

## UNIS Community Programmes Autumn Session 2019 (7 September - 16 November)

| No             | Category | Course Name                                      | Course Description   | No of lessons | Tutor             | Time  | Venue   | Cost (USD) |
|----------------|----------|--|--|---------------|-------------------|---|---|------------|
| <b>Cooking</b> |          |  |  |               |                   |   |   |            |
| 1              | F1       | French Baking and Pastry Class                   | Do you want to learn how to prepare famous classic French desserts? Do you enjoy Tarte aux pommes, Mousse au chocolat, Crêpes, Chouquettes? Ms Claire Helouet will teach you how to bake them from scratch, share her tricks and techniques to make Pâte à choux, Crème Madame, Apricot glaze..., use a crepe maker. All levels are welcome to attend.<br>Ms Claire who leads the class has studied at College of Food, Agricultural and Natural Resource Sciences (CFANS) and University of Minnesota, St Paul, MN, USA. Ms Claire also has Certificate in New Technologies of Communication, France and Higher National Diploma Food Processing Industry, France.<br>The language of instruction is English and French.  | 4             | Ms Claire Helouet | Fridays, 18 October - 8 November; 10:00 - 12:00 | T3 - 6 Ciputra  | 80         |
| <b>Culture</b> |          |  |  |               |                   |   |   |            |
| 1              | C1       | A Walk through the Old Quarter                   | Walk with us to discover some of the lesser known temples, French villas and historic sites of Hanoi. Behind the street-side hair salons, tea stalls and restaurants all vying for our attention are concealed gems. The cultural layering of the built heritage is evident in Hanoi, like a puzzle that needs to be unraveled to be appreciated. You will visit hidden houses on foot and receive an overview of 1000 years of history of Hanoi, from the first rice market at the junction of three rivers to the tumultuous battles during the 1940s. Our resident scholar and author of the book Hidden Houses of Hanoi, and the stories they tell, Linda Mazur will accompany your guide and add details about the architecture, the history of the buildings and their families, and the historic events which changed the face of Hanoi. Language of instruction will be English.<br>Not recommended for children 8 and younger. Please wear comfortable shoes.   | 1             | Linda Mazur       | Saturday, 19 October; 09:00 - 11:00             | Meet at 87 Ma May street  | 30         |
| 2              | C2       | Wander through the Citadel                       | Once the home to kings, the Citadel area has recently been vacated by the Military and is now open to the public. Wander through the historic grounds where first the French and then the Vietnamese generals laid their military plans. Start at the South or Central Gate to view the first archeological dig which verified the age of the entrance. Accompanying the walk is our popular resident scholar, Linda Mazur.<br>Not recommended for infants or children aged 8 and younger.<br>Please wear comfortable shoes.   | 1             | Linda Mazur       | Saturday, 26 October; 09:00 - 11:00             | Meet at the South Citadel Gate (Doan Mon) at 19 Hoang Dieu Street | 25         |
| 3              | C3       | Walk in the Footsteps of Mandarins and Merchants | This unique walk led by an experienced guide was created and will be accompanied by Linda Mazur, author of Hidden Houses of Hanoi: and the stories they tell. It will take you on an adventure around Thien Quang Lake, an area which may look quite serene but with a history full of interesting, untold stories. In the 1920s and 1930s, the Thien Quang Lake area became the home for the rich, powerful and famous Vietnamese VIPs. In the 1930s, new zoning laws compelled the owners to build villas and refrain from opening businesses. Newly graduated Vietnamese architects from the Beaux arts college began experimenting with modern designs and materials. Through interviews with the architect's families, residents and scholars, a wealth of information about the turbulent times in which these villas were built is told. These architectural wonders are rarely on regular tours but deserve a place in Hanoi's history.<br>Not recommended for infants or children aged 8 and younger.<br>Please wear comfortable shoes. | 1             | Linda Mazur       | Sunday, 3 November; 09:00 - 11:00               | Meet at Tran Quoc Toan/Quang Trung street                         | 25         |

| Skill-Building |    |                                 |  |    |               |   |                                 |       |
|----------------|----|---------------------------------|--|----|---------------|---|---------------------------------|-------|
