

Ticket Lesson for Foreign Visitor

You can join the lesson by Ticket. We will provide Swim/Bike/Run lesson for you. We have 4-6time swim lesson and 1-3time bike lesson also 1-3 time run lesson every week. You can learn triathlon and 3 single sports by coach. See attached curriculum.

Notice: Lesson will be use Japanese language.

It will be no school when Race and Camp

	Mon	Tue		Wed		Thu		Fri		Sat		Sun	
	General	General	kids	General	kids	General	kids	General	kids	General	kids	General	kids
A M	5:30		Stretch·Core /RunorBike 5:40~6:40	Swim 6:00~6:40	Swim 5:40~6:40	Swim 6:00~6:40	Stretch·Core /RunorBike 5:40~6:40	Swim 6:00~6:40	Swim 5:40~6:40	Swim 6:00~6:40			
	6:00												
	7:00		Swim Free Course5:30~8:00 (Always 1-2Course ablavle)		Swim Free Course5:30~8:00 (Always 1-2Course ablavle)		Swim Free Course5:30~8:00 (Always 1-2Course ablavle)		Swim Free Course5:30~8:00 (Always 1-2Course ablavle)		Swim 6:30~7:30	Swim 6:30~7:30	Swim 6:30~7:30
	8:00										Swim Free Course6:30~9:00 (Always 1-2Course ablavle)		Swim Free Course6:30~9:00 (Always 1-2Course ablavle)
9:00										Week End Session** A few time a Mouth			
P M	14:00												
	15:00												
	16:00												
	17:00		Run & Bike A: 16:10~17:25 B: 17:35~18:50		Run & Bike A: 16:10~17:25 B: 17:35~18:50				Run & Bike A: 16:10~17:25 B: 17:35~18:50				
	18:00												
	19:00				Run 19:00~20:00								
	20:00	Swim Free Course 20:00~21:30 (Only TA School Member)			Swim Free Course 20:00~21:30 (Only TA School Member)			Swim Free Course 20:00~21:30 (Only TA School Member)					
21:00													

~Please join us. We will arrange Training menu for your performance level. So do not Heitate~

- From Age13:

One Ticket 3,000 Yen (1 Lesson available from Junior high school age to adult by one Ticket)※4 Ticket 10,000 Yen

- For elementary school age: One Ticket 1,500 Yen (1 Lesson available by one Ticket)

※Being Insured by yourself

【Lesson Information】

1) From Junior high school age to adult

- Swim Tue~Fri 5:40~6:40 Sat Sun 6:30~7:30
- Bike & Run Tue&Thu 5:40~6:40 Wed(Run) 19:00~20:00
Sat&Sun (See monthly schedule)

2) Elementary school age

- Swim Tue-Fri 6:00~6:40 Sat Sun 6:30~7:30
- Run(Bike) Tue·Wed·Fri ①16:10~17:25 ②17:35~18:50

※During April to Sep bike lesson will be held.

【 Monthly schedule 】

* See Below

From Web Site <http://www.murakamijuku.com/>

Click 「中央:最新イベント情報」 → to Blog

From Blog <http://ameblo.jp/u-murakamijuku>

Click 「Left Side:★Click”トライアスロンスクール予定表”」

【Entry】

- 1) Visitor: Please register from web site until one week before the date when you want to come
- 2) Ticket member: Please register from web site until one week before the date when you want to come. From the second time, just send message for us by mail then please inform us following. ①Registration N0②Name③Date you want join

【Payment detail】

- 1) Visitor: Please pay when you join the lesson
- 2) Ticket member: When you come first time, please buy ticket, then give us the ticket when you join.

* If you want to use wire transfer, you can transfer from below account. At that time please tell us by mail

◆Payee 足利銀行本店普通口座 口座番号 5065944 口座名義 シヤ)ウツノミヤムラカミジユク

↓Information・Application Form PDF↓

http://blog.ap.teacup.com/murakamijuku/html/umj_schoollesson_ticket_info.2017.4.pdf

↓Web Entry↓

<https://goo.gl/forms/UY5MqQNPPcHmJtMI3>

If you want join us and difficult to entry please contact u.murakamijuku@gmail.com