



Special experiences at sports facilities

18 FACILITIES

Tokyo Metropolitan Government
Sports Facilities Guidebook

Tokyo 2020 Games prompted an upgrade of
Tokyo Metropolitan Government sports facilities

Find your own special experience at these 18 unique facilities



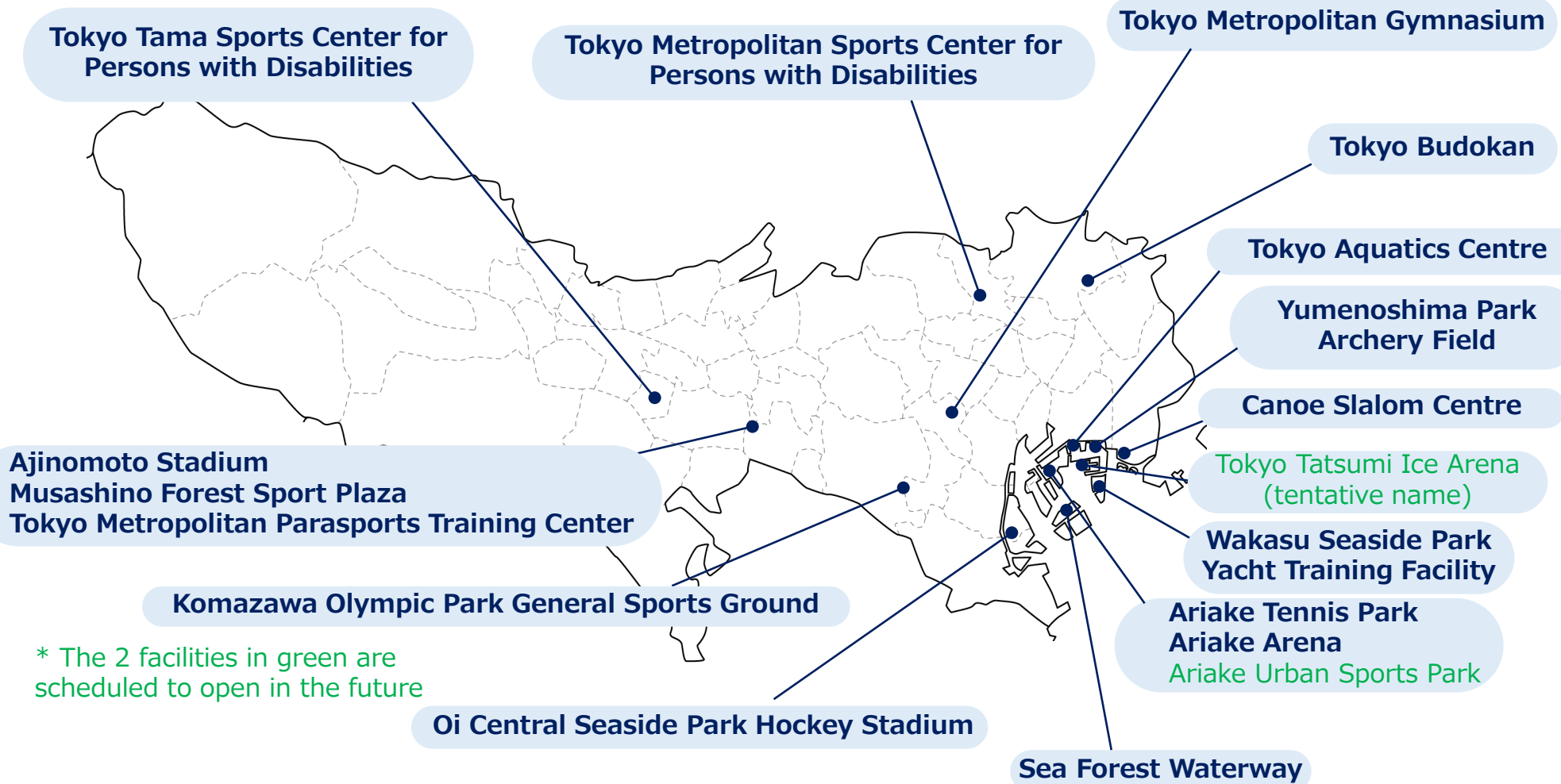
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© Facilities to be opened in the future	

TMG Sports Facilities



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1. Tokyo Metropolitan Gymnasium



The Tokyo Metropolitan Gymnasium is located in the center of the city with excellent access.

