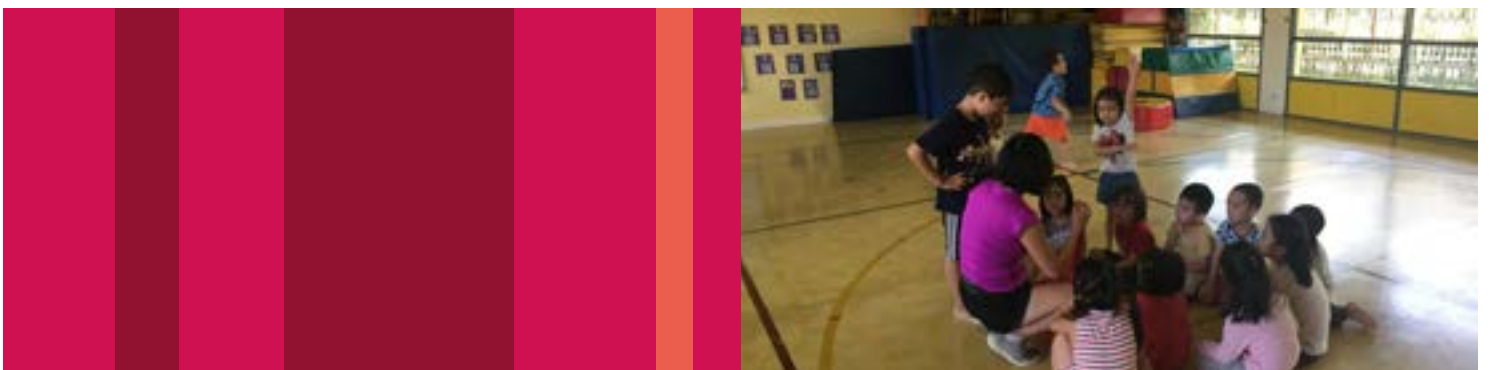




LEARNING TO INSPIRE



Community Programme
Spring Session 2019

Welcome to UNIS Hanoi Community Programme

The Community Programme provides an opportunity for all residents of Hanoi to become a part of the UNIS Hanoi community through a variety of classes, workshops and sport activities offered for adults and children. The Community Programme should strive to meet the continuing education needs of both expatriate and Vietnamese residents. While it is important for the Community Programme to be financially self-sustaining, these classes, workshops and activities are not necessarily a source of revenue for UNIS. Rather, they are a vital component of the school's public relations efforts.

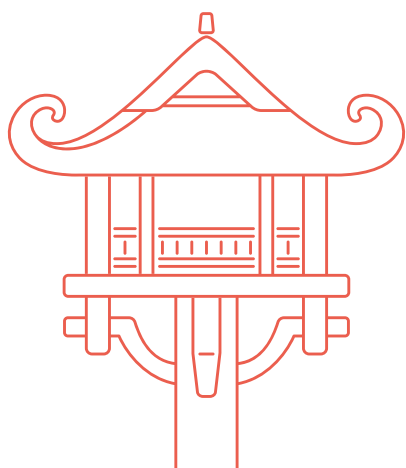
Visit Room 102, Ly Thai To Learning Centre, B8b
UNIS Hanoi Campus
G9 Ciputra, Tay Ho District
Monday to Friday 08:00 to 17:00

Phone 7300 4500 ext 8768 (Ms Ha Thien Ha)
091 433 5123

Email communityprogrammes@unishanoi.org

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Registrations Guidelines



No email or phone registrations, please!

Community Programmes Mission

Empowering learning for the community
by the community

Registration and Payment

- All registration is done online via UNIS website. Instruction can be found at www.unishanoi.org/CommProg. Community Programme is unable to accept registration via email or phone.
- We do not accept partial bookings for classes.
- Once you enroll in a course, your attendance and payment are expected.
- Participants are required to pay the full fee in case they miss the first lesson and be prorated in case they miss the second lessons onwards.
- All participants will receive an email invoice indicating what is owed for each course. Please pay at the UNIS Business Office (Admin Building) in cash, deposit VND cash at the ANZ Bank (show invoice), or make a bank transfer in VND. The UNIS Business Office is open from 8:00 to 17:00 Monday - Friday. If payment has not been received by the date indicated on the invoice, we reserve the right to give the place to those on the waitlist.
- Participants who cancel the class without official notification to Community Programmes Officer, will compromise their eligibility to register for future sessions.
- No lessons are scheduled during UNIS events, breaks and national holidays.
- Sign the waiver of liability form and email to: communityprogrammes@unishanoi.org if this is the first time participating in the Community Programme.

