

1360 Wanagaya, Matsudo City
Chiba prefecture, JAPAN 〒270-2232

Telephone number

+81 47-391-5990

Facilities overview

Heated pools (river flow pool, 25m pool and infant pool)

Gymnasiums

Weight training room (incl. aerobic machines)

Indoor gateball court

Spa and relaxation room

Japanese-style tatami room

Multi-purpose hall

Library annex ('Wanagaya Annex')

'Wanya Cafe' community space

Disabled toilets

AED units available

Car, motorcycle and bicycle parking available

Opening Hours and Entrance Fees

Center reception hours

From 8:50am daily

Facility hours

9:00am to 9pm

*Spa and relaxation room, 12:30pm to 8pm

Last entry

Pool 8pm

Training 8pm

Spa and relaxation room 7:30pm

Scheduled center closure

3rd Monday of the month (in the case of a public holiday the center will close the following day)

December 29th to January 4th

※Under special circumstances the center may close early or on a non-specified day.

Entrance Fees

Individual use

Facility	Usage	Fee	
Main gymnasium	2 hours	Adult	300 yen
		Children Elementary/middle school students	100 yen
Small gymnasium	2 hours	Adult	300 yen
		Children Elementary/middle school students	100 yen
Heated pools		Adult (Up to 60 minutes)	300 yen
		Adult (Additional 30 minute blocks)	150 yen
		Children Elementary/middle school students (Up to 60 minutes)	100 yen

		Children Elementary/middle school students (Additional 30 minute blocks)	50 yen
Spa and relaxation room		Adult	410 yen
		Children Elementary/middle school students Seniors (over 60)	200 yen
Weight training room	2 hours	Adult	300 yen
Multi-purpose hall	2 hours	Adult	300 yen

Group use

Facility	Usage	Fee		
Main gymnasium	2 hours	9am-5pm	entire	3,080 yen
			half	1,540 yen
		5pm-9pm	entire	4,620 yen
			half	2,310 yen
Small gymnasium	2 hours	9am-5pm	1,020 yen	
		5pm-9pm	1,540 yen	
Heated 25m pool	2 hours	9am-5pm	8,220 yen	
		5pm-9pm	12,340 yen	
Multi-purpose hall	2 hours	9am-5pm	1,020 yen	
		5pm-9pm	1,540 yen	
Japanese-style tatami room (6 mats, 12 mats)	1 hour	9am-5pm	200 yen	
		5pm-9pm	300 yen	
Broadcasting facilities (gymnastics hall)	1 hour		410 yen	

※ The above prices are applicable to residents of Matsudo City only.
Non-residents will be charged at the rate of double.

Prepaid Card

Prepaid cards can be used to access select facilities at a discounted rate.

Prepaid card prices

Card variety	Cost (incl. consumption tax)
Use of facilities, to the value of 6600 yen	6000 yen
Use of facilities, to the value of 3300 yen	3000 yen
Use of facilities, to the value of 1100 yen	1000 yen

Facilities accessible using the prepaid card

Heated pools

Weight training room

Spa and relaxation room

Parking facilities

Access to Wanagaya Sports Center

By public transport

- Train to Matsudo Station on JR or on the Shin Keisei line. From the east exit bus terminal take the Keisei Bus towards ‘Shin Tokyo Hospital’ (Bus 3), or towards Shin Tokyo Hospital via Miyakodai’ (Bus 5). Get off at the Wanagaya Sports Center.
- Train to Higashi Matsudo Station on JR or on the Hokuso line. From bus stop 4 take the Shin Keisei Bus towards Matsudo Station (Bus 10, via Nyoraidō) and get off at Kōshintō. Walk 5 minutes to the Wanagaya Sports Center.
- Train to Ichikawa Station on JR. From the north exit bus terminal take the Keisei bus towards Matsudo Station (Bus 10), leaving from bus stop 3. Get off at Ohashi-sakashita or Jingamae, and walk 10 minutes to the Wanagaya Sports Center.