As a comprehensive gymnasium that can provide a place that meets the needs of each person, it provides a space where you can become familiar with sports anytime, anywhere, and forever.

How to use?

(Map)



Sports competitions and concerts

You can enjoy various sports competitions and large-scale events.



For everyday sports

Training rooms and swimming pools are available. Various sports experience classes are also held regularly.



A place to build health and physical strength

It provides personalized health and fitness consultations based on “whole-body endurance measurements” and “muscle strength measurements”.



Other
available
uses

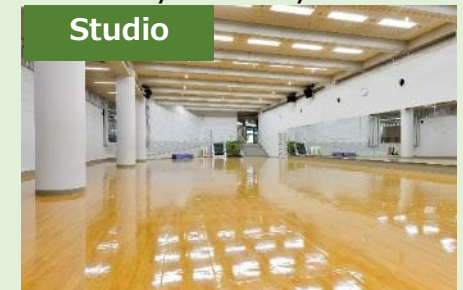


Martial arts experience



Feel refreshed by moving your body!

Studio



Organize a variety of programs.

Address: 1-17-1, Sendagaya, Shibuya-ku, Tokyo

Please check the website for more information!

<https://www.tef.or.jp.e.apk.hp.transer.com/tmg/>



2. Komazawa Olympic Park General Sports Ground



The Komazawa Olympic Park General Sports Ground is located in a lush green park.

The comprehensive sports facility maintains the excitement of the 1964 Tokyo Olympics to the present day,
and is where anyone can enjoy various sports.

Your sporting experiences will continue the tradition.

How to use?



For sports

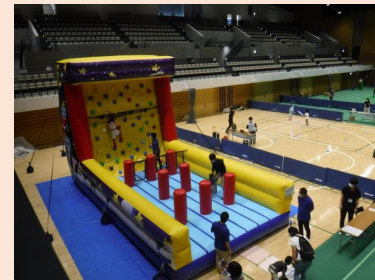
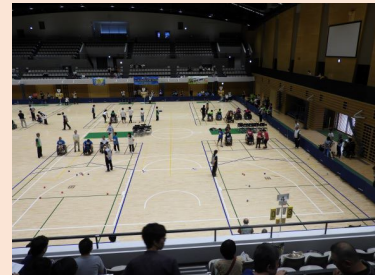
The facility can be used for competitions and training for sports such as athletics, soccer, volleyball, basketball, and tennis.

Experience classes

You can participate in regularly held experience classes and sports events.

Various events

You can use it as a venue for familiar events such as sports festivals and presentations (non-sporting events are also welcome).



Other
available
uses



Gymnasium



Use for a variety of sports.

Health Mahjong events



Not just for sports!

Address: 1-1 Komazawa-Koen, Setagaya-ku, Tokyo

Please check the website for more information!

<https://www.tef.or.jp.e.apk.hp.transer.com/kopgp/>



3. Tokyo Budokan



The Tokyo Budokan is a temple of martial arts.

When you enter the building with a unique appearance,
you can enjoy not only martial arts but also cultural activities in Japanese-style rooms and tea rooms.

Would you like to find your “harmony”?

How to use?

(Map)



For sports

In addition to holding various competitions, it can also be used for daily practice (experience classes are also held).

Cultural and artistic activities

The training rooms and tea rooms can be used for various cultural activities and dances.

Various events

It can also be used for various events other than sports that make use of its wide space.



Other
available
uses



Archery field



You can even experience traditional Japanese archery!