Registrations Guidelines



Refund Policy

- 50% of the fee is refundable up to, and through the end of the first class or workshop.
- No refunds will be granted after the first class.
- Refunds will be issued when classes or workshops are canceled.
- Canceled and/or postponed classes and workshops will be rescheduled if possible. A refund will be issued if rescheduling is not possible.
- For sport and any outdoor activities, no refund or make up lesson will be given for cancellation due to weather/ high air pollution.
- Exceptions to the published refund policy will be handled on a case by case basis and only be entertained in a force majeure situation.
- Those with outstanding Community Programmes invoices will not be eligible to sign up for a new class until all invoices are settled.

Security Protocols

UNIS Hanoi takes safety and security of our school environment very seriously. In an effort to make UNIS Hanoi a safe environment for all we have adjusted and adapted our security protocols. Please take note of the following:

- All adults and adults with accompanying children will be required to bring valid ID and secure a visitor pass at the UNIS Security entrance if they do not have a valid UNIS Campus ID Card.
- All elementary children need to be accompanied by adults when entering the school but are not required to be issued an ID/Visitor Pass.
- UNIS issued ID must be worn by adults at all times when on campus.

Feedback is greatly appreciated. It helps us to plan future programmes. Email to Ha Thien Ha at communityprogrammes@unishanoi.org if you would like to receive notification about future Community Programme sessions or if you offer a class to Hanoi community.

For Adult: Cooking



F1 French Baking and Pastry Class

WEEKDAY X 4

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.

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.

The language of instruction is English and French.

When Fridays, 22 March - 19 April
10:00 - 12:00

Where (Address on registration)

Cost VND 1,600,000 (including ingredients)

Max 6 (Min 4)

F2 BAKED with Ms Sheereen

WEEKDAY X 2 & WEEKEND X 1

Want to learn how to bake your own cakes for family and friends? And decorate them using a simple ganache?

Now's your chance with Sheereen Amran of BAKED - a home baker from Singapore who's built a following in Hanoi for both delicious and beautiful custom-made cakes.

Join the first ever 'Basics of Cake Making and Decorating' class, where Sheereen will teach you the trade's secrets to making a successful sponge cake with step-by-step demonstrations. Once you've got the texture and taste right, then learn to decorate it using a foolproof chocolate ganache.

Attending the class, participants can learn how to bake a cake, decorate a cake and troubleshoot tips and tricks. Participants can also take their creations home for their family, and practice everything they've learned before joining the advanced course. The language of instruction is English.

When Tuesdays, 9 - 16 April; 12:00 - 15:00

Saturday, 27 April; 15:00 - 18:00

Where (Address on registration)

Cost VND VND1,500,000 (including ingredients)

Max 10 (Min 6)

For Adult: Culture



C1 A Walk through the Old Quarter

WEEKEND X 1

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.

Not recommended for children 8 and younger. Please wear comfortable shoes.

| | |
|--------------|-----------------------------------|
| When | Saturday, 13 April; 09:00 - 11:00 |
| Where | (Address on registration) |
| Cost | USD30.00 (including donation fee) |
| Max | 10 (Min 4) |

C2 Wander through the Citadel

WEEKEND X 1

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.

Not recommended for infants or children aged 8 and younger.

Please wear comfortable shoes.

| | |
|--------------|-----------------------------------|
| When | Saturday, 20 April; 09:00 – 11:00 |
| Where | Address on registration |
| Cost | USD25.00 |
| Max | 10 participants (Min 4) |

For Adult: Culture



C3 Walk in the Footsteps of Mandarins and Merchants

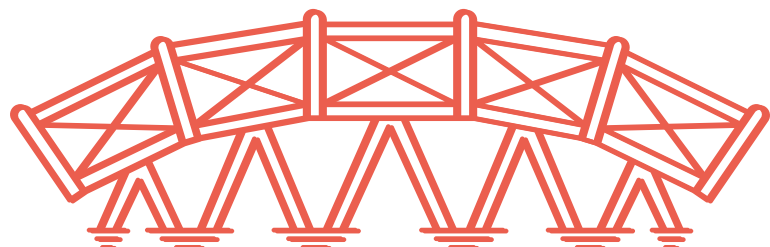
WEEKEND X 1

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.

