

# YC&AC ACTIVITIES & SERVICES

As of May 4 2017

Activity	Time	Venue	Person in charge	Contact#	Remarks
<b>MONDAY</b>					
Zumba	10:15–11:15	Studio	Ms. Dulce Oh	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class Book of 10 tickets is ¥20,000/book
Hatha Yoga	11:30–12:30	Studio	Ms. Pascale	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class Book of 10 tickets is ¥20,000/book
Ballet (Kids) for 3 – 4 yr. olds	15:30–16:15	Studio	Ms. Emma Ishii	090–2480–0312 <a href="mailto:emmaishii@hotmail.com">emmaishii@hotmail.com</a>	15:30⇒age: 3–4 16:20⇒ age: 5–6 *Members: ¥750/lesson Non-members ¥2,000 /lesson (Pay month in advance ¥5,000~¥5,500)
Ballet (Kids) for 5 – 6 yr. olds	16:20–17:00				
Intermediate/Advanced Gymnastics	16:30–18:00	Gym	Mrs. Ines Cobee	Yusuke Tomiogi <a href="mailto:y.tomiogi@ycac.or.jp">y.tomiogi@ycac.or.jp</a>	Age: 7+ FREE for members Participants are split into A and B. #Non-members must get approval from Sports Manager before participating.
Youth Basketball	18:30–19:30	Gym	Yusuke Tomiogi	Yusuke Tomiogi <a href="mailto:y.tomiogi@ycac.or.jp">y.tomiogi@ycac.or.jp</a>	FREE for members Age: 12–16 Non-members ¥6,000/month #Non-members can join. *Online registration
Yoga Hatha	19:00–20:00	Bay View	Ms. Aki Coughlin	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class Book of 10 tickets is ¥20,000/book
YC&AC Volleyball	19:30–21:00	Gym	Mr. Dan Coughlin	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members 7:30⇒Skills & Drills 8:00⇒Age:16+ (Competitive Game Play)
Bowling League	20:00–22:00	Alley Bowling	Mr. George Fu	<a href="mailto:bowling@ycac.or.jp">bowling@ycac.or.jp</a>	All levels welcome ¥1,000/person
<b>TUESDAY</b>					
vi-che Waxing Salon	9:00–20:00	Card	Ms. Kazue Nakamura	<a href="mailto:info@vi-che.jp">info@vi-che.jp</a>	<a href="http://www.vi-che.com/">http://www.vi-che.com/</a> 045-548-3861
Ladies Volleyball	10:00–12:00	Gym	Ms. Peggy Jalink	Yusuke Tomiogi <a href="mailto:y.tomiogi@ycac.or.jp">y.tomiogi@ycac.or.jp</a>	FREE for members Non-members ¥6,000
IKEBANA (Traditional Japanese Flower Arrangement)	10:00–13:00	Bay View/ Sports Bar	Master Shunsui Kasuya	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	*Members ¥1,000/lesson Non-member ¥1,500/lesson Flower ¥1,300 #Non-member can join.
Belly Dance with Billy	11:00–12:00	Studio	Mr. Billy Santos	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	*¥2,000 /class or ¥6,000/month Non-members ¥2,000 /lesson #Non-members can join.
Arts & Crafts with SHIORI (twice a month)	16:30–17:30	Card room	Shiori Saito	Shiori Saito <a href="mailto:s.saito@ycac.or.jp">s.saito@ycac.or.jp</a>	Twice a month. Please inquire to Shiori. 500yen for the materials YC&AC Member only
Yoga Class: Basic Class	17:00–18:00	Studio	Ms. Ingrid Fernandez	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class Book of 10 tickets is ¥20,000/book
Yoga Class: Vinyasa Flow Yoga	18:15–20:00				
Squash Club Night (Tues, Thus)	18:30–21:15	Squash Court (#1, 2)	Mr. Greg Lum	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	Age: 15+ FREE for members
<b>WEDNESDAY</b>					
Ladies Tennis Morning	10:00–12:00	Tennis Court #5, 6, 7	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	YC&AC Members Only FREE
Kids Yoga for 6 – 9yr. olds	16:30–17:15	Studio	Ms. Sina Krickhahn	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class Book of 10 tickets is ¥20,000/book
Kids Yoga for 10 – 13yr. olds	17:30–18:30				
YC&AC Badminton	19:00–20:00	Gym		Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	Age: 15+ FREE for members Friendly Badminton time. No need to register. All adults welcome to join in.
Bowling League	20:00–22:00	Alley Bowling	Mr. George Fu	<a href="mailto:bowling@ycac.or.jp">bowling@ycac.or.jp</a>	All levels welcome ¥1,000/person
<b>THURSDAY</b>					
Japanese Class Beginner 1	8:45–10:15	Card	Ms. Junko Kurisaka	045–541–8363 <a href="mailto:junko@cf6.so-net.ne.jp">junko@cf6.so-net.ne.jp</a>	YC&AC Members only/Free *¥1,000 registration fee/ per year
Japanese Class Beginner 2	10:20–11:30				
Japanese Class Intermediate	11:30–12:45				
Ashtanga Yoga	9:15–10:15	Studio	Ms. Pascale	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class Book of 10 tickets is ¥20,000/book
Ballet (Kids) for 3 – 4 yr. olds	15:30–16:15	Studio	Ms. Emma Ishii	090–2480–0312 <a href="mailto:emmaishii@hotmail.com">emmaishii@hotmail.com</a>	15:30⇒age: 3–4 16:20⇒ age: 5–6 17:15⇒advanced students *Members: ¥750/lesson Non-members ¥2,000 /lesson ticket (Pay month in advance ¥5,000~¥5,500)
Ballet (Kids) for 5 – 6 yr. olds	16:20–17:00				
Ballet (Advanced)	17:15–18:15				
Squash Club Night (Tues, Thus)	18:30–21:15	Squash Court (#1, 2)	Mr. Greg Lum	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	Age: 15+ FREE for members
YC&AC Basketball	19:00–20:30	Gym	Mr. Ionut Lazar	<a href="mailto:yonootz@gmail.com">yonootz@gmail.com</a>	Age: 15+ FREE for members
Body Blast with Chris	19:30–20:45	Studio	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class Book of 10 tickets is ¥20,000/book
Bowling League	20:00–22:00	Alley Bowling	Mr. George Fu	<a href="mailto:bowling@ycac.or.jp">bowling@ycac.or.jp</a>	All levels welcome ¥1,000/person