| 1              | S1 | Lotus Painting Workshop         | Lotus leaf painting is a beautiful and unique activity to paint on a special canvas covered with real preserved lotus leaves. It's easy to do and no previous painting skills are needed. It is a very relaxing and therapeutic activity. Come to the workshop to paint your creation on a very special canvas covered with real lotus leaves. Participating in the workshop, you will not only learn the acrylic painting techniques, compose your color matching but also be able to bring back to your home a genuine and lovely piece of art, a symbol of Vietnam. Your teacher will be Ms Marina who is passionate about this art form and has spent many years to learn this unique art. Instruction will be English.  | 3  | Marina Slewka | Wednesdays, 16 - 30 October, 10:00 - 13:00                      | House 58 A, Xom Chua, Tay Ho    | 65USD |
| 2              | S2 | Meditation for all levels       | The workshop provides various MEDITATION in motion and stillness for relaxation and freedom from stress.<br>Attending the workshop, you'll be able to:<br>- Develop balanced health for body and mind,<br>- Strengthen Calmness and Focus of mind<br>- Bring Harmony with the natural laws of human life<br>- Understand body's processes and self-healing system<br>- Enjoy relaxation and freedom from stress.<br>The workshop is delivered by Ms Anna Chen Emedal who used to teach Yoga, Meditation, Taichi and Meditation for many years in Tanzania, Beijing.<br>Instruction will be English.  | 5  | Ms Anna Chen  | Thursdays, 20 September - 25 October, 09:30 - 10:30             | Apt10.01,#27A To Ngoc Van,TayHo | 40USD |
| 3              | S3 | Theatre for U                   | - Are you looking for something meaningful and fun?<br>- Do you want to try something new and creative?<br>- Are you looking to express your opinions?<br>- Do you just like theater?<br>If you answered yes to any of these questions, then the Theater 4 U course is for you! Theater 4 U, a social change drama course based off of the Theatre of the Oppressed, is exactly what it sounds like: for YOU!<br>In this course, you will practice theater, discuss your thoughts on issues facing the world, and perform an original scene with the other participants. Theater 4 U is for both actors and non-actors. No experience is necessary!<br>Theater 4 U focuses on life skills that theater teaches, such as: Teamwork, Confidence Building, Reflection, Empathy<br>Also, it is a lot of fun! The only requirement is that you bring your beautiful, creative self. | 9  | Megan Rees    | Saturdays, 7 September - 16 November, 10:00 - 12:00             | Outside UNIS                    | 150   |
| Language       |    |                                 |  |    |               |   |                                 |       |
| 1              | L1 | Vietnamese for Beginners        | You will learn the basic elements of Vietnamese, including the very important skill of correct pronunciation. Learn to engage in simple conversations: greeting people, telling the time, counting and some useful vocabulary for living in Hanoi. The class meets twice a week. The teacher, Ms Thủy, has been successfully teaching for UNIS Hanoi Community Programmes for the last six years. Highly recommended for newcomers.  | 14 | Thuy Pham     | Wednesdays and Fridays, 18 September - 15 November, 08.30—10.00 | B7 - Room 113 - booked 12/7     | 170   |
| 2              | L2 | Vietnamese for Pre-Intermediate | If you have completed the UNIS Hanoi Community Programmes Vietnamese for Beginners, or already have the basic Vietnamese skills, this is the class for you. This class will focus more on reading, listening and speaking skills. The teacher, Ms Thủy, has been successfully teaching for UNIS Hanoi Community Programmes for the last six years. This class meets twice a week.  | 14 | Thuy Pham     | Wednesdays and Fridays, 18 September - 15 November, 10.15—11.45 | B7 - Room 113 - booked 12/7     | 170   |
| Movement       |    |                                 |  |    |               |   |                                 |       |

|  |     |   |  |   |                      |  |                    |    |
|--|-----|---|--|---|----------------------|--|--------------------|----|
| 1  | M1  | Yoga for Adult                          | What have you done to improve your fitness? With the professional teacher from Zenith Yoga, Ms Ha Prins, you will discover the basic foundations of beginner level poses. The teacher will take you through the safe way of practicing yoga and help you understand your body more. Basic standing poses, back bends and forward bends will be explained. No experience needed. Instruction will be English and Vietnamese.  | 9 | Ms Dinh Thi Hong Ha  | Saturdays, 7 September - 16 November, 08:45 - 09:45  | B3 - Movement Room | 80 |