Not recommended for infants or children aged 8 and younger.

Please wear comfortable shoes.

- When** Saturday, 27 April; 09:00 - 11:00
- Where** UNIS Hanoi Campus
- Cost** USD25.00 (Address on Registration)
- Max** 10 participants (Min 4)



For Adult: Skill Buidling



S1 Lacquer Painting Workshop

WEEKDAY X 5

Are you interested in discovering Vietnamese Lacquer Painting? Lacquer School Tay Ho offers a special lacquer painting course of 5 classes for UNIS Community Programme. In this course, you will have the opportunity to learn the traditional Asian lacquer art using materials such as mother of pearl, gold and silver leaves, eggshell etc... You can paint pictures as well as decorate vases, boxes and bowls. Lacquer painting requires many processes over a long period of time, but you will finish a small painting during the 5 class course. The classes are instructed by artist Tran Anh Tuan who is Master-Professor of Hanoi University of Industrial Fine Art. Instruction will be English and Vietnamese.

- When** Mondays, 25 March - 22 April
14:00 - 16:00
- Where** Tay Ho area (Address on registration)
- Cost** VND 1,500,000
- Max** 8 participants (Min 5)

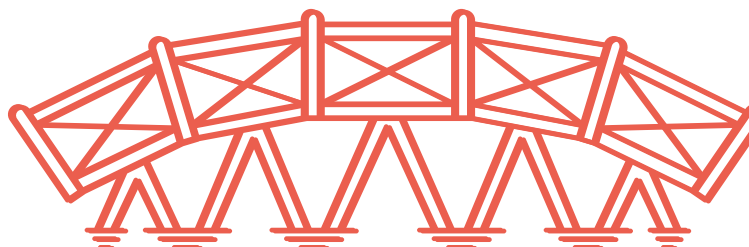


S2 Lotus Painting Workshop

WEEKDAY X 3

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.

- When** Fridays, 10 - 24 May; 10:00 - 13:00
- Where** Tay Ho area (Address on registration)
- Cost** VND 2,200,000 (including material fees)
- Max** 6 participants (Min 1)



For Adult: Skill Buidling

S3 Feldenkrais Method with Doreen Horsch

WEEKDAY X 4

Whether you have occasional pain, stiffness, chronic pain, or you just want your back and your whole self to become stronger and flexible these safe and enjoyable lessons will provide you with dramatic and immediate results.

The Feldenkrais Method is an easy way to help yourself! Get rid of pain, feel more of in control, do more of what you want.

Live the life you love!

The Feldenkrais Method is gentle and safe for most people.

The workshop is delivered by Doreen Horsch who has the certificate in teaching the Feldenkrais Method and has training experience since 2015 in Vienna.

Instruction will be English.

When Wednesdays, 6 - 27 March
18:00 - 19:00

Where Tay Ho area (Address on registration)

Cost VND 1,000,000

Max 10 participants (Min 4)



S4 Make up Workshop (Ages 15-40)

WEEKDAY X 3

Are you interested in a makeup tutorial for individuals interested in preparing for work or for a special event. Do you want to study how to apply your own makeup learning hints and tips of the make up industry? This workshop is designed to teach you how to apply your own makeup and to take care of your skin.

Your teacher will be Ms Nguyen Thu Trang. Trang has over 5 year experience in the makeup industry. Trang has participated in the big fashion shows such as Nexttop model, Hoa Hậu Bán Sắc Việt, Duyên dáng áo dài and the TV game shows.

For practice session, participants are encouraged to bring their own make up materials.

Instruction will be Vietnamese.

When Fridays, 12 - 26 April; 18:00 - 19:00

Where Cau Giay District (Address on registration)

Cost VND 1,600,000

Max 20 participants (Min 5)

For Adult: Skill Buidling

S5

Meditation for Beginners and all levels

WEEKDAY X 5

The workshop provides various MEDITATION in motion and stillness for relaxation and freedom from stress.

Attending the workshop, you'll be able to:

- Develop balanced health for body and mind,
- Strengthen Calmness and Focus of mind
- Bring Harmony with the natural laws of human life
- Understand body's processes and self-healing system
- Enjoy relaxation and freedom from stress.

