

Sea Forest Waterway

1. Activities and services offered (tentative)

1) Facility tours:

Facility tours by walking around the facility while listening to explanations of its features for residents of Tokyo are set to be offered.

2) Rowing and canoe experience:

Rowing and canoe lessons for beginners are set to be offered. 4th grade elementary school student and older can participate the event. (Children under junior high school age must be accompanied by an adult.)

3) Fitness programs:

Programs of body stretching while looking out to sea.

4) Personal use:

The competition course will be open for personal use.

The venue is already open for use by sports federations from 22 August 2020 and for use by non-sports-related groups from 7 September 2020.

2. Schedule and how to use the facilities (tentative)

1) Facility tours:

Available only on Saturdays and Sundays from Saturday 3 October to Sunday 20 December 2020.

2) Rowing and canoe experience:

Rowing – Sunday 1 November and Sunday 15 November 2020

Canoe – Saturday 17 October and Sunday 18 October 2020

3) Fitness programs:

Saturday 17 October and Sunday 18 October 2020

4) Personal use:

Thursday 1 October to Monday 28 December 2020

The preliminary applications for facility tours, rowing and canoe experience, and fitness programs are accepted online from Friday 25 September. The applications for personal use is accepted online from Monday 28 September.

Access the website (<https://www.uminomori.tokyo/en/>) for information on the activities and services, and how to apply for the facilities.

Kasai Canoe Slalom Centre

1. Activities and services offered (tentative)

1) Rafting tours:

Rafting tour at the Tokyo 2020 Games' competition course for residents of Tokyo are set to be offered. Elementary school students and older can participate in this tour, and each group can charter a boat. (Junior high school students and younger must be accompanied by an adult.)

2) Kayak training sessions:

Training sessions for advanced kayakers in which you can paddle freely in your own boat and experience the Japan's first man-made competition course. Practice sessions for beginners in which you can paddle the kayaks in the slow-flowing finishing pool.

3) Kayak lesson:

Freestyle and downriver lessons for intermediate and advanced kayakers using the competition course and ducky class for beginners in the finishing pool.

4) Kayak experience:

Kayak experience events in the finishing pool for beginners.

5) Facility experience (Pleasure rafting):

Facility tours by riding a rafting boat from the water, without changing clothes.

6) Facility tours:

Facility tours by walking around the competition course while listening to explanations of its features.

The venue is already open for use by sports federations for their practice from 27 July 2020.

2. Schedule and how to use the facilities

All of the activities and services will be available from Thursday 1 October to Monday 28 December 2020.

The preliminary applications are accepted online from Friday 25 September.

Access the website (<https://canoe-slalom.tokyo/en/>) for information on the activities and services, and how to apply for the facilities.

Oi Hockey Stadium

1. Activities and services offered (tentative)

1) Hockey beginners class:

Hockey class for inexperienced and beginners for residents of Tokyo are set to be offered.

2) Group use for university and adult teams, etc:

The venue is available for use by general groups, such as university and adult teams, etc. in addition to sports federations. Please note that in order to maintain the condition of the field for the Tokyo 2020 Games, the use of the facility is limited to hockey sport groups.

The venue is already open for use by sports federations for their competition and practice from 22 August 2020.

2. Schedule and how to use the facilities (tentative)

1) Hockey beginners class:

Saturday 24 October 2020 to Sunday 14 February 2021

2) Group use for university and adult teams, etc:

Saturday 26 September 2020 to Sunday 14 February 2021

The preliminary applications are accepted online from Friday 25 September.
Access the website (https://seaside-park.jp/park_ooisports/hockey/) for information on the activities and services, and how to apply for the facilities. (Japanese only)

Tokyo Aquatics Centre

1. Activities and services offered (tentative)

1) **Competition and practice use by sports federations:**

The venue will be open for use by sports federations to hold swimming competitions which are related to the Tokyo 2020 Games and to provide opportunities to practice to swimmers preparing to compete at the Games.

2) **Facility experience:**

Swimming experience events and facility tours for residents of Tokyo are set to be offered. (Preliminary application is required.)

3) **Facility tours:**

Facility tours by walking around the facility while listening to explanations of its features.

2. Schedule and how to use the facilities (tentative)

1) Competition and practice use by sports federations:

Sunday 25 October 2020 to Wednesday 31 March 2021

2) Facility experience:

Friday 30 October to Sunday 1 November 2020 and
Tuesday 10 November to Saturday 14 November 2020

3) Facility tours:

Thursday 26 November to Sunday 29 November 2020

Access the website (<https://www.tef.or.jp/tac/en/index.jsp>) for information on the activities and services, and how to apply for the facilities.