Large training room



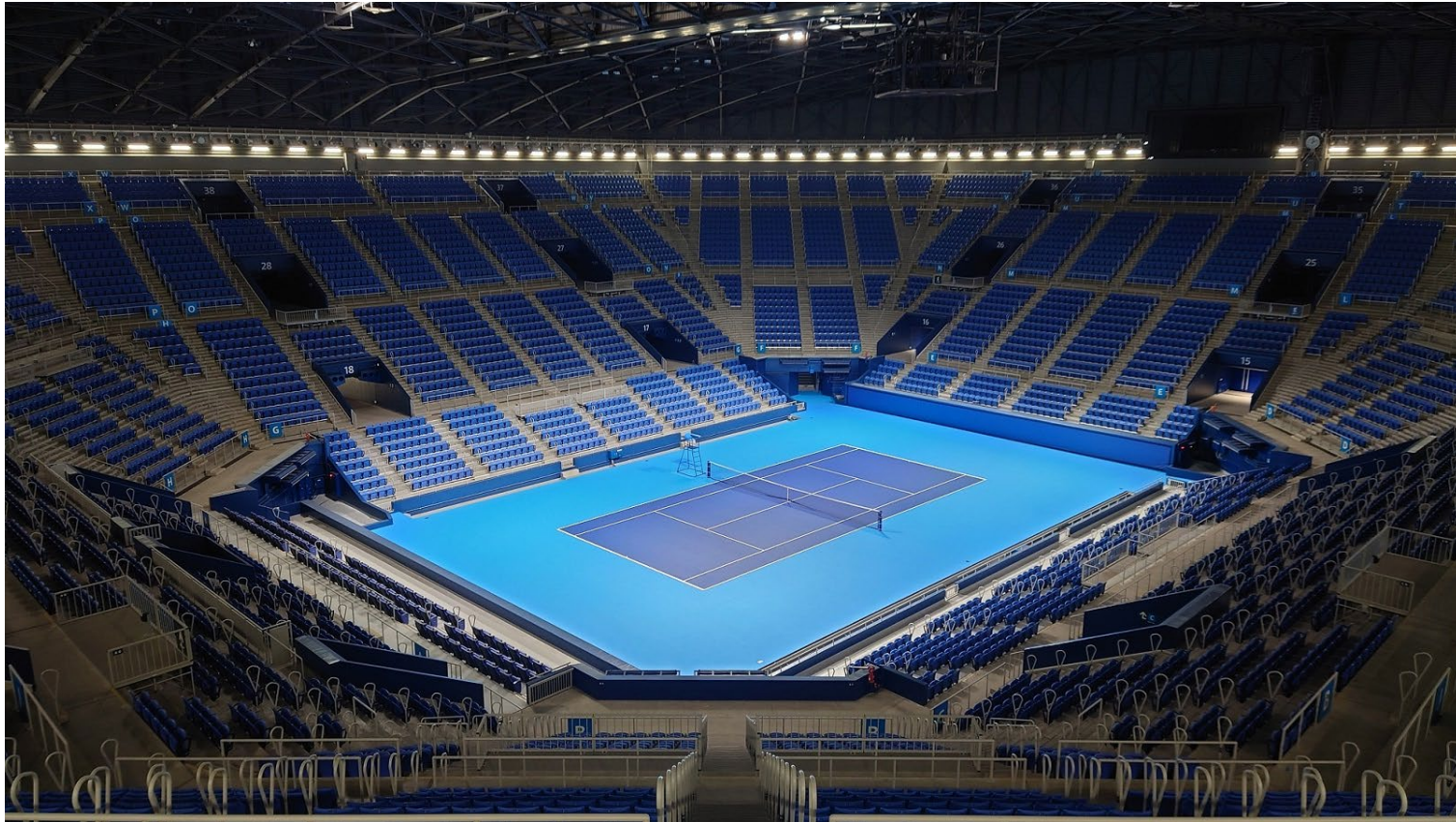
It can also be used for meetings and dances.