| 2  | M2  | Pilates for Adult                       | Prepare to strengthen and stretch your body! With focus on the core and back muscles, pilates helps to improve spinal strength and stabilities, prevent back pain, and work for better posture. It also enhances and complements all of your regular activities/ sports to help you look better, perform better and above all feel better. Your teacher will be Ms Ha Prins, an experienced and professional teacher from Zenith. Instruction will be English and Vietnamese.  | 8 | Ms Dinh Thi Hong Ha  | Tuesdays, 10 September to 12 November, 17:00 - 18:00 | B3 - Movement Room | 80 |
| 3  | M3  | Swing Dancing: Lindy Hop                | Learn one of the original forms of partnered Swing Dancer, the Lindy Hop and basics of the Charleston. The dances which are done to big band/swing/standard Jazz music will surely captivate you with its joyous nature. Attending the class, participants will be able to do basic 6 and 8 count Lindy Hop and Charleston and gain a better understanding of balance and coordination along with a deeper appreciation of music and movement. Your teacher will be Ms Tran Thi Kim Hue who has been dancing Lindy Hop for 2 years and currently working for Swing Dancing Hanoi/Hanoi Lindy Hop. Instruction will be in English and Vietnamese.   | 9 | Iraj de Silva        | Saturdays, 7 September - 16 November, 10:00 - 11:00  | B10 - 103          | 50 |
| 4  | M4  | Ballet Fit                              | We use ballet basics and combined it with fitness class. It is the perfect way to stay fit and flexible all while improving posture, balance and overall health. The teacher will be Ms Oriana Isabelle who is a professional dancer and has been teaching ballet for many years.  | 9 | Oriana Isabelle      | Saturdays, 7 September - 16 November, 10:00 - 11:00  | B3 - Movement Room | 80 |
| <b>Activities for Children (7 September - 16 November)</b> |     |   |  |   |                      |  |                    |    |
| 1  | K1a | Creation with Paint and Clay (Ages 5-7) | Children of all ages love to paint, and should be given lots of opportunities to do so. We have many painting projects and ideas for kids' inspiration. Give your kids the opportunity to explore different techniques to create their own piece of art! We also provide kids' opportunity to explore the creativity and endless possibilities with clay. Children will be working on fine motor skills and dexterity. Rolling, squeezing and forming the clay helps them in this area. This class is delivered by Ms Mai who has been working at UNIS Hanoi for more than 10 years. Instruction will be English and Vietnamese.   | 9 | Nguyen Thi Thanh Mai | Saturdays, 7 September - 16 November, 08:45 - 09:45  | B10 - Room 108     | 80 |
| 2  | K1b | Creation with Paint and Clay (Ages 4-5) |  | 9 | Nguyen Thi Thanh Mai | Saturdays, 7 September - 16 November, 10:00 - 11:00  | B10 - Room 108     | 80 |
| 3  | K2  | Karatedo for Children (Ages 5-10)       | If you are looking for an activity that boosts your self-confidence, improves your fitness and builds discipline, Karatedo is one of the best choices. Karatedo is not just a sport. It is an educational activity that helps to develop your confidence, your character & your attitude. The ultimate aim of Karatedo is to perfect human nature through training. It opens the door...but you make the decision to enter yourself. The class will be delivered by Mr Nguyen Hai Thanh who is very experienced in working with kids and has been leading After School Activities (ASA) and Community Programmes at UNIS Hanoi for many years. Instruction will be English and Vietnamese. | 9 | Mr Nguyen Hai Thanh  | Saturdays, 7 September - 16 November, 10:00 - 11:00  | B10 - Room 104     | 80 |
| 4  | K3a | Indoor Games for Children (Ages 6-9)    | Don't want your children sit in front of the TV or use the iPad for hours? Feel too tired to organize activities for them at the weekend? Bring them to us for Indoor Games, we will do physical games that are healthy for the body and brain like: Popcorn Machine, Finding Nemo, Treasure Hunt.. and a lot more. Children will never stop running, jumpping. lauhina.   | 9 | Dinh Thị Trà         | Saturdays, 7 September - 16 November, 08:45 - 09:45  | B11 - ECC Gym      | 80 |

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|----|-----|--|---|---|---------------------|---|-------------------|-----|
| 5  | K3b | Indoor Games for Children (Ages 4-6)       | This course is instructed by our UNIS Hanoi staff, Ms. Dinh Thi Tra who has successfully run this activity at UNIS Hanoi for more than 3 years. Instruction will be English and Vietnamese.   | 9 | Dinh Thị Trà        | Saturdays, 7 September - 16 November, 10:00 - 11:00 | B11 - ECC Gym     | 80  |
