

SETAGAYA CHITOSE INDOOR POOL

FACILITY GUIDE



〈Facility Information〉

4th Floor	Healthy Fitness Room
3rd Floor	Fitness Room, Gymnasium, Relaxation Space
2nd Floor	Entry/Exit Room, Changing Room, Swimming Pool, Spa Area
1st Floor	Conference Room, Ticket Machine, Front Office
B1 Floor	Café, Meeting Lounge, TV Space, Public Phone, KEYAKI-NET Machine, Parking
B2 Floor	Parking ※Parking Price : 100 yen / 30 minutes

◎The entry/exit gate to the Fitness Room is on the 2nd floor.

Open Hours : ■ All Season 9:00a.m. — 9:00p.m. (Facility closes at 8:45p.m.)
 ■ New Year 9:00a.m. — 5:00p.m. (January 1st -3rd)

Closed Days : Every First Monday of the Month (except August and February)
 The End of the Year (December 29th-31st)

● Pool Facility 《 The 2nd Floor 》

《Pool》

- ◆ 25m Indoor Swimming Pool (6 lanes) 〈Depth〉 110cm~150cm
- ◆ Water Slide / Walking Pool* * 〈Depth〉 90cm 〈Length〉 43m
- ◆ Steam Room(dry type)

《Spa Area》

- ◆ Swimming Pool for Children 〈Depth〉 60cm
- Whirlpool Bath(warm/cold), Body Shower, Stretching Area, Massage Shower
- ◆ Steam Room(wet type)

《Changing Rooms》

- ◆ Lockers, Showers, Toilets
- Number of Lockers; Men 189, Women 195, Other 9

Suggestions

1. Prepare a swimming cap.
2. Children under 3rd grade of elementary school need to be with a supervisor.
(A person can be a supervisor for 2 children)
3. Children under support of diaper can not enter the pool.
4. A person of 120cm or higher is allowed to play at the water slide.
5. Restrictions in cases of danger;
 - ◆ No diving
 - ◆ No running
 - ◆ No horse playing, tags, etc
 - ◆ No swimming after drinking alcohol
6. No metal items inside the pool. (such as glasses, necklace and piercing)
7. Make-up needs to be washed off before entering the pool.
8. Do not use soap items or shampoo in the shower room.
9. Do not bring audio items. (such as video cameras, photo cameras, headphone items, book items and cell phones.
10. A person with any kind of infectious disease or is not allowed to swim by a doctor can not enter the pool.

※Please follow any instructions from Life Guards.

《 25m Swimming Pool, Water Slide, Waling Pool Recess 》

- ①9:50a.m. – 10:00a.m. ②11:50a.m. – 12:00p.m. ③1:50p.m. – 2:00p.m.
④3:50p.m. – 4:00p.m. ⑤5:50p.m. – 6:00p.m. ⑥7:50p.m. – 8:00p.m.

《 Walking Pool Currents 》

The walking pool has a water current for the whole day during summer holidays and every weekend. In other days, the pool runs 3:50p.m. - 8:45p.m.

● Fitness Room 《 The 3rd Floor 》

1. The fitness room provides professional fitness employers to advice you.
2. In order to use the fitness room, it is mandatory to attend the guidance seminar which takes about 40 minutes.

《Guidance Seminar》

Weekdays 11:20a.m.~, 2:20p.m.~, 6:50p.m.~

Weekends/Holidays 9:20a.m.~ 11:20a.m.~, 2:20p.m.~, 6:50p.m.~

- ◆ You need to change your clothes and come to the room 10 minutes before the each guidance seminar.
 - ◆ The seminars are held in the fitness room at the 3rd floor.
3. You need to bring your indoor shoes. (You can not use your outside shoes.)
 4. You need to be a high school student or over to use the fitness room.

● The Gymnasium (Weekends / Holidays) 《 The 3rd Floor 》

1. The gymnasium is provided with a dance studio, 3 table tennis (ping-pong) tables or a space to exercise.
2. You need to use rubber shoes. (No tapping shoes.)
3. You need to be a junior high school student or over in order to use the gymnasium.

※Under some circumstances, the gymnasium is closed for private lessons.

- ◆ Respect other people around you while using the gymnasium.
 - ◆ Follow the stuff's advice when it is given.
- ◎ You can book the gymnasium by KEYAKI NET machine which is on B1 floor. Please ask for any assistance at the front office on the 1st floor.

● General Fee 《 includes pool facility, fitness room and gymnasium 》

	all season	other season	summer (Jun-Sep)	Over Charge	Notice
	1 hour	1 time	2 hours	30 minutes	• No time limit for 1 time ticket. • Over charge can be paid by a coupon ticket. • Once you come out, you can not enter again.
Adult	200 yen	400 yen		100 yen	
Elementary/Junior High School Student	80 yen	150 yen		40 yen	
The Disabled (over high school)					
Over 65 Years of Age					
The Disabled (under junior high school)	Free				Free tickets can be collected at the front office.
Supervisor of the Disabled (up to 2 people)					
Under Elementary School					
Coupon Ticket	1,500 yen ticket (with the value of 1,650 yen) 4,000 yen ticket (with the value of 4,400 yen)				You need to buy 1 hour or 2 hour(1time) ticket by the coupon ticket.

●Healthy Fitness Room 《 The 4th Floor 》

This room is for elderly people, 60 years of age or older.

●Group Use of Swimming Pool

A group can book swimming pool at most 3 courses. (except weekends and holidays.)

Time	Fee
10:00a.m. – 12:00p.m.	1 course ; 4,800 yen
12:00p.m. – 2:00p.m.	
2:00p.m. – 4:00p.m.	
4:00p.m. – 6:00p.m.	
6:30p.m. – 8:30p.m.	

Group use is available from September to June, excluding weekends and holidays.

●Public Transportation

◎Odakyu Bus

- No.01 Ume (Umeoka station North gate — Chitose Funabashi station)
- No.01 Kei (Kyodo station — Chitose Funabashi station)
Get off at Asahi Shinbunsha Mae (5 min walk) or Hoshoji (6 min walk).

◎Keio Bus

- No.01 Hachi (Hachimanyama station — Kibougaoka Danchi)
Get off at Asahi Shinbunsha Mae (5 min walk).

SETAGAYA CHITOSE INDOOR POOL

TEL 03-3789-3911 FAX 03-3789-3912

7-9-1 Funabashi, Setagaya-ku, Tokyo