Address: 3-20-1, Ayase, Adachi-ku, Tokyo
Please check the website for more information!
<https://www.tef.or.jp.e.apk.hp.transer.com/tb/>



4. Ariake Tennis Park

★ Tokyo 2020 Games Venue:
Tennis, and Wheelchair Tennis



The Ariake Tennis Park is one of the leading tennis facilities in Japan.

The tennis court celebrates its 40th anniversary this year and is filled with
the passion of the world's top players.

Now, you too can have experiences that will move you.

How to use?

(Map)



For tennis

In addition to the Coliseum, there are also show courts, indoor courts and outdoor courts to suit your needs.



Experience classes

There are tennis classes that are held from time to time where even beginners can participate. Wheelchair tennis experiences are also provided.



Various events

The Ariake Coliseum can be used for various purposes such as sporting events and school athletic meets.



Other
available
uses



Indoor courts



Play tennis even in bad weather!

Grass plaza (*)



Let the grass soothe you.

* Scheduled to reopen in autumn 2023.

Address: 2-2-22, Ariake, Koto-ku, Tokyo

Please check the website for more information!

https://www.tptc.co.jp/park/02_03



5. Wakasu Seaside Park Yacht Training Facility



The Wakasu Seaside Park Yacht Training Facility is a facility for marine recreation.

Anyone can start yachting safely at the facility on the vast Tokyo Bay.

How about adding “sailing” as your new hobby?

How to use?

(Map)



Sports competitions

Sailing competitions are held off the coast of Kasai.



Sailing classes

Classes are held for a wide range of ages, from elementary school students to adults (beginners are also welcome!).



Various events

Practice sessions for radio-controlled yachts are also held. Feel free to consult regarding usage as a filming location.



Other
available
uses

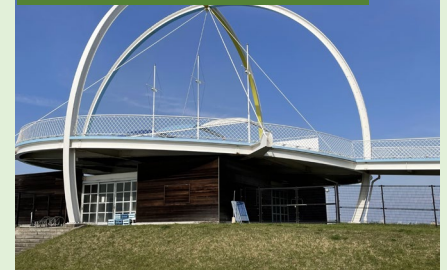


Yacht experience events



Events are held regularly.

Observation deck



Great even as a photo spot!

Address: 3-1-1, Wakasu, Koto-ku, Tokyo

Please check the website for more information!

https://www.tptc.co.jp/park/03_06



6. Musashino Forest Sport Plaza

★ Tokyo 2020 Games Venue:
Badminton, Modern Pentathlon
(Fencing), and Wheelchair Basketball



The Musashino Forest Sport Plaza has the best mix of sports and entertainment.

As a major sports hub in Tama, it continues to provide you with a rich experience that brings the excitement of the Tokyo 2020 Games to life.

How to use?

(Map)



Sports competitions and concerts

It holds concerts and large-scale sports competitions such as for basketball.



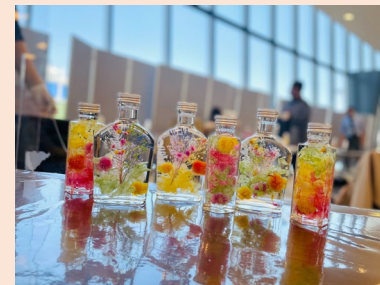
Everyday sports

It can be used for daily practice and various sports experience classes.



Various programs

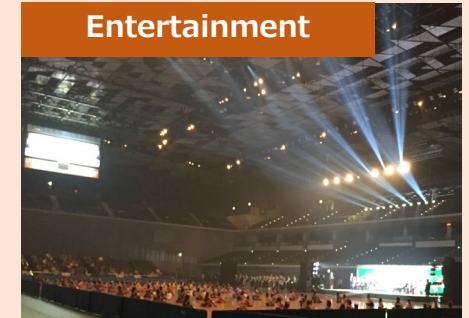
A variety of programs are offered that you can easily participate in, such as handmade craft workshops.



Other
available
uses



Entertainment



A variety of events can be held.

Multi-purpose space



Available even for workshops and training sessions.

Address: 290-11, Nishi-machi, Chofu-shi, Tokyo

Please check the website for more information!

