## Learn how to run and enjoy running!

"Running" is the basis of exercise. By learning how to run, you have a good body You will learn how to move and learn the basics of sports in general. I'll have fun learning. The fun that makes your body bounce Experience it!

[Date & Time] September 7th (Sun) ①9:00-10:00 \*How to swing your arms and raise your feet and so on (first and second graders of Nishi-Yamada Elementary School) ②10:30~12:00 Fun to move your body (Nishi-Yamada Elementary School 3 • 4 • 5 • 6th grade) \*Reception starts 15 minutes ago

[co-hosted] Nishi-Yamada District Youth Countermeasures Committee, Nishi-Yamada Elementary School PTA

[Instructor] Mr.Shota Tabe Trenches & Continuing Association Certified Personal Training and Running Instructor

[Capacity] 50 students in both 2 (\*Children only at Nishiyamada Elementary School)

[Cost] Free \*Application in advance is needed

[Place] Nishiyamada Elementary School Gymnasium/Schoolyard

[Possessions] Easy-to-move clothes/weary sneakers Gymnasium shoes, hydrated drinks, towels

[Application] First come, first served at 10:00 p.m. on August 1st (Friday) We can accept calls from 10:30

## Sex education that can be done at home "To live with a smile like yourself"

"Is sex education too early?" "I don't know how to convey?" Have you ever felt that uneasy? In this course, based on the concept of "inclusive education," which is currently attracting attention, From the perspective of gender, human rights, In order for children to live their lives in a way that makes them feel safe, I will think about what I can do as a parent together. There are small sex education tips in everyday conversations and relationships. "I'm glad to hear that." "I think I can do it from today." That should be the time. Now that you're raising your children, why don't you study with them?

[Date & Time] September 21st (Sun.) 14:00-16:00

【Instructor】 Ms.Mai Michihara【Co-hosted】 Suita City Human Rights Developmen Promotion Council, Nishiyamada District Youth Countermeasures Committee, NishiYamada Elementary School PTA, Nishiyamada Junior high School PTA

[Cost] free [Capacity] 30 people \*Application in advance is need

[Application] Sep. 1<sup>st.</sup> (Mon) 10:00~ From 10:30 a.m. on the phone

## "JAPANESE LANGUAGE CLASS"

Dates & Times: [Wednesday classes] September 3.10.14.24 (Wed.)10:30-12:00

[Saturday classes] September 6.13.20.27 (Sat.)14:00-15:00

This class provides anyone who come from abroad and likes to speak and write Japanese with the opportunities. You will enjoy learning Japanese language in friendly and family—like atmosphere. Come and join the class.

[Fee] 100 yen per person per class. \*Application in advance is needed

Regular course "Honno Hiroba" "Let's enjoy singing 「Uta no Tobira」"
"Morning Clipping Cafe" "Let's enjoy English" "Saturday's Classical Music Seminar"
You can apply from the end of the course in September. You can participate in the course in September and make a reservation for September next month.

Title	Date &Time	Lectuter	Possessions	Capacity	Fee
Honno Hiroba Let's have a fun time together (Childrens events) Storytelling & Creative & Activity	Sep. 13 <sup>th.</sup> (Sat) 14:00 ~15:30	Yamada Library staff & Ms. Tomoko Uchiyama	water or tea and stationary	20 people	Free
Let's enjoy singing 「Uta no Tobira」	Sep. 10 <sup>th.</sup> (Wed)14:00 ~15:15	Ms. Rie Kitago	Water or tea	60 people	Free
Morning Clipping Cafe	Sep.11 <sup>th</sup> (Thu)10:30 ~11:30		news paper clippings	10 people	100 Yen
Let's enjoy English! The lower class"	Sep. 20 <sup>th.</sup> (Sat) 10:00~ 10:50	Mr. Isaac McManus	water or tea	30 people	Free
Let's enjoy English! The upper class	Sep. 20 <sup>th</sup> (Sat.)11:10~ 12:00	Mr. Isaac McManus	water or tea	20 people	Free
Saturday's Classical Music Seminar	Sep. 27 <sup>th.</sup> (Sat)14:00~ 16:30	Mr.Kazuhide Takahashi		25 people	200 Yen

Closed on September 2.9.15.16.23.30

Homepage QR code!





Instagram Please check
#nishiyamadakomin.hoppo