FRIDAY					
Fitness Centre Circuit Class	10:00–11:00	Fitness Centre	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class <i>Book of 10 tickets is ¥20,000/book</i>
Adult Ballet Basics & Stretch	12:00–13:00	Studio	Ms. Emma Ishii	090–2480–0312 <a href="mailto:emmaishii@hotmail.com">emmaishii@hotmail.com</a>	900 yen/lesson
Healthy Exercise	14:00–14:15	Studio	Ms. Yu Saiki	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	Members ¥4,300/month Non-members ¥8,400/month <i>#Non-members can join.</i>
Basic Hatha Yoga with Ingrid	16:00–17:00	Bay View/MP	Ms. Ingrid Fernandez	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class <i>Book of 10 tickets is ¥20,000/book</i>
SATURDAY					
Pee–Wee/Tykes Tennis	9:30–12:00	Tennis Court #5 & 7	Mr. Fong	Yusuke Tomiogi <a href="mailto:y.tomiogi@ycac.or.jp">y.tomiogi@ycac.or.jp</a>	PeeWee 9:30–10:15/ <b>Age:3–4</b> ¥2,000/month Tykes 10:15–11:00/ <b>Age:5–6</b> ¥3,200/month YC&AC Members Only Monthly payment
Tiny Tots Gymnastics	10:30–11:15	Studio	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	Age :2–4 FREE for Members (Non-members need approval from Sports)
Hatha Yoga	11:00–12:00	Bay View	Mrs. Aki Coughlin	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	FREE for members Non-members ¥2,500/class <i>Book of 10 tickets is ¥20,000/book</i>
Kids Beginner & Intermediate Tennis	11:00–12:00	Tennis Court #5 & 7	Mr. Fong/Mr. Milos Dimic	Yusuke Tomiogi <a href="mailto:y.tomiogi@ycac.or.jp">y.tomiogi@ycac.or.jp</a>	<b>Age:6–11</b> ¥4,800/month YC&AC Members Only, Monthly payment
Beginners Gymnastics	11:15–12:00	Studio	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	Age: 5+ FREE for members (Non-members need approval from Sports)
Saturday Afternoon Squash	16:00–18:15	Squash Court #1, 2	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	YC&AC Members only FREE
SUNDAY					
Kids/Youth Soccer	9:00–11:30	Field	Coach Hiro	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	9:00–10:00⇒Kids Age: 5–12 10:15–11:15⇒Youth Age: 13+ Free for Members Non-members ¥6,000/month (4 sessions) <i>#Non-members can join.</i>
Massage	By appointment 10:00–17:00	Card	Ms. Tomoko Yamaguchi	<a href="mailto:tomoko4139@gmail.com">tomoko4139@gmail.com</a>	¥5,000/60 minutes by appointment
Sunday Social Tennis	10:00–12:00	Clay Court	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	YC&AC tennis players 16 yrs & above All levels welcome. FREE Friendly Mixed Doubles
Kids Basketball	10:30–11:30	Gym	Yusuke Tomiogi	Yusuke Tomiogi <a href="mailto:y.tomiogi@ycac.or.jp">y.tomiogi@ycac.or.jp</a>	age:7–9 & age:10–12 FREE for members Non-members ¥6,000/month <i>#Non-members can join.</i> *Online registration
Latin Dance	11:00–12:00	Studio	Mr. Billy Santos	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	¥2,000/class or ¥6,000/month Non-members ¥2,000–/class <i>#Non-members can join.</i>
Chess	14:00–	Mollison’ s/Card room	Chris Kelly	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	YC&AC Members Only FREE
Table Tennis Sundays	15:30–17:30	Gym	Mrs. Nagako Cooper	Chris Kelly <a href="mailto:c.kelly@ycac.or.jp">c.kelly@ycac.or.jp</a>	Day & Time may change YC&AC Members Only FREE

●Mr. Fong (Private Tennis Lesson) TEL: 045-621-4146/070-5563-1714    ●Mr. Bosko Tesic (Private Tennis Lesson) TEL: 080-1513-1013 [tennis.ycac@gmail.com](mailto:tennis.ycac@gmail.com)  
 ●Mr. Milos Dimic TEL: 080-6785-8871 [milosdimic79@gmail.com](mailto:milosdimic79@gmail.com)    ●Jr. Tennis Academy [Jr.tennis@ycac.or.jp](mailto:Jr.tennis@ycac.or.jp)  
 ●Mr. Chuck Wilson (Personal Trainer) [nbwilson@gol.com](mailto:nbwilson@gol.com)  
 ●Ms. Tomoko Yamaguchi (Massage) [tomoko4139@gmail.com](mailto:tomoko4139@gmail.com)    ●Ms. Kazue Nakamura (Vi-che) 045-548-3861 [info@vi-che.jp](mailto:info@vi-che.jp)

The Schedules are subject to change.

For further information, please contact the person in charge of each activity. Thank you. YC&AC TEL: 045-670-9004