| 6  | K4a | Cool Science (Ages 4-7)                    | Science is one of the few subjects that excites and stimulates a child's need to learn about the world surrounding them. It also helps children think about the world like a scientist. The class helps kids to think logically, to develop patience, perseverance as well as to enable kids to understand many other subjects better. Activities in Cool Science class include: Make waves in a bottle, Volcano project, Paint with ice, Tin can phone, Make a parachute, Vinegar & baking soda balloon, Butterfly life cycle, Balloon rocket...   | 9 | Le Thi Diep         | Saturdays, 7 September - 16 November, 08:45-09:45   | B11 - G09         | 80  |
| 7  | K4b | Cool Science (Ages 6-9)                    | Ms. Nhung and Ms Diep have been working in the Science Department in UNIS over 5 years. Instruction will be English and Vietnamese.   | 9 | Le Thi Diep         | Saturdays, 7 September - 16 November, 10:00-11:00   | B11 - G09         | 80  |
| 8  | K5a | Baking and Decorating Class (Ages 8 - 11)  | Join Ms Huong in this baking class to practice the meaning of baking: greasing a tin, chopping, rubbing in, rolling out, kneading and rising. Moreover, kids will prepare their own buttercream icing and learn the basic techniques for icing. Kids can make, bake and decorate their own cupcakes and cookies sensation. Ms. Huong is very experienced in Baking and Cooking. She has taught "Learn to Bake and Cook" in UNIS after school activities and Comed Baking classes for over 11 years.   | 9 | Dao Thi Huong       | Saturdays, 7 September - 16 November, 08:30 - 10:00 | B11 - ECC Kitchen | 120 |
| 9  | K5b | Baking and Decorating Class (Ages 6 - 8)   | Recipes for this coming session are Chocolate brownies, different kind of cookies like Viennese cookies, Iced lemon cookies, Chocolate chips cookies, and many kind of cupcakes like Lemon cheese cupcakes, Mocha cupcakes, Chocolate mint cupcakes, Apple squares, Fudgy banana muffins and Lemon layer cake.  | 9 | Dao Thi Huong       | Saturdays, 7 September - 16 November, 10:00 - 11:30 | B11 - ECC Kitchen | 120 |
| 10 | K6a | Science Technology Discovery (Ages 6 - 8)  | In this project-based class, students will join Science and technology hand – on projects, Science games, virtual experiments and variety of sensory-based lessons. Students will develop their science knowledge by exploring Chemistry, Biology, Physics and Earth Science: science of water, air and light as well as making telescopes, hosepipe rainbow, water spin, simple fuel rockets and much more. Students also have many opportunities to experiment with electronics and technologies, engineering to design, create their "Maker activity"/ toys, simple robots using recycled materials and electricity.                                       | 9 | Duong Thi Bich Lien | Saturdays, 7 September - 16 November, 08:45 - 09:45 | B6 - Room 119     | 80  |
| 11 | K6b | Science Technology Discovery (Ages 8 - 12) | This class is offered by Ms Duong Thi Bich Lien who has successfully run this activity at UNIS Hanoi for more than 5 years. Instruction will be English and Vietnamese.   | 9 | Duong Thi Bich Lien | Saturdays, 7 September - 16 November, 10:00 - 11:00 | B6 - Room 119     | 80  |
| 12 | K7a | English Club for Children (Ages 8-12)      | Using the latest communicative approach, this English club helps your children to develop their English skills. Our aim is to make learning English an enjoyable experience and to encourage your children to feel confident using English. Students are provided with a lot of hands-on and stimulating activities such as playing games, singing songs and rhymes, cooking, making skirts... to develop all the language skills: listening, speaking, reading and writing. We encourage talk, play and mutual interaction in a natural and enjoyable way, in a safe and secure environment, to help your children get the best learning English experience. | 9 | Ms Tran Kim Dung    | Saturdays, 7 September - 16 November, 08:45 - 10:00 | B9 - 152          | 90  |
| 13 | K7b | English Club for Children (Ages 6-8)       | This course is instructed by Ms Dung, an experienced teacher at UNIS who is passionate about teaching English language and is an expert in teaching children.   | 9 | Ms Tran Kim Dung    | Saturdays, 7 September - 16 November, 10:15 - 11:30 | B9 - 152          | 90  |

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|---|-----|--|---|----|-------------------------|---|--------------------|-------|