The workshop is delivered by Ms Anna Chen Emedal who used to teach Yoga, Meditation, Taichi and Meditation for many years in Tanzania, Beijing.

Instruction will be English.

When S5a: Mondays, 18 March - 22 April

9:30 - 10:30

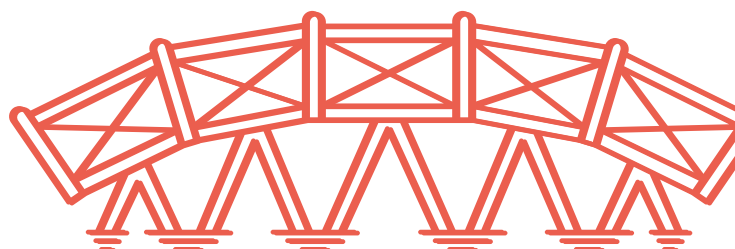
S5b: Wednesdays, 20 March - 24 April

16:00 - 17:00

Where Tay Ho area (address on registration)

Cost VND 900,000

Max 8 participants (Min 3)



For Adult: Language



L1 Vietnamese for Beginner

WEEKDAY X 20

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.

When Wednesdays and Fridays, 20 March - 5 June
10.15—11.45

Where UNIS Hanoi Campus

Cost VND 4,800,000

Max 16 participants (Min 7)

L2 Vietnamese for Pre - Intermediate

WEEKDAY X 20

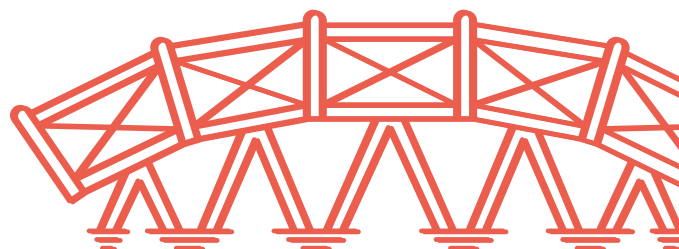
If you have completed the UNIS Hanoi Community Programmes Vietnamese for Beginners, or already have the basic Vietnamese skills, this is the class for you. This class will focus more on reading, listening and speaking skills. The teacher, Ms Thủy, has been successfully teaching for UNIS Hanoi Community Programmes for the last six years. This class meets twice a week.

When Wednesdays and Fridays, 20 March - 5 June
8.30—10.00

Where UNIS Hanoi Campus

Cost VND 4,800,000

Max 16 participants (Min 7)



For Adult: Language



L3 Chinese in Daily Use for Beginners

WEEKDAY X 14

At the class, you will learn to

- Learn basic Chinese phrases related to personal information and hobbies
- Know how to get the intonation correct
- Ask survival questions of Chinese Speakers
- Understand various expressions
- Learn some basic useful Chinese characters / picture words

The class is delivered by Ms Anna Chen Emedal who used to teach Chinese and English for many years in Tanzania and Beijing.

Instruction will be English.

When Tuesday and Thursdays, 19 March - 14 May
10.30 – 12.00

Where Tay Ho area (address on registration)

Cost VND 2,500,000 (excluding material fee)

Max 7 participants (Min 3)

L4 Chinese in Daily Use for Intermediates

WEEKDAY X 14

If you have completed the UNIS Hanoi Community Programmes Chinese for Beginners, or already have the basic Chinese skills, this is the class for you. This class will focus more on reading, listening and speaking skills. After about each 6 lessons, participants have an outdoor lesson (supermarket, restaurant...) to practice Chinese. This class meets twice a week.

The class is delivered by Ms Anna Chen Emedal who used to teach Chinese and English for many years in Tanzania and Beijing.

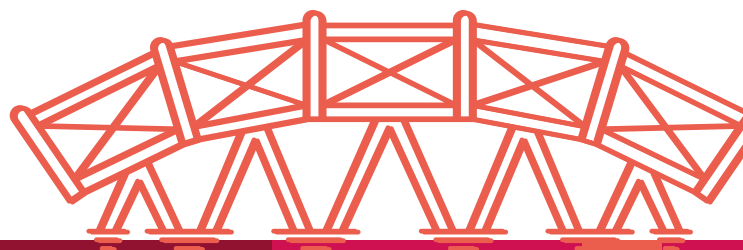
Instruction will be English.

