

Information for Conditioning & Recovery Service

The 102nd Japan Swimming Championships (FY2026)

Artistic Swimming

Date&Time

May 22–24, 2026

09:00–17:00 ※Closing at 16:00 on May 24

Location

Tokyo Aquatics Centre, 3rd Floor (East area under the scoreboard)

Who Can Use This Service

Open to all athletes, teams, and clubs.

Services

Approx. 30 minutes per session.

- Japanese pressure therapy/manual therapy
- Assisted stretching (if needed)

Other requests can be accommodated when possible.

(3 massage beds / 4 trainers available each day)

What to Bring

- T-shirt and training wear (please wear during treatment)
- 2 towels (face and body)
- Mask (optional)

How to Sign Up

- First come, first served
- Same-day booking only
- Please sign up at the conditioning area

Hygiene Measures

- Massage beds disinfected after each use
- Trainers sanitize hands and wear masks