

# Regular Courses List of Hiro Community Development Center 2023

※Closed in August and November as a general rule

Name of Course                      Days of the week    Time    Instructor Name

## ★Infant (1 to 3 year olds, 0-year-olds need consultation)

1	Ritomik & Kids Yoga	1st & 3rd Wed.	9:30~	Murakami Takami
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## ★Child (4 to 6 year olds, Nursery school & Kindergarten children)

1	Kids Dance	2nd & 4th Sat.	10:00~	Hatasaka Emi
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## ★Junior (4 to 12 year olds)

1	Classical Ballet	Tue. 4/month	17:30~	Furue Yukie
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## ★Adult

1	Basic Class HULA	1st & 3rd Mon.	10:00~	Minami Kazue
2	Calligraphy Tue. Morning	Tue. 4/month	9:30~	Shimizu Kofu
3	Calligraphy Tue. Night	Tue. 4/month	18:00~	Iwata Sofu
4	Calligraphy Thu. Morning	Thu. 4/month	9:30~	Matsuoka Enpu
5	Tea Ceremony (Urasenke)	1st & 3rd Wed.	9:30~	Nakano Sugako
6	Japanese Dance (Fujima)	1st & 3rd Wed.	13:00~	Fujima Risho
7	Oil & Watercolor Painting, Drawing	1st & 3rd Wed.	18:00~	Nakashio Mitsuru
8	Japanese Painting	1st & 3rd Thu.	13:00~	Hirata Shuncho
9	Haiku	2nd Thu.	10:00~	Ishimoto Yuriko
10	Senryu	4th Thu.	13:00~	Sato Haruo
11	Ball-Bell-Belter	Thu. 4/month	9:30~	Fujii Miyori
12	Taijiquan	Thu. 4/month	13:00~	Kurushima Mikio
13	Chinese Conversation	Thu. 4/month	18:00~	Aimoto Takashi
14	Igo	Thu. 4/month	18:00~	Adachi Yoshiki
15	Cooking with Veggie Sommelier	2nd & 4th Fri.	10:00~	Okamura Nozomi
16	Yoga1	Fri. 4/month	9:00~	Tamai Miyuki
17	Yoga2	Fri. 4/month	11:00~	Tamai Miyuki

## ★Women

1	Flower Arrangement (Sagagoryu)	1st & 3rd Tue.	9:30~	Motonaka Yuho
2	Table Tennis1	Wed. 4/month	10:00~	Omosako Mayumi
3	Table Tennis2	Wed. 4/month	13:00~	Omosako Mayumi
4	Easy Aerobics & Stretching	Tue. 4/month	19:00~	Yamasita Miyuki
5	Flower Arrangement (Ikenobo)	2nd & 4th Wed.	9:30~	Nakano Sugako
6	Easy Dress Making	1st & 3rd Thu.	9:30~	Hamaguchi Shihomi
7	Dressing Japanese Kinomo	1st & 3rd Thu.	10:00~	Aida Yuko
8	Chorus	1st & 3rd Thu.	13:30~	Takeda Fumiyo
9	Relaxing Ballet Stretch	1st & 3rd Fri.	14:00~	Ebisu Mariko

## ★Elderly (Over 60s)

1	Silver Lively Gymnastics1	Tue. 4/month	13:00~	Watanabe Ayako
2	Silver Lively Gymnastics2	1st & 3rd Wed.	10:00~	Watanabe Ayako
3	Healthy Gymnastics	Thu. 4/month	10:00~	Yabuki Mitsue