| 14  | K8a | Book Creator Club (Ages 5-7)           | Have you ever asked yourself how a book is made when you look at it? Create the content, draw pictures or add photos to illustrate...Is it possible for children to make their own book? The answer is: YES, children definitely can do it.<br>Book Creator is open-ended, creative and cross curriculum activity using different techniques to create books. The class will focus on combining texts, hand-drawings and audio (images and video will also be taught) to make a written or E-book using both Ipad Apps and hand-made methods. Through creating their own stories based on familiar topics, the children can also improve their creative, imaginative, communication and language skills. They will learn how to draw pictures using both tradition method of "crayons and paper" and advanced digital apps to illustrate their stories. As a result they will improve their fine-motor skill as well as creative skill. The activity does not only focus on the product but also on the process. The final product will be both printed out and sent to parents as an E-book at the end of the session.<br>This class is instructed by Ms Huong who has many years experienced teaching language and developing creative skill at UNIS. Instruction will be English and Vietnamese. | 9  | Ms Nguyen Thi Thu Huong | Saturdays, 7 September - 16 November, 08:45 - 09:45               | B9- G18            | 80    |
| 15  | K8b | Book Creator Club (Ages 8-10)          | Have you ever asked yourself how a book is made when you look at it? Create the content, draw pictures or add photos to illustrate...Is it possible for children to make their own book? The answer is: YES, children definitely can do it.<br>Book Creator is open-ended, creative and cross curriculum activity using different techniques to create books. The class will focus on combining texts, hand-drawings and audio (images and video will also be taught) to make a written or E-book using both Ipad Apps and hand-made methods. Through creating their own stories based on familiar topics, the children can also improve their creative, imaginative, communication and language skills. They will learn how to draw pictures using both tradition method of "crayons and paper" and advanced digital apps to illustrate their stories. As a result they will improve their fine-motor skill as well as creative skill. The activity does not only focus on the product but also on the process. The final product will be both printed out and sent to parents as an E-book at the end of the session.<br>This class is instructed by Ms Huong who has many years experienced teaching language and developing creative skill at UNIS. Instruction will be English and Vietnamese. | 9  | Ms Nguyen Thi Thu Huong | Saturdays, 7 September - 16 November, 10:00 - 11:30               | B9- G18            | 110   |
| 16  | K9  | Ballet Fit for Children (Ages 9-16)    | We use ballet basics and combined it with fitness class. It is the perfect way to stay fit and flexible all while improving posture, balance and overall health. The teacher will be Ms Oriana Isabelle who is a professional dancer and has been teaching ballet for many years.   | 9  | Oriana Isabelle         | Saturdays, 7 September - 16 November, 08:45 - 09:45               | B10 - Room 103     | 80    |
| <b>Children Swim Lesson (3 September to 16 November 2019)</b>         |     |  |   |    |                         |   |                    |       |
| NA  | SL  | SCHOOL OF FISH Swimming Lessons        | These 30 minute classes offer small, individually tailored sessions to improve technique for all levels, ages and abilities of children. From Beginners up. Skills of all strokes are learnt through the 'School of Fish' progression program. Lessons are held on Sunday mornings. Swimmers may only sign up after they have been allocated their appropriate group and time and therefore all swimmers must attend the Assessment day on Sunday 18th August 2019. For more Information on assessment day please visit the WEBSITE   | 10 | Mr Martin Hamilton      | Sunday, 8 September - 24 November, 09.00-14.00 (every 30 minutes) | UNIS Swimming Pool | 80USD |
| <b>Hanoi Swim Club for Children (3 September to 16 November 2019)</b> |     |  |   |    |                         |   |                    |       |
| 1   | CS1 | Secondary Competitive Squad Tuesday    | Hanoi Swim Club aims to provide training opportunity for the Hanoi community to reach their potential as swimmers. Swimmers must be 11+ and able to swim all four competitive strokes. Swimmers may only sign up after they have attended the Assessment day on Tuesday 20 August 2019. For more Information on assessment days please visit the WEBSITE  | 10 | Mr Martin Hamilton      | Tuesday, 3 September to 12 November, 18.00-19.00                  | UNIS Swimming Pool | 80    |
| 2   | CS2 | Secondary Competitive Squad Thursday   |   | 10 | Mr Martin Hamilton      | Thursday, 5 September to 14 November 18.00-19.00                  | UNIS Swimming Pool | 80    |
