

## Hiro Community Development Center 2026 Regular Course List

### Children's Programs

No.	Category	Target Age	Course Title	Schedule	Capa	Instructor	Fee (¥)	Notes
1	Children	Preschool–Kindergarten	<i>Kids Dance</i>	2nd & 4th Sat / 10:00	20	<i>Emi Hatasaka</i>	4,000	
2	Children	Preschool–Grade 6	<i>Classical Ballet</i>	Every Sat / 16:00	20	<i>Yukie Furue</i>	8,000	○

### Adult Programs

No.	Course Title	Schedule	Capa	Instructor	Fee (¥)	Notes
3	<i>First-Time Hula for Health</i>	1st & 3rd Mon / 10:00	20	<i>Kazue Minami</i>	4,000	
4	<i>Calligraphy (Tue Morning)</i>	Every Tue / 9:30	20	<i>Kofu Shimizu</i>	8,000	○ Mid-term entry check
5	<i>Calligraphy (Tue Evening)</i>	Every Tue / 18:00	20	<i>Sofu Iwata</i>	8,000	○ Mid-term entry check
6	<i>Calligraphy (Thu)</i>	Every Thu / 9:30	30	<i>Enpu Matsuoka</i>	8,000	○ Mid-term entry check
7	<i>Tea Ceremony (Urasenke)</i>	1st & 3rd Wed / 9:30	16	<i>Sugako Nakano</i>	4,000	○
8	<i>Japanese Dance (Fujima School)</i>	1st & 3rd Wed / 13:00	16	<i>Toshinao Fujima</i>	4,000	
9	<i>Flower Arrangement (Ikenobo)</i>	2nd & 4th Wed / 9:30	16	<i>Sugako Nakano</i>	4,000	○
10	<i>Haiku</i>	2nd Thu / 10:00	20	<i>Yuriko Ishimoto</i>	2,000	○
11	<i>3B Exercise</i>	Every Thu / 9:30	30	<i>Miwa Fujii</i>	8,000	○
12	<i>Tai Chi</i>	Every Thu / 13:00	35	<i>Mikio Kurushima</i>	8,000	○
13	<i>Let's Start Chinese</i>	Every Thu / 18:00	18	<i>Takeshi Aimoto</i>	8,000	○
14	<i>Go (Board Game)</i>	Every Thu / 18:00	16	<i>Yoshinori Adachi</i>	8,000	
15	<i>Gut-Health Cooking with a Vegetable Sommelier 1</i>	1st & 3rd Fri / 10:00	14	<i>Nozomi Okamura</i>	4,000	○ Mid-term entry check
16	<i>Gut-Health Cooking with a Vegetable Sommelier 2</i>	2nd & 4th Fri / 10:00	14	<i>Nozomi Okamura</i>	4,000	○ Mid-term entry check
17	<i>Yoga 1</i>	Every Fri / 9:00	35	<i>Miyuki Tamai</i>	8,000	○
18	<i>Yoga 2</i>	Every Fri / 11:00	35	<i>Miyuki Tamai</i>	8,000	○
19	<i>Dual Stimulation: Brain &amp; Footwork</i>	3× per month (Mon) / 10:00	40	<i>Mitsue Yabuki</i>	6,000	○

### Women's Programs

No.	Course Title	Schedule	Capa	Instructor	Fee (¥)	Notes
20	Flower Arrangement (Saga Goryu)	1st & 3rd Tue / 9:30	18	<i>Yuho Motonaka</i>	4,000	○
21	Table Tennis 1	Every Tue / 10:00	20	<i>Mayumi Omosako</i>	8,000	
22	Table Tennis 2	Every Tue / 13:00	20	<i>Mayumi Omosako</i>	8,000	
23	Easy Aerobics	Every Tue / 19:00	20	<i>Shuko Oda</i>	8,000	
24	Gentle Dressmaking (Basics)	1st & 3rd Thu / 9:30	16	<i>Shiomi Hamaguchi</i>	4,000	Mid-term entry check
25	Kimono Dressing	1st & 3rd Thu / 10:00	20	<i>Yuko Aida</i>	4,000	Mid-term entry NOT allowed
26	Chorus	1st & 3rd Thu / 13:30	20	<i>Fumiyo Takeda</i>	4,000	○
27	Relaxed Ballet Stretch	1st & 3rd Fri / 14:00	20	<i>Mariko Ebisu</i>	4,000	○

### Senior Programs (Age 60+)

No.	Course Title	Schedule	Capa	Instructor	Fee (¥)	Notes
28	Silver Fitness 1	Every Tue / 13:30	35	<i>Ayako Watanabe</i>	8,000	○
29	Silver Fitness 2	1st & 3rd Wed / 10:00	35	<i>Ayako Watanabe</i>	4,000	○
30	Lively Health Exercise	Every Thu / 10:00	35	<i>Mitsue Yabuki</i>	8,000	○