By car

Limited parking is available on site, as follows –

Carpark no. 1 Ground floor of the Wanagaya Sports Centre, 54 spaces available

Carpark no. 4 External to the Wanagaya Sports Centre, 96 spaces available

Parking facilities are open from 8:30am to 9:30pm, and fees depend upon the duration of use (details to follow). To ease congestion please use public transport where possible.

- ※ Cars exceeding 2.1 meters in height are unable to enter the ground floor parking facility.
- ※ There is no street parking available, as this impedes upon the safe entrance and exit of buses.



Carpark no. 1



Carpark no. 1 entrance



Carpark no. 4

By bicycle or motorbike

Parking for bicycles and motorbikes is free of charge. There are 80 spaces available within Carpark no. 1 (ground floor of the Sports Center).

Parking fees

Duration	Fee
Less than 1 hour	Free
Between 1 and 4 hours	300 yen
More than 4 hours	500 yen

General Enquiries

Please direct any enquiries to the Wanagaya Sports Center reception.

TEL: +81 473-915-990

(9am-9pm during open days)

Gymnasiums

Main gymnasium



The main gymnasium is multi-purpose, and can be divided into 2 basketball courts, 2 volleyball courts, or 6 badminton courts. The space can also be adjusted to suit many other sporting disciplines. There is designated spectator seating and change room/shower facilities attached.

The main gymnasium is most commonly utilized for –

1. Basketball
2. Volleyball
3. Badminton
4. Table tennis
5. Dodgeball
6. Ballet
7. Rhythmic gymnastics
8. Kendo and karate
9. Other martial arts
10. Dance

※ The main gymnasium cannot be used for futsal.

※ Adult supervision is required for groups of children younger than middle school age.

Small gymnasium



The small gymnasium floor is covered in artificial turf. It is suitable for practicing gate ball, and for many other health and cultural activities in addition to sports.

The small gymnasium is most commonly utilized for –

1. Gate ball
2. Japanese cultural dance ('bon-odori')
3. Stretching and gentle aerobics
4. Childcare and children's activities
5. Yoga
6. Tai chi
7. Dance

※ Adult supervision is required for groups of children younger than middle school age.

※ The main gymnasium cannot be used for futsal.

Heated pools



The Wanagaya Sports Center boasts the largest heated indoor pool facility in Matsudo City. In addition to the 25m lap pool and the infant pool, the ‘river flow pool’ (a full 100m in length) is also popular amongst patrons of varying ages.

Swimming classes are held in the 25m lap pool daily. Please contact the Sports Center for detailed information.

※ All patrons are required to leave the water during the last ten minutes of every hour (e.g. from 12:50 to 13:00), to enable an inspection of the pool and to take a break. Patrons are welcome to enter the water again on the hour (e.g. at 13:00).

□ 25m lap pool

Specifications –

Length: 25m

Width: 10m (suitable for up to 5 lanes)

Depth: From 0.6m to 1.2m

Pool lanes are pre-designated to suit three swimming abilities – beginners, confident swimmers, and walk/swim. Both sides of the pool are equipped with stairs and a sloping pool entrance to accommodate patrons with physical disabilities.

※ Lane designations vary depending upon the day of the week. Please confirm with reception beforehand.

※ The walk/swim lane has a minimum height requirement of 120cm.



□ River flow pool

Specifications –

Length: 100m

Width: 2.8m

Depth: 1m

The river flow pool enables patrons to either swim or walk whilst also taking advantage of a gentle current. During holiday periods the river flow pool is particularly popular amongst children.