| 3   | CE1 | Elementary Competitive Squad Monday    | Hanoi Swim Club aims to provide training opportunity for the Hanoi community to reach their potential as swimmers. Swimmers must be below 11yrs and able to swim three of the four competitive strokes. Swimmers may only sign up after they have attended the Assessment day on Monday 19 August 2019. For more Information on assessment days please visit the WEBSITE.   | 10 | Mr Martin Hamilton      | Monday, 9 September to 18 November 18.00-19.00                    | UNIS Swimming Pool | 80    |
| 4   | CE2 | Elementary Competitive Squad Wednesday |   | 10 | Mr Martin Hamilton      | Wednesday, 4 September to 13 November, 18.00-19.00                | UNIS Swimming Pool | 80    |

|   |     |                                     |   |    |                    |  |                    |    |
|---|-----|-------------------------------------|---|----|--------------------|--|--------------------|----|
| 5   | CE3 | Elementary Competitive Squad Friday |   | 10 | Mr Martin Hamilton | Friday, 6 September to 15 November, 18.00-19.00    | UNIS Swimming Pool | 80 |
| 6   | CD1 | Development Squad Monday            | Hanoi Swim Club aims to provide training opportunity for the Hanoi community to reach their potential as swimmers. Swimmers must be able to swim 25m freestyle to join the development squad where they will learn the technique of all strokes. Swimmers may only sign up after they have attended the Assessment day on Monday 19 (10-) Tuesday 20 (11+) August 2019. For more Information on assessment days please visit the WEBSITE. | 10 | Mr Martin Hamilton | Monday, 9 September to 18 November, 18.00-19.00    | UNIS Swimming Pool | 80 |
| 7   | CD2 | Development Squad Wednesday         |   | 10 | Mr Martin Hamilton | Wednesday, 4 September to 13 November, 18.00-19.00 | UNIS Swimming Pool | 80 |
| 8   | CD3 | Development Squad Friday            |   | 10 | Mr Martin Hamilton | Friday, 6 September to 15 November, 18.00-19.00    | UNIS Swimming Pool | 80 |
| <b>Adult Swim Classes (3 September to 16 November 2019)</b> |     |                                     |   |    |                    |  |                    |    |
| 1   | AM1 | Adults Master - Tuesday             | A class for swimmers who are proficient in multiple strokes. Training is primarily to improve endurance and technique. For more Information please visit the WEBSITE.   | 10 | Mr Martin Hamilton | Tuesday, 3 September to 12 November, 19.00-20.00   | UNIS Swimming Pool | 80 |
| 2   | AM2 | Adults Master - Thursday            |   | 10 | Mr Martin Hamilton | Thursday, 5 September to 14 November, 19.00-20.00  | UNIS Swimming Pool | 80 |
| 3   | AT1 | Adult Technique Monday              | A class for adult swimmers who would like to learn and train in a group environment. To suitably participate in this class you should be able to swim at least 100m freestyle. For more Information please visit the WEBSITE.   | 10 | Mr Martin Hamilton | Monday, 9 September to 18 November, 06.45-07.45    | UNIS Swimming Pool | 80 |
| 4   | AT2 | Adult Technique Tuesday             |   | 10 | Mr Martin Hamilton | Tuesday, 3 September to 12 November, 19.00-20.00   | UNIS Swimming Pool | 80 |
| 5   | AT3 | Adult Technique Thursday            | A class for adult swimmers who would like to learn and train in a group environment. To suitably participate in this class you should be able to swim at least 100m freestyle. For more Information please visit the WEBSITE.   | 10 | Mr Martin Hamilton | Thursday, 5 September to 14 November, 19.00-20.00  | UNIS Swimming Pool | 80 |
| 6   | AT4 | Adult Technique Friday              |   | 10 | Mr Martin Hamilton | Friday, 6 September to 15 November, 06.45-07.45    | UNIS Swimming Pool | 80 |
| 7   | AB1 | Adult Beginner Monday               | A class for adults who wish to become more comfortable in the water and learn basic strokes. For more Information please visit the WEBSITE.   | 10 | Mr Martin Hamilton | Monday, 9 September to 18 November, 19.00-20.00    | UNIS Swimming Pool | 80 |

|  |       |                             |  |    |  |   |                                       |     |
|--|-------|-----------------------------|--|----|--|---|---------------------------------------|-----|
| 8  | AB2   | Adult Beginner<br>Wednesday |  | 10 | Mr Martin<br>Hamilton                      | Wednesday, 4 September to 13 November, 19.00-20.00  | UNIS Swimming<br>Pool                 | 80  |
| <b>Youth Sports (7 September - 16 November 2019)</b>                   |       |                             |  |    |  |   |                                       |     |
| 1  | YSS1  | T-Ball/Softball<br>(U6)     | The UNIS Saturday Youth Sports Programme is a recreational mixed ability community organization where girls and boys improve their sports skills and learn the values of organization, discipline and team spirit in a secure and enjoyable environment. Students will have the opportunity to learn fundamental age appropriate skills in T-Ball/Softball with experienced coaches.   | 9  | Mr Adrian<br>Hubbard - Mr<br>Quang/ Mr Phi | Saturdays, 7 September - 16 November, 08:15 - 09:00 | UNIS T Field/<br>booked 15/8          | 54  |
