

You can use PRAC (IKEBUKURO) and SPAC (NIIZA)
pool on the following days.

April 2025 to September 2025.

10-Mar-25

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

※ Pre-registration is required to use the service.

【Required documents for registration】

- (1) Usage Permit Application Form
- (2) Student ID card and commuter pass issuance receipt (for students only)
- (3) Worker's ID card (faculty and staff only)
- (4) Photograph (3 x 2.5 cm)

Registration Desk

Ikebukuro: Paul Rush Athletic Center (PRAC) 1st floor reception (entrance to University)

Niiza: St. Paul's Aquatic Center (SPAC), 1st floor administrative office

Utilization time

IKEBUKURO (short) 15:00~18:50

IKEBUKURO (short) 15:30~18:50

IKEBUKURO 16:00~20:00

NIIZA 16:00~20:00

What to bring

Swimming suit, towel, swimming cap. And permit for use (Pool card).
You cannot use the facilities without a permit.
Student ID or Worker's ID