<https://www.musamori-plaza.com/english/>



7. Sea Forest Waterway

★ Tokyo 2020 Games Venue:
Rowing, and Canoe



The Sea Forest Waterway offers a panoramic view of lush greenery and Tokyo Bay.

From water sports to the vast land and dynamic scenery of Tokyo Bay,
it offers everyone a colorful experience.

How to use?

(Map)



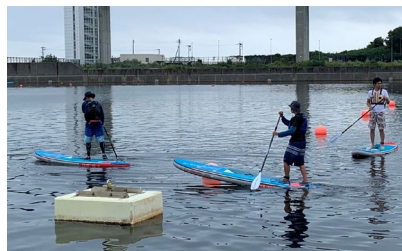
For water sports

Besides various competitions such as for rowing, canoe, triathlon, and dragon boat, the facility can even be used for practicing.



Experience classes and events

Experience activities and events such as yoga and stand-up paddleboat (SUP).



Unique venue

It can accommodate various uses such as concerts, location filming, and training camps, according to everyone's preferences.



Other
available
uses



Lounge



It can also be used for receptions.

Guestrooms



Available to everyone.

Address: 3-6-44 Uminomori, Koto-ku, Tokyo

Please check the website for more information!

<https://www.uminomori.tokyo/en/>



8. Yumenoshima Park Archery Field

★ Tokyo 2020 Games Venue:
Archery



The Yumenoshima Park Archery Field is a vast lawn surrounded by greenery in a park.

There are infinite ways to use it, including various sports, recreation, and events.

It is up to you to create a special experience on this canvas.

How to use?

(Map)



Archery competitions

You can host archery competitions.
Experience classes are also held regularly.



For various sports

It can be used for various sports such as yoga, flying disc, and cricket.



Various events

You can use it according to your needs, such as a venue for food events and water gun competitions.



Other
available
uses



Unique venue



You can even have a
fashion show!

Awning roof



Take a break when you
are tired.

Address: 2-1-2, Yumenoshima, Koto-ku, Tokyo

Please check the website for more information!

<https://www.yumenoshima.jp/en/archery>



9. Canoe Slalom Centre

★ Tokyo 2020 Games Venue:
Canoe (Slalom)



The Canoe Slalom Centre has an amazing current.

From exciting whitewater rafting to canoeing in calm water,
your encounter with the Centre will bring you a new sense of excitement.

How to use?

(Map)



Canoe slalom competitions

In addition to holding canoe slalom competitions, it can also be used for regular practice.

Water activity experiences

From whitewater rafting to canoeing in calm water, it offers a variety of options.

Unique venue

Feel free to consult regarding holding various events and usage as a filming location.



Other
available
uses



Water playground equipment



Feel free to enjoy it.

Training room



It can be used by anyone!

Address: 6-1-1 Rinkai-cho, Edogawa-ku, Tokyo

Please check the website for more information!

<https://canoe-slalom.tokyo/>



10. Oi Central Seaside Park Hockey Stadium

★ Tokyo 2020 Games Venue:
Hockey



The Oi Central Seaside Park Hockey Stadium has a striking blue color all around.

Spend some fresh time on the blue artificial grass.

It can be used not only for sports but also for community events.

It promises you an exciting experience of “time”.

How to use?

(Map)



For various sports

It can be used for hockey and lacrosse.
You can also enjoy watching the games from the spectator seats.

Experience classes

It offers various sports and recreational experiences.

Various events

It can be used as an event venue for everyone, such as local athletic meets or school presentations.



Photo courtesy of Japan Lacrosse Association



Sprinkler system



It can also discharge powerful amounts of water!

Multipurpose court



You can also enjoy futsal.

Address: 4-1-19, Yashio, Shinagawa-ku, Tokyo (Main Pitch)

1-2-1, Tokai, Ota-ku, Tokyo (Sub Pitch)

Please check the website for more information!

https://seaside-park.jp/park_ooisports/hockey/



11. Tokyo Aquatics Centre

★ Tokyo 2020 Games Venue:

Olympics / Aquatics (Swimming, Diving, and Artistic Swimming)

Paralympics / Swimming



The Tokyo Aquatics Centre is one of the best swimming facilities in the world.