| 2  | YSS2  | T-Ball/Softball (U9)        |  | 9  | Mr Adrian<br>Hubbard - Mr<br>Quang/ Mr Phi | Saturdays, 7 September - 16 November, 09:15 - 10:15 | UNIS T Field/<br>booked 15/8          | 72  |
| 3  | YSS3  | T-Ball/Softball (U11)       |  | 9  | Mr Adrian<br>Hubbard - Mr<br>Quang/ Mr Phi | Saturdays, 7 September - 16 November, 10:30 - 11:45 | UNIS T Field/<br>booked 15/8          | 90  |
| 4  | YSFu1 | Futsal (U6)                 | The UNIS Saturday Youth Sports Programme is a recreational mixed ability community organization where girls and boys improve their sports skills and learn the values of organization, discipline and team spirit in a secure and enjoyable environment. Students will have the opportunity to learn fundamental age appropriate skills soccer with highly qualified and experienced coaches from the Brazilian Football School.               | 9  | Mr Fladimir<br>Souza                       | Saturdays, 7 September - 16 November, 08:15 - 09:00 | UNIS Covered<br>Court/ booked<br>15/8 | 215 |
| 5  | YSFu2 | Futsal (U9)                 |  | 9  | Mr Fladimir<br>Souza                       | Saturdays, 7 September - 16 November, 09:15 - 10:15 | UNIS Covered<br>Court/ booked<br>15/8 | 225 |
| 6  | YSFu3 | Futsal (U11)                |  | 9  | Mr Fladimir<br>Souza                       | Saturdays, 7 September - 16 November, 10:30 - 11:45 | UNIS Covered<br>Court/ booked<br>15/8 | 235 |
| <b>Tennis Programmes for Children (3 September - 16 November 2019)</b> |       |                             |  |    |  |   |                                       |     |
| 1  | MRT1  | Mini Red Tennis<br>Tuesday  | Mini Tennis Red is for players aged 5-8. It's played on small courts, with short racquets and soft tennis balls. The net is lower too, all creating an ideal learning and fun environment for starting your tennis journey. Instruction will be English.   | 10 | Mr Nick Firth                              | Tuesdays, 3 September - 12 November, 15:40 - 16:40  | Tennis Court                          | 160 |
| 2  | MRT2  | Mini Red Tennis<br>Thursday |  | 10 | Mr Nick Firth                              | Thursdays, 5 September - 14 November, 15:40 - 16:40 | Tennis Court                          | 160 |
| 3  | MOT   | Mini Orange Tennis          | Mini Tennis Orange (8-9 years old) is a great way for players to continue their progress from Mini Tennis Red. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts allowing players to develop a rounded game whilst learning a range of techniques and tactics. Instruction will be English. One additional mini green and one less mini orange | 10 | Mr Nick Firth                              | Tuesdays, 3 September - 12 November, 16:40 - 17:40  | Tennis Court                          | 160 |

|   |      |                            |  |    |               |   |              |     |
|---|------|----------------------------|--|----|---------------|---|--------------|-----|
| 4 | MGT1 | Mini Green Tennis Tuesday  | Mini Tennis Green is a great way for players to continue their progress from Mini Tennis Orange and is for players 10 and 11. It is played on a full size tennis court, with bigger rackets and balls which are a little softer than yellow balls. It's the next stage before moving on to full compression yellow balls on a full sized court and helps players develop and improve all aspects of their game. Instruction will be English. | 10 | Mr Nick Firth | Tuesdays, 3 September - 12 November, 17:40 - 18:40  | Tennis Court | 160 |
| 5 | MGT2 | Mini Green Tennis Thursday | Mini Tennis Green is a great way for players to continue their progress from Mini Tennis Orange and is for players 10 and 11. It is played on a full size tennis court, with bigger rackets and balls which are a little softer than yellow balls. It's the next stage before moving on to full compression yellow balls on a full sized court and helps players develop and improve all aspects of their game. Instruction will be English. | 10 | Mr Nick Firth | Thursdays, 5 September - 14 November, 16:40 - 17:40 | Tennis Court | 160 |
| 6 | JT   | Junior Tennis              | For players 12 and over. Continue your tennis journey on the full size court using the yellow ball. Further develop your techniques and tactics with the coaching style to be game based practices as much as possible. Work on your matchplay and train towards the varsity team goal   | 10 | Mr Nick Firth | Wednesdays, 4 September - 13 November, 17:00-18:00  | Tennis Court | 160 |

