

Tokyo Metropolitan Gymnasium

Facility Guide for Individual Use



[Use Fees]

Category	Ticket Type	Fees	Unit	Conditions
General (Individuals aged 15 or older, excluding junior high school students)	Common Ticket for Swimming Pools / Training Gym	700 yen	2.5 hours	Swimming Pools: 50m (8 lanes) / 25m (6 lanes) Training Gym includes a free-weights area * Junior high school students or younger can use swimming pools only. (Extension fee: 350 yen / hour)
	1 day Ticket	3,000 yen	1 day	Valid for Swimming Pools, Training Gym, short programs and studio lessons (excluding lessons for which separate fees are payable)
	Athletic Field	200 yen	2 hours	200m all-weather running track (Extension fee: 100 yen / hour)
	Health and Physical Fitness Consultation	2,470 yen	1 time	Physical endurance and muscle strength measurement (reservations required). Reservations can be made up to 1 month prior to desired date. Nutrition consultation fee is included in the regular admission charge for the Training Gym (reservations not required for this).
Junior high school students or younger	Swimming Pools	300 yen	2.5 hours	50m Pool: Available for junior high school students, and elementary school students who have swimming ability certification. 25m Pool (6 lanes): Available for children aged 3 or older (must be out of diapers). An accompanying guardian (aged 18 or older) is required for preschool children and children in the third grade or younger, and for elementary school students or younger when using the swimming pools after 17:00. (Extension fee: 150 yen / hour)
	Athletic Field	100 yen	2 hours	Elementary school students or older can use the athletic field. Group use for foot race clubs, etc. is not allowed. (Extension fee: 50 yen / hour)

[Monthly Fixed Fee Plan]

Plan	Fees	Unit	Available Facilities	
Monthly Fixed Use	Plan A	9,000 yen / month	1 month	Training Gym / Swimming Pools / Studio
	Plan B	7,000 yen / month		Training Gym / Swimming Pools

Points to Be Noted

- Athletic field cannot be occupied by a single group, and cannot be used for field competitions or ball games. Please contact us about use of the multi-purpose court.
- Individuals using swimming pools are required to wear swimming costumes and a swimming cap
- Individuals using training gym are required to wear exercise clothes and suitable indoor shoes.
* Items for rent: shoes, towels, etc.(Charged)
- In addition to the closed days mentioned above, Tokyo Metropolitan Gymnasium may close temporarily.



Basic Information

- Address** 1-17-1 Sendagaya, Shibuya-ku, Tokyo, 151-0051
- Access** Sendagaya Station on JR Chuo (Local) Sobu Line
A4 Exit of Kokuritsu-kyogijo Station on Toei Oedo Line
- Closed Days** 1 to 3 days a month (not fixed), year-end and new year holidays (December 31-January 2)
- Official Website** https://www.tef.or.jp/tmg/en_index.jsp

Please Note:

The facilities may not be available for individual use when they are being used for sports competitions or other events.
Persons with disabilities can use facilities for free, along with an accompanying person, by showing disability certificate at the reception.
For everyone's comfort and safety, please follow facility rules.

Open Hours

Weekdays 9:00 a.m. – 11:00 p.m.
Saturdays 9:00 a.m. – 10:00 p.m.
Sundays & National Holidays 9:00 a.m. – 9:00 p.m.
*Last admission to Athletic Field is 1 hour before closing time.



Training Gym

Details

- Capacity: 80 persons
- 67 training machines (27 physical endurance machines, 10 free-weight machines, 30 weight training machines, etc.)
- Room temperature: Approx. 25°C
- A wide variety of programs are available.

Age Requirement

Individuals aged 15 or older (excluding junior high school students)

Studio

Details

A wide variety of programs are available: Kids programs, body fat burning aerobics, yoga, mat Pilates, conditioning, etc.

Age Requirement

Age requirement differs depending on the program. Please check at the information desk or see bulletins at the facilities.

* Programs are offered during the open hours for individual use.

○ Please check the official website for details.

<https://total-tip.jp> (Japanese)

Inquiries about Training Gym and Studio

Tipness Customer Service (General Reception) 03-6380-4792



Health and Physical Fitness Consultation Room

Measurement Items

[Physical Endurance Measurement]

We perform blood pressure, heart rate and electrocardiogram measurement during exercise, and offer safe and effective exercise programs (with appropriate exercise intensity, duration and frequency).

[Muscle Strength Measurement]

Through the measurement of extension and flexion movements of the knees under (1) heavy load, (2) standard load and (3) light load, we calculate values for the difference between left and right knees, muscle strength and muscle endurance, and we create safe and effective muscle training programs.

[Nutrition Consultation]

We provide consultations on dietary habits, dieting, nutrition for improving muscle strength, lifestyle diseases and meals, and a wide range of other topics. Reservations not required for nutrition consultation.

Age Requirement

Individuals aged 15 or older, excluding junior high school students

Open Hours

(Tuesdays, Wednesdays, Thursdays) 17:30-21:00
(Saturdays) 14:00-17:30

* Reservations can be made from the day 1 month prior to the desired date (in the case of closed day the next business day).

Health and Physical Fitness Consultation [Reservation]

Information Desk 03-6380-4792

* Reservations are handled by Tipness.

Health and Physical Fitness Consultation [Inquiries]

Tokyo Metropolitan Gymnasium
03-6380-4832

Athletic Field

Details

- All-weather 200m oval track and 100m straight track (Available for track race only)
- Equipped with lighting system for night use
- Starting blocks and hurdles available for rent.

Age Requirement

Elementary school students or older

Inquiry about Athletic Field

03-6380-4838



50m / 25m Swimming Pools

Details

- 50m (8 lanes / Water temperature is approx. 29°C / 1.2 to 2.2 m deep)
- 25m (6 lanes / Water temperature is approx. 31°C / 1.2 to 1.4 m deep)
- Room temperature: Approx. 30°C

Age Requirement

- 50m: Junior high school students or older, and elementary school students with swimming ability certification
- 25m: Children aged 3 or older (must be out of diapers)

Inquiries about Swimming Pools

Tipness Customer Services (General Reception) 03-6380-4792

