

**FAX ONLY**



Please apply by fax or by submitting this form.

## Parent-Child Sports Bowling Class Application Form

Venue

Ten Point Bowling

FAX: 0823-73-5034 (Hiro Sports Association Office)

### Overview

Participating in bowling as a sport provides various physical and mental health benefits.

#### Physical Benefits

1. Strength building
2. Improved flexibility
3. Improved balance and coordination
4. Calorie burning

#### Mental Benefits

5. Stress relief
6. Improved social interaction
7. Improved concentration and strategic thinking

8. Sense of achievement

#### Other Benefits

9. Strengthening bonds with family and friends
10. A sport suitable for all ages and fitness levels

Bowling not only improves overall physical ability and supports mental health, but also helps deepen social connections.

### Event Details

**Date & Time:** Sunday, August 23, 2026 – Starts at 9:30 AM

**Participation Fee:** ¥500 per person (tax included) \*Shoes included\*

**Program Contents** 1. Rules and manners 2. Warm-up exercises 3. How to use your body effectively

4. Bowling aiming techniques 5. Two-game score challenge

**Application Deadline:** Monday, August 17, 2026 – 5:00 PM

	Age	Relationship	School Name
Name1 Phonetic spelling ( <i>hurigana</i> )			
Name2 Phonetic spelling ( <i>hurigana</i> )			
Name3 Phonetic spelling ( <i>hurigana</i> )			
Name4 Phonetic spelling ( <i>hurigana</i> )			

Representative's Name:

Mobile Phone or Home Phone:

\*The personal information provided will only be used for event

Contact Information (Hiro Sports Association Office)

TEL: 0823-71-2151 FAX: 0823-73-5034