Nagano Olympic Memorial Arena M-WAVE

Skating Calender (For Ordinary, not for Athlete)

6th・20th December, Skating fee is Free! (Rental shoes fee is required.)

Fee

	Skating		Rental shoes	Guardian (Don't skate)
	Sat. Sun. Holiday	Mon. to Fri.		
JHS graduate or above(over 16)	1,560 JPY	830 JPY	620 JPY	Free
JHS students and below(under 16)	Free	Free		

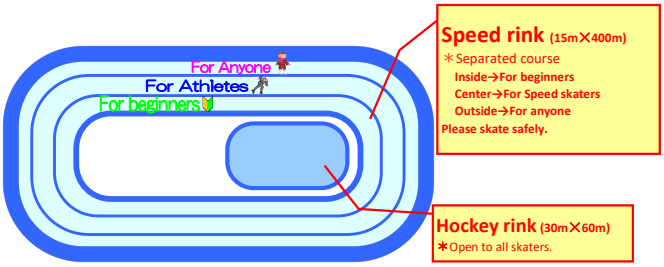
※ JHS students and blow can skate for free at anytime.

December 2026

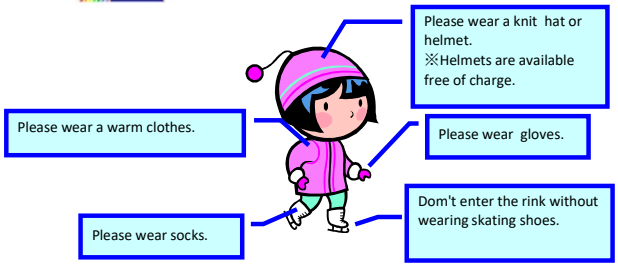
※It takes 30 minutes to repair the rink. That time, can't skating.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5	6 Free fee day!
Speed rink		18:00~20:30	18:00~20:30	18:00~20:30	18:00~20:30	10:00~18:00	10:00~17:00
Rink repairing						12:00 15:00	12:00 14:30
Hockey rink		14:30~20:00	14:30~20:00	14:30~18:15	14:30~20:00	11:00~16:30	10:00~17:00
	7	8	9	10	11	12	13
Speed rink	18:00~20:30	18:00~20:30	71st Nagano Pref. High School speed skating competition		Exclusive	10:00~18:00	10:00~18:00
Rink repairing						12:00 15:00	12:00 15:00
Hockey rink	14:30~18:15	14:30~20:00			14:30~20:00	11:00~16:30	11:00~16:30
	14	15	16	17	18	19	20 Free fee day!
Speed rink	18:00~20:30	18:00~20:30	18:00~20:30	18:00~20:30	18:30~20:30	10:00~15:30	10:00~17:00
Rink repairing						12:00 14:00	12:00 14:30
Hockey rink	14:30~18:15	14:30~20:00	14:30~20:00	14:30~18:15	14:30~20:00	11:00~16:30	10:00~17:00
	21	22	23	24	25	26	27
Speed rink	18:00~20:30	18:00~20:30	18:00~20:30	18:00~20:30	18:00~20:30	10:00~18:00	10:00~18:00
Rink repairing						12:00 15:00	12:00 15:00
Hockey rink	14:30~18:15	14:30~20:00	14:30~20:00	14:30~18:15	14:30~20:00	11:00~16:30	11:00~16:30
	28	29	30	31			
Speed rink	10:00~18:00	10:00~18:00	10:00~18:00	10:00~16:00			
Rink repairing	12:00 15:00	12:00 15:00	12:00 15:00	12:00 14:00			
Hockey rink	10:00~18:00	10:00~18:00	10:00~18:00	10:00~16:00			

Guidance of skating rink



Clothes



Skating and rink repairing times may change, so check the website of us.

As of 1st November, 2026

INFORMATION	M-WAVE SKATING-RINK RECEPTION
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