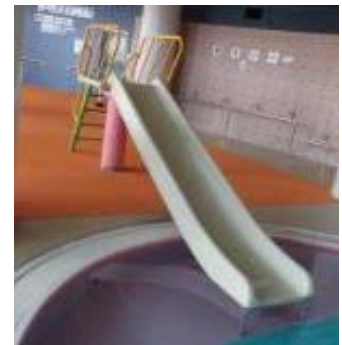
□ Pool for infants

Specifications –

Gourd-shaped, with slide (height 105cm, slope 25°)

Depth: 50cm at base of slide, 30cm elsewhere

A shallow pool suitable for young children. This pool is popular amongst children who are new the water, and for play.



□ Guidelines for pool use

- The pool is not to be used under the influence of alcohol or when experiencing fatigue.
- Patrons suffering from an infection or experiencing symptoms of diarrhoea are prohibited from entering the water.
- Children younger than 3rd grade of elementary school are to be accompanied by a parent or guardian at all times. After 6pm, all children younger than middle-school age are to be accompanied by a parent or guardian.
- The pool cannot be used by children who still require diapers. Swim diapers are also not permitted in the pool.
- A swimsuit and swimming cap must be worn in the pool at all times, including by parents or guardians who enter the pool with their child. Regular clothes are not to be worn in the pool.
- Glasses can be worn in the infant pool and the river flow pool when secured with a sports band (around the neck).
- Accessories (jewellery) and watches etc. are not to be worn in the pool.
- Food cannot be brought into the pool facility. Plastic water bottles are permitted.
- Photography and/or filming using video cameras or smart phones are prohibited inside both the pool facility and the change rooms.

- The use of snorkelling gear (masks, snorkel, and fins), beach balls, and inflatable boats etc. are an inconvenience to other patrons and are not permitted in the pool facility.
- Please follow the directions of pool staff. Refusal to act in accordance with the pool guidelines may result in ejection from the facility. Refunds will not be provided.

Weight and aerobic training



Weight training room

Wanagaya Sport Center's weight training room is very popular. There are six weight machines, 8 aerobic training machines, free weights and training equipment (incl. mats, swissballs etc.), and a stretching space. Experienced staff members are available to assist new users and to answer any questions.

- ※ The weight training room is open to adults and high school students.
- ※ Patrons who wish to use the weight training room are first required to complete an introductory workshop (details to follow). Upon completing the workshop you will be issued with a proof of completion card and an individual registration number.
- ※ The proof of completion card needs to be carried with you when using the weight training room. In the case that you have forgotten your card, your

registration details will be checked and you will be provided with a temporary pass.

- ※ A public aerobics class is held in the weight training room four times a week. Please contact the Sports Center directly to confirm the timetable.

□ **Introductory workshop (compulsory)**

Introductory workshops are run by specialised staff members. Topics covered include an overview of the weight training room, correct use of the weight machines, effective training practices, and precautions to be taken during training etc.

Reservations are not required. However, please register your name at reception from 30 minutes prior to the beginning of the scheduled workshop. We ask that you then change into your sporting wear and gather in the weight training room 10 minutes prior to the start time.

- ※ Patrons are required to pay for two hours of weight training room usage when completing the introductory workshop.
- ※ Sporting wear and indoor training shoes are required, and participation will be declined without appropriate attire.
- ※ Upon completing the workshop you will be issued with a proof of completion card. This needs to be carried at all times when using the weight training room.

□ Weight training machines



Chest press



Leg press and calf raise



Lat pulldown



Leg extension and leg curl



Back extension



Abdominal muscle stand

□ Aerobic machines



Upright exercise bike



Recumbent exercise bike



Stairmaster

□ Free weights and training equipment



Dumbbells



Flat bench



Stretching mats



Swissball (large)



Swissball (medium)



Balance balls

□ Guidelines for use

- Smoking and the consumption of food and drinks are prohibited (excl. water and sports drinks).
- All drinks must be in a bottle. Cans and paper cups are strictly prohibited.
- Please take empty drink bottles home with you.
- The training room cannot be used when under the influence of drugs or alcohol.
- Valuables are to be kept in the lockers provided. The Sports Centre accepts no responsibility for the loss or theft of any property.
- The Sports Centre accepts no responsibility for any accidents or conflicts that arise in the training room.
- If you feel ill during a training session, please stop immediately. If you have a chronic condition or are currently undergoing medical treatment, please request the permission of your health care provider prior to beginning training, and train in accordance with your condition.
- Please remove any items that may cause accident or injury during training. Make sure your pockets are empty (excl. sweat towels).
- Please wear appropriate sporting footwear so as to prevent injury.
- Please refrain from using your mobile phone in the training room.