When Tuesday and Thursdays, 19 March - 7 May
08.45 – 10.15

Where Tay Ho area (address on registration)

Cost VND 2,500,000 (excluding material fee)

Max 7 participants (Min 3)



For Adult: Movement



M1 Yoga for Adult Beginner

WEEKEND X 9

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.

When Saturdays, 16 March to 25 May
08:45 - 09:45

Where UNIS Hanoi Campus

Cost VND 1,600,000

Max 16 participants (Min 7)



M2 Pilates for Adults

WEEKDAY X 8

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.

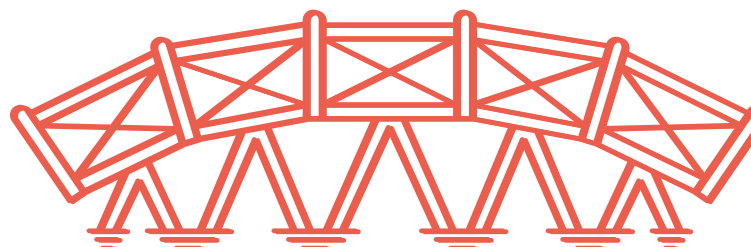
Your teacher will be Ms Ha Prins, an experienced and professional teacher from Zenith. Instruction will be English and Vietnamese.

When Tuesdays, 19 March to 21 May
17:00 - 18:00

Where UNIS Hanoi Campus

Cost VND 1,500,000

Max 16 participants (Min 7)



For Adult: Movement



M3 Zumba Dance for Adults

WEEKEND X 9

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training. ... If you enjoy Zumba, you're also more likely to do it regularly — and experience its benefits as an aerobic exercise. Attending the class, participants will be able to remember choreos, will feel more confident in their bodies and will have fun while doing a cardio activity!

The class is delivered by Ms Giulia Gardoni who has been working as fitness trainer since 2008 and as Zumba teacher since 2015. Giulia currently works as studio manager for The Fitness Village, as well as teaching Pilates, Barre Pilates and Zumba.

When Saturdays, 16 March to 25 May
08:45 - 09:45

Where UNIS Hanoi Campus

Cost VND 1,600,000

Max 16 participants (Min 7)

M4 Swing Dancing: Lindy Hop

WEEKEND X 9

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.

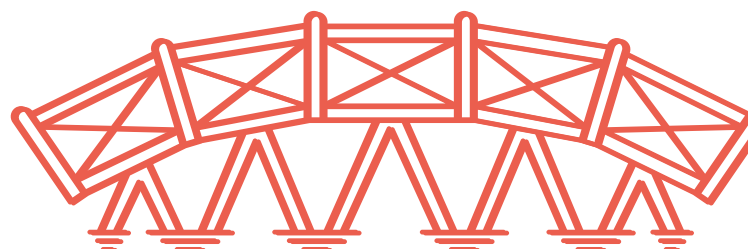
Instruction will be in English and Vietnamese.

When Saturdays, 16 March to 25 May
10:00 - 11:00

Where UNIS Hanoi Campus

Cost VND 1,000,000

Max 20 participants (Min 6)



Classes and Activities for Children



K1 Creation with Paint and Clay (Ages 4 - 7)

WEEKEND X 9

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 and Ms Mi who has been working at UNIS Hanoi for more than 10 years. Instruction will be English and Vietnamese.

When Saturdays, 16 March to 25 May
Class 1 (Ages 5 - 7): 08:45 - 09:45
Class 2 (Ages 4 - 5): 10:00 - 11:00

Where UNIS Hanoi Campus

Cost VND 1,600,000

Max 10 participants (Min 7)

Classes and Activities for Children



K3 Karatedo for Children (Ages 5-10)

WEEKEND X 9

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.

When Saturdays, 16 March to 25 May
10:00 - 11:00

Where UNIS Hanoi Campus

Cost VND 1,600,000

Max 20 participants (Min 8)

K4 Indoor Games for Children (Ages 4 - 9)

WEEKEND X 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, jumping, laughing.

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.

When Saturdays, 16 March to 25 May
Class 1 (Ages 6– 9): 08:45 - 09:45
Class 2 (Ages 4 - 6): 10:00 - 11:00

Where UNIS Hanoi Campus

Cost VND 1,600,000

Max 10 participants (Min 7)

Classes and Activities for Children



K5 Cool Science (Ages 4 - 9)

WEEKEND X 9

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...

