

Skating Calender (For Ordinary, not for Athlete)

5th October, 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)	830 JPY	410 JPY		

**※ JHS students and blow who live in Nagano City,
can skate for free at anytime.**



October 2025

※It takes 30 minutes to prepare the ice, during which time skating is not permitted.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4	5
Speed rink			Closed				13:00~17:00
Rink repairing							15:00
Hockey rink							Under preparation
	6	7	8	9	10	11	12
Speed rink	18:15~20:30	18:15~20:30	18:15~20:30	18:15~20:30	Closed		15:30~18:00
Rink repairing							16:30
Hockey rink	Under preparation						Under preparation
	13	14	15	16	17	18	19
Speed rink	Closed	18:15~20:30	18:15~20:30	18:15~20:30	18:15~20:30	17:30~20:30	15:30~18:30
Rink repairing						18:45	16:45
Hockey rink	Under preparation						
	20	21	22	23	24	25	26
Speed rink	18:15~20:30	Closed			Closed		
Rink repairing					[32nd All Japan Championships]		
Hockey rink	Under preparation						
	27	28	29	30	31		
Speed rink	Closed		18:30~20:30	18:30~20:30	18:30~20:30		
Rink repairing							
Hockey rink			Under preparation				



Guidance of skating rink



Speed rink (15m×400m)

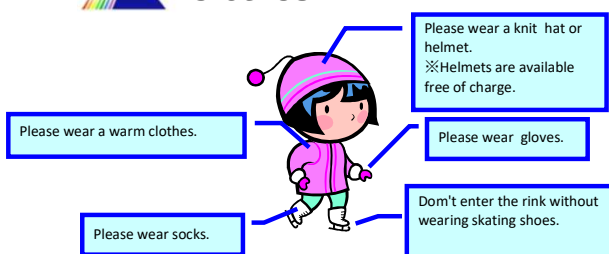
* Separated course
Inside→For beginners
Center→For Speed skaters
Outside→For anyone

Hockey rink (30m×60m)

* Open to all skaters.



Clothes



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

As of August 28th, 2025

INFORMATION	M-WAVE SKATING-RINK RECEPTION
PHONE: 026-221-6100	e-MAIL: mwavensc@mayekawa.co.jp