- Please follow the directions of staff. Refusal to act in accordance with the pool guidelines may result in ejection from the facility. Refunds will not be provided.

Spa and relaxation room

Japanese-style spa



The Japanese-style spa is designed for the post-exercise relaxation of all patrons. The facility is eco-friendly, and utilises the residual heat of the nearby Wanagaya Clean Centre.

Both the men's and women's spas are equipped with a standard jacuzzi, a shallow water-jet bath (for lying down in), and a standard large communal bath. There is also a relaxation room where patrons can unwind after using the spa.

Guidelines for use

- Swimsuits are not to be worn in the spa. Patrons are required to be naked.
- Please wash your body thoroughly before entering the communal baths.
- All towels and bathing utensils are to be kept out of the water.
- Stools and bathing tubs are available for use, and are to be returned to the corner of the spa room after use.
- Please leave all personal items in the changing room. Small toiletries can be left on the small shelf provided inside the spa room.
- Please be respectful of other patrons when using the shower hose.
- Please refrain from entering the change room while dripping wet.
- So as not to bother other patrons, please refrain from running or talking in raised voices in the changing room.

- The use of hair dyes and colour rinses is prohibited.
- Please follow the directions of staff.

Multi-purpose hall and tatami rooms

Multi-purpose hall



The multi-purpose hall is commonly used for aerobics and dance classes. It is also a popular space amongst hobby and cultural groups, and for healthy living pursuits. Large mirrors are installed along one side.

The multi-purpose hall is most commonly utilized for -

1. Aerobics
2. Ballet
3. Rhythmic gymnastics
4. Dance (contemporary and cultural)
5. Yoga and tai chi
6. Meetings and exhibitions, etc.

※ Adult supervision is required for groups of children younger than middle school age.

Japanese-style tatami room



The Wanagaya Sports Centre has a 6 mat-size and 12 mat-size Japanese-style tatami room available. These are mainly used for cultural activities. The larger room is suitable for relaxed meetings and gatherings, while the smaller room faces onto a courtyard and is suited for small groups. The rooms can also be used for yoga and tai chi, etc.

The Japanese-style tatami rooms are commonly utilized for –

1. Learning, education and cultural activities
 2. Childcare and child rearing activities
 3. Calligraphy, flower arrangement and tea ceremony
 4. Sewing and handicrafts
 5. Cultural games and board games
 6. Creative workshops and painting
 7. Gentle exercise for health
- ※ Yoga mats are to be used during exercise activities.
- ※ Adult supervision is required for groups of children younger than middle school age.

Library Annex (‘Wanagaya Annex’)



The Library Annex is directly connected to the Sports Center. Their collection has something to suit all ages and interests, with approximately 23,000 books, magazines, newspapers, and Japanese traditional ‘kamishibai’ stories.

Please note that the opening hours of the Library Annex differ from those of the Sports Center.

Operating hours

From Tuesday to Sunday (incl. public holidays), 9:30am – 5pm

Designated holidays

Every Monday*

* In the case that Monday falls on a public holiday, the library will close the following day

The final weekday of every month (excl. December)

The New Year period (28th of December until the 4th of January)

The library may close at other times for sorting.

‘Wanya Cafe’ community space



The Wanya Cafe is a free space open to the general public. The space is blessed with a lot of natural light, and is equipped with tables, chairs and vending machines. Wanya Cafe is perfect for taking a break and for chatting with friends.