

Yamanashi City Makioka B&G Kaiyo Center (Training Gym)

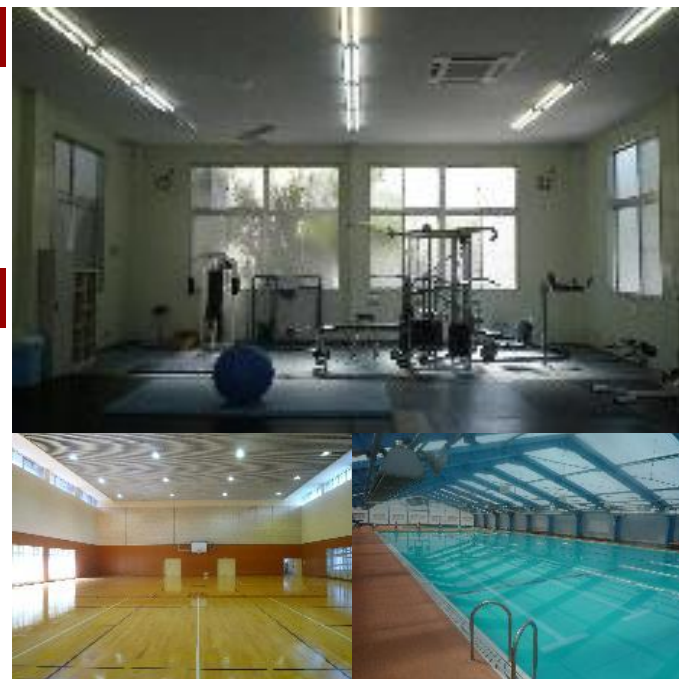


Major facilities

- Training Gym: 130.5m²
6 weightlifting spots,
At most 8 spaces available for training, during matches, this area is mostly used for warming up.
- If the game is taking place, the gymnasium (temporarily reinforced) can be used.

Additional facilities

- Bathing facilities 104.33m² (two tubs for men and women), changing rooms and shower facilities, conference room (for first-aid treatment and for trainers)
- Gymnasium 726.15m² (30.9m × 23.5m: one basketball court, two volleyball courts, 3 badminton courts)
- Martial Arts stadium 456.3m² (29.25m × 15.6m: one judo space, one kendo space)
- Indoor pools 833.1m² (45.65 × 18.25m: main pool 25m × 13m (6 lanes, water depth 1.1~1.2m) secondary pool 10m × 6m (water depth 0.5~0.6m))



- This is a combined physical educational facility, located in Makioka town at an altitude of 450m and surrounded by rich nature. Aside from the gym, it is equipped with pools, a gymnasium, dojo, bath facilities and so on.
- The gymnasium, the martial arts field, and training gym were all refurbished in July 2016.
- So far, the facility has been used for many weightlifting camps, for national amateur teams, prefectural representatives, high school students and so on.
- The gym is fully equipped with air conditioning, and it is suitable for training for weightlifting competition.
- There is a set of international-standard barbells available, and according to need it is possible to prepare more.
- It is possible to have an integrated training session by incorporating the gymnasium, the on-site pool for cooldown, the onsen (hot spring) facilities with water flowing freely from the source, and so on.
- Also, the conference room can be used for a variety of purposes, for example, as a rest area.



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