The moving memories of the Olympians and Paralympians
come to mind in front of the huge pool with 5,000 seats.

Start swimming towards your future.

How to use?

(Map)



Sports competitions

It holds both domestic and international competitions as the center of Japanese swimming. You can enjoy watching powerful sporting competitions from the spectator seats.



Individual use / Experience classes

You can swim in a pool with a depth that suits you. There are also plans for swimming classes by Olympians, and other activities.



* For illustrative purposes only.

Various events

It can also be used for events that make use of the pool and spectator seats.

Please feel free to consult.



* For illustrative purposes only.

Other
available
uses



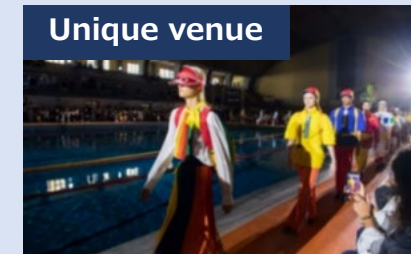
Use by schools



* For illustrative purposes only.

It can be used for classes and club activities.

Unique venue



* For illustrative purposes only.

You can even hold a fashion show or other events!

Address: 2-2-1, Tatsumi, Koto-ku, Tokyo

Please check the website for more information!

<https://www.tef.or.jp.e.apk.hp.transer.com/tac/>



12. Ariake Arena

★ Tokyo 2020 Games Venue:
Volleyball, and Wheelchair Basketball



The Ariake Arena is located in the developing bay area.

The arena that was filled with the excitement of the Tokyo 2020 Games
will continue to shine as a new sports and cultural hub in Tokyo.

Gain a passionate arena experience.

How to use?

(Map)



Sports competitions

It holds various sports competitions and martial arts events. Please enjoy the exciting matches.



Entertainment

It holds concerts by various artists from all over the world.

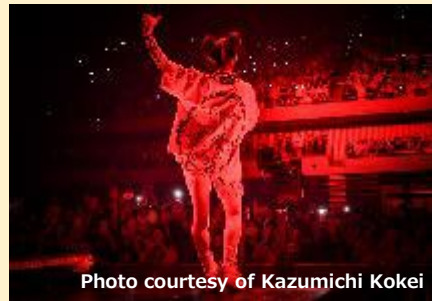


Photo courtesy of Kazumichi Kokei

Everyday sports

The sub-arena can also be used for various sports and dance practices (various workshops are also planned).



Other
available
uses



Spectator seats (main arena)



Fully utilize the 15,000
available seats!

Restaurant



It can be used by anyone.

Address: 1-11-1 Ariake, Koto-ku, Tokyo

Please check the website for more information!

<https://ariake-arena.tokyo/english/>



13. Ajinomoto Stadium

★ Tokyo 2020 Games Venue:
Football, Rugby, and Modern Pentathlon



The Ajinomoto Stadium has an impressive 48,000 seats and a fiery greenness.

After the Rugby World Cup 2019 and the Tokyo 2020 Games,
the stadium is filled with the excitement of many people even today.

May this passionate experience inspire you tomorrow.

How to use?

(Map)



Various sports

You can watch games such as soccer, rugby, and American football (sports classes are also held).



Various events

Various events can be held, such as exhibitions, test rides, bicycle races, and food parks for food trucks.



Unique venue

It can also be used for concerts and as a filming location.



Other
available
uses



Reception hall



Use for various parties!

Flea market



It can also be used for
community events.

Address: 376-3, Nishi-machi, Chofu-shi, Tokyo

Please check the website for more information!

<https://www.ajinomotostadium.com/english/>



14. Tokyo Metropolitan Sports Center for Persons with Disabilities



The Tokyo Metropolitan Sports Center for Persons with Disabilities is dedicated to lifelong sports for people with disabilities.

