

# SEISA LAKE ARENA HAKONE GUIDE

[Hakone Town General Gymnasium]

“Mind and Physical Health

To Gather, Enjoy, and Become Fit!”



COMPLETE VIEW



Mt. FUJI

## ■ Main Arena (42 x 34m) 1,428m<sup>2</sup>

### <Installable Court(s)>

Basketball: 2 courts      Volleyball: 2 courts  
Badminton: 6 courts      Futsal: 1 court

### <Adjunct Facilities & Equipment>

Running Course: 170m      452 Fixed Spectators Seat  
Movable Stage      500 Folding Chairs  
3 Waiting Rooms      Broadcasting Room      Infant Room      Locker Room  
Barrier-free Washroom: 2 places



## ■ Sub Arena (26 x 16m) 416m<sup>2</sup>

### <Installable Court(s)>

Volleyball: 1 court Badminton: 2 courts

### <Adjunct Facilities & Equipment>

Movable Stage  
Retractable Seats: 198 seats  
100 Folding Chairs      Screen



## ■ Training Room

10 cardio training machines, 6 strength training machines, 3 conditioning machines, inversion stretch trainer, and etc. available.

Latest strength training machines, treadmill machines available. In addition, cardio machines are available for wheel chaired persons.

If you want to maintain, promote your health, or to build up your muscle while you watching great Hakone mountain scenery, please visit SEISA Lake Arena Hakone to do some work out!!



## ■ Meeting Room

Capacity: 48 people

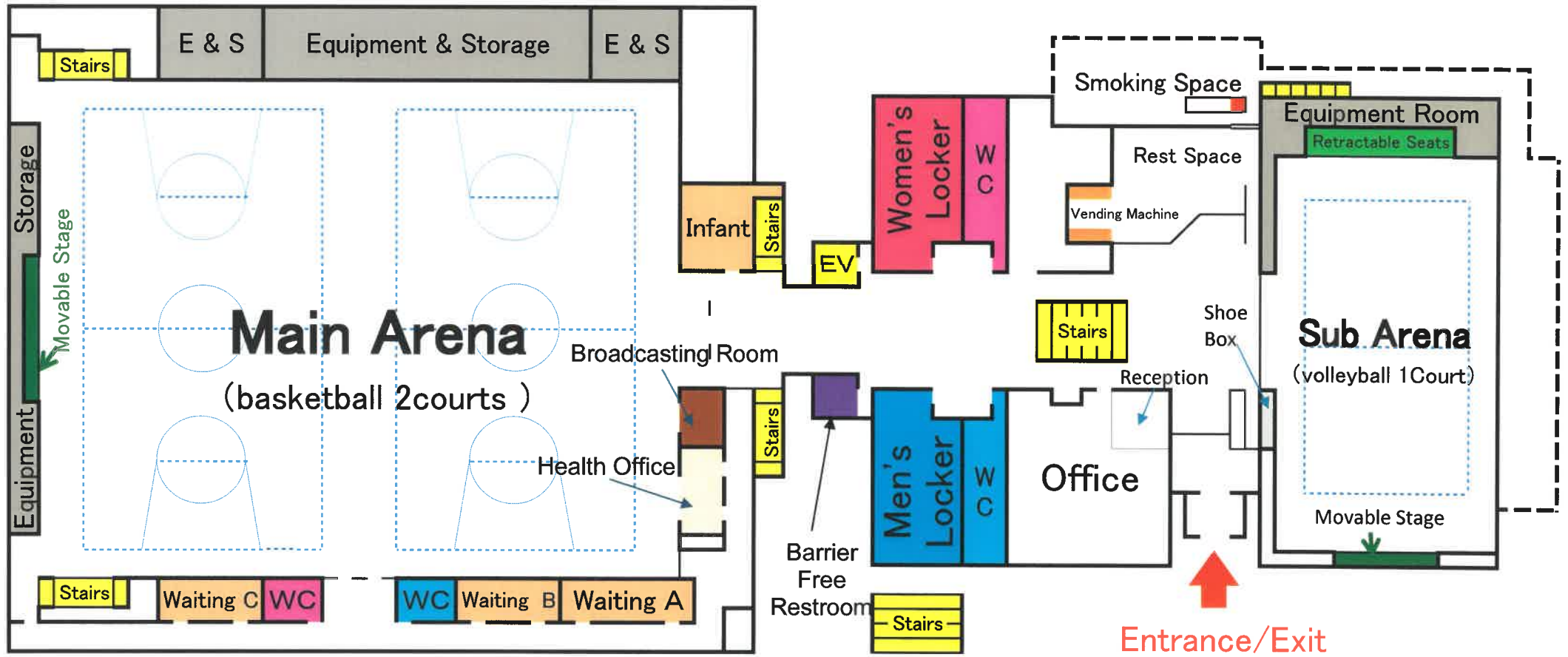
Partition a room into two is available by movable room divider.

Available for meeting, briefing, and training usage.



# SEISA Lake Arena Hakone Facility Map

【1F】



【2F】