**Tennis Programmes for Adult (3 September - 16 November 2019) - No lesson on staff professional days**

|   |                |                            |  |    |               |  |              |     |
|---|----------------|----------------------------|--|----|---------------|--|--------------|-----|
| 1 | AB - Beginner  | Tennis for Adult Beginner  | A course designed to introduce basic techniques and understanding of the ball. All of the main shots will be covered so you'll soon be able to enjoy fun matches with your friends, family or other people you meet. Instruction will be English.  | 9  | Mr Nick Firth | Mondays, 9 September - 11 November, 18:30 - 19:30    | Tennis Court | 150 |
| 2 | AIM - Improver | Tennis for Adult Improvers | Played by players who have developed a little consistency in their rallying whilst further working on technique and tactics of the game. Instruction will be English.  | 9  | Mr Nick Firth | Mondays, 9 September - 11 November, 19:30 - 20:30    | Tennis Court | 150 |
| 3 | AC1 - Cardio 1 | Cardio Tennis for Adult    | Cardio tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardio exercise, delivering the ultimate full body calorie burning workout to music. During cardio tennis you hit a lot of balls and is also a great way for developing your tennis skills. For all levels of player. Instruction will be English. | 10 | Mr Nick Firth | Thursdays, 5 September - 14 November, 08:30 - 09:30  | Tennis Court | 90  |
| 4 | AC2 - Cardio 2 |                            |  | 10 | Mr Nick Firth | Thursdays, 5 September - 14 November, 17:45 - 18:45  | Tennis Court | 90  |
| 5 | AS - Social    | Social Tennis for Adult    | Designed for those who can serve, rally and score and are looking for a fun environment to play against different people. The last Wednesday of every month will be ran as a social fun tournament. Instruction will be English.   | 10 | Mr Nick Firth | Wednesdays, 4 September - 13 November, 19:00 - 21:00 | Tennis Court | 90  |

**Community Sport League**

|   |                        |   |  |            |                 |   |                     |       |
|---|------------------------|---|--|------------|-----------------|---|---------------------|-------|
| 1 | Audi Basketball League | Audi Basketball League (Open to Boys and Girls – U8, U11, U14, U16, U18 Open Age) | <p>You wanted more playing opportunities, we listened! The Thang Long Warriors Academy is giving you the opportunity to be part of a formally organized basketball league. This league for girls and boys will run for a total of 8 weeks, providing an opportunity to build on skill development and now compete! Test your skills, and see how your team matches up with others from around Hanoi. Girls will be permitted to join a boys team if there are not enough teams to complete their division. Official referees will be hired for all games, helping to support a high standard game experience. All games will be played on both the inside courts and covered outdoor courts at UNIS Hanoi, thus providing a premier playing environment. Game schedules, trophies, medals and prizes will be organized so all you have to do is show up and compete. Each team should have a minimum of 7 players and a maximum of 15 players. Each team will need to be registered and led by a Team Manager who will act as the point person for all communication and correspondence. Uniforms will need to be supplied by each team and each jersey must have its own number. There will be colored bibs available on site for color clashes. If you do not have a team, there will still be an opportunity for you to participate. If interested in playing, email the League Director at <a href="mailto:cortney@twacademy.com">cortney@twacademy.com</a> and she will try to place you on a team. In addition, divisions will be determined by the number of teams that register. If there is not enough teams for a division, then that age group will be cancelled for this term. Registration and payment dates are firm. Teams must be paid in full by September 3rd to get the Early Bird Special. Final deadline is September 10th or teams will not be able to participate in the league.</p> <p>Registration and payment: 8 weeks<br/> Timing: September 13- November 22<br/> Game times: Fridays at 18:00 and 19:00<br/> Cost: 11,500,000 VND if registered and payed by 2 September<br/> 14,000,000 VND if registered and payed after 2 September</p> <p>Divisions:<br/> 12 and under girls/boys<br/> 15 and under boys<br/> 15 and under girls<br/> Womens division<br/> Mens division</p> <p>Register and Payment at:<br/> Tel: 0373953785<br/> Email: <a href="mailto:cortney@twacademy.com">cortney@twacademy.com</a></p> | 10 lessons | Cortney Al-lesa | Fridays; 13 September - 6 December; 18:00 - 20:00 | Sport Centre Courts | Price |
|---|------------------------|---|--|------------|-----------------|---|---------------------|-------|