As a sports facility for people with disabilities,
it would be delighted to share the joy of Tokyo, an inclusive city where everyone shines.

How to use?

(Map)



* This center is a facility for people with disabilities. Please refer to the website for the requirements to use the center.

Sports for people with disabilities

Depending on the type, degree and purpose of each person's disability, specialist staff will support the use of the center.



Consultation business

It will address the concerns of each user by incorporating training, and help them build confidence.



Various events

It promotes mutual understanding between people with and without disabilities through opportunities such as center tours.



Swimming pool



You can also enjoy swimming.

Accommodation facilities



You can also stay overnight.

Address: 1-2-2, Jujodai, Kita-ku, Tokyo

Please check the website for more information!

<https://tsad-portal.com/mscd>



15. Tokyo Tama Sports Center for Persons with Disabilities



The Tokyo Tama Sports Center for Persons with Disabilities is a sports facility for those with disabilities in Tama.

As a sports facility for people with disabilities,
it will work with you to make Tama a place where everyone can enjoy sports “anytime, anywhere, and forever”.

How to use?



* This center is a facility for people with disabilities. Please refer to the website for the requirements to use the center.

Sports for people with disabilities

Depending on the type, degree and purpose of each person's disability, specialist staff will support the use of the center.



Consultation business

It will address the concerns of each user by incorporating training, and help them build confidence.



Various events

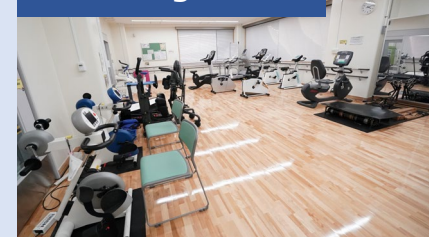
It promotes mutual understanding between people with and without disabilities through opportunities such as center tours.



Other
available
uses



Training room



Available for use according to the characteristics of user disabilities.

Accommodation facilities



Cooking facilities are also available.

Address: 2-1-1, Fujimidai, Kunitachi-shi, Tokyo

Please check the website for more information!

<https://tsad-portal.com/tamaspo>



16. Tokyo Metropolitan Parasports Training Center



The Tokyo Metropolitan Parasports Training Center is a new parasports facility in Tokyo.

Tokyo is the first city in the world to host two Summer Paralympic Games.

The facility will train the next generation of para-athletes.

May the excitement of parasports reach you.

How to use?



Para-athlete development

It provides a training ground for future para-athletes aiming to excel on the world stage.



Everyday sports

Regardless of whether they have a disability or not, anyone can use facilities such as the gymnasium or training room.



Parasports events, etc.

It will work to promote and popularize parasports through events and experience sessions.



* For illustrative purposes only.



Small multipurpose room



There is a sound table tennis table.

Multipurpose studio



It can also be used for activities such as dancing.

Address: 376-3, Nishi-machi, Chofu-shi, Tokyo (within Ajinomono Stadium) Please check the website for more info!
<https://tokyo-ptc.jp/>



Facilities to be Opened in the Future

● Ariake Urban Sports Park

City-style sports venue popular among young people
Scheduled to fully open in October 2024



Please check the website for more information! (in Japanese only)

○ Ariake Urban Sports Park facilities:

https://www.sports-tokyo-info.metro.tokyo.lg.jp/policyinformation/ariakeurban_kanri/



● Tokyo Tatsumi Ice Arena (tentative name)

Tokyo's first year-round ice rink facility
Scheduled to open in autumn 2025

Please check the website for more information! (in Japanese only)

○ From the Tokyo Tatsumi International Swimming Center to Tokyo's first year-round ice rink facility:

https://www.sports-tokyo-info.metro.tokyo.lg.jp/eventblog/2022/11/bm_22112401.html



○ **For inquiries about this guidebook (as of March 2023)**

Sports Venue Division, Bureau of Citizens, Culture and Sports,
Tokyo Metropolitan Government

[Email Address] S1120801@section.metro.tokyo.jp

* Please refer to the websites of each facility for their contact details to inquire further information.