【Tobu Area】 Child Rearing Seminar for Mothers

～Seminar on raising your child in Japan and fun exercise with your child～

♪Zumba♪

♪Belly dancing♪

The school system in Japan will be explained in an easy to understand manner. Aside from the seminar, there will be a fun exercise for mother and child. Let' s move to the beat of the music, have a fun bonding time with your child and beat the stress away.

When

First Session: October 1 (Sunday) 2:00pm～4:00pm

Venue : Numazu Shimin Taiikukan (1-4 Takashima Honcho Numazu City)
Multi-Purpose Room (Exercise Room No. 3)

Content : Explanation on school fees, school events and application process to enter high schools.
Fun Zumba class for mother and child

Second Session: November 29 (Wednesday) 10:00~12:00

Venue : Mishima Shimin Bunkakaikan (20-5 Ichiban-cho Mishima City)
Exercise Room No. 1

Content : Seminar on establishing a close relationship with your child.
Belly dancing class for mother and child.

Participation: Free of Charge

For those who are interested to join, please go directly to the venue.

◇Things to Bring

①Refreshments (Please bring your water etc. as you are excepted to sweat from dancing)
② Sweat towel ③Exercise shoes (No sandals and high heels allowed)

Organizer : Shizuoka Association for International Relations
Telephone 054-202-3411 E-mail info@sir.or.jp