Ms. Nhung and Ms Diep have been working in the Science Department in UNIS over 5 years. Instruction will be English and Vietnamese.

When Saturdays, 16 March to 25 May
Class 1 (Ages 4 - 7): 08:45 - 09:45
Class 2 (Ages 6 - 9): 10:00 - 11:00

Where UNIS Hanoi Campus

Cost VND 1,700,000

Max 16 participants (Min 7)



K6 Baking and Decorating Class (Ages 6 - 11)

WEEKEND X 8

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. Recipes for this coming session are: Chocolate Brownies, Banana Squares, Triple-choc Cupcakes, Hawaii and Pepperoni Pizzas, Carrot and Orange Cupcakes, Pumpkin and White Choc Cupcakes, Chewy Anzac Biscuits and Passion Mousse & Chocolate Mousse.

Ms. Huong has taught "Learn to Bake and Cook" in UNIS after school activities and Community Programmes for over 9 years. Instruction will be English and Vietnamese.

When Saturdays, 23 March to 25 May
Class 1 (Ages 6 - 8): 08:30 - 10:00
Class 2 (Ages 8 - 11): 10:00 - 11:30

Where UNIS Hanoi Campus

Cost VND 2,200,000 (including ingredients)

Max 10 participants (Min 7)

Classes and Activities for Children



K7 Science Technology Discovery (Ages 6-12)

WEEKEND X 9

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.

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.

Trong khóa học này, học sinh sẽ được trực tiếp tham gia những dự án khoa học và công nghệ, những trò chơi khoa học, thí nghiệm trực quan. Học sinh củng cố và phát triển kiến thức khoa học thông qua hoạt động khám phá các hiện tượng hoá học, Sinh học, Vật lý, Khoa học Trái đất như khoa học về nước, không khí, ánh sáng, cơ thể người hoặc thao tác để tạo ra các đồ chơi khoa học như kính viễn vọng, kính vạn hoa, ống báy sắc cầu vồng, tên lửa vv... và rất nhiều dự án thú vị khác. Học sinh cũng sẽ có nhiều cơ hội để trải nghiệm với công nghệ điện tử để tự tạo ra những đồ chơi hay rô bốt đơn giản bằng nhưng vật liệu điện và đồ tái chế.

When Saturdays, 16 March to 25 May
Class 1 (Ages 6 - 8): 08:45 - 10:00
Class 2 (Ages 8 - 12): 10:15 - 11:30

Where UNIS Hanoi Campus

Cost VND 1,700,000

Max 10 participants (Min 7)

Classes and Activities for Children



K8 English Club for Children (Ages 6-12)

WEEKEND X 9

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 skits... 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.

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.

When Saturdays, 16 March to 25 May

Class 1 (Ages 8 - 12): 08:45 - 10:00
Class 2 (Ages 6 - 8): 10:15 - 11:30

Where UNIS Hanoi Campus

Cost VND 1,600,000

Max 10 participants (Min 7)

K9 Book Creator Club (Ages 5-10)

WEEKDAYS X 9

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.

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.

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.

When Saturdays, 16 March to 25 May

Class 1 (Ages 5 - 7): 08:45 - 09:45
Class 2 (Ages 8 - 10): 10:00 - 11:30

Where UNIS Hanoi Campus

Cost VND 1,600,000

Max 10 participants (Min 8)

Swimming Classes for Adult

AA1M Adult Beginner Swimming

MONDAYS X 9

This class is for adult who wish to become more comfortable in the water and to learn basic skills. Coach Quang will work with each student to develop their skills.

Swimming instructor Mr Quang is an experienced swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

When Mondays, 11 March - 20 May

18:35 - 19:30

Where UNIS Hanoi Campus

Cost USD63.00

Max 6 participants



AA1T Adult Beginner Swimming

TUESDAYS X 9

This class is for adult swimmers who would like to learn and train in a group environment with swimmers from various backgrounds. To suitably participate in this class, you should be able to swim at least 100m freestyle nonstop.

Swimming instructor Mr The is experienced swimming instructors who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

When Tuesdays, 12 March - 21 May

18:35 - 19:30

Where UNIS Hanoi Campus

Cost USD63.00

Max 6 participants

Swimming Classes for Adult

AA2Ma Adult Technique and Fitness Swimming

MONDAYS X 9

This class is for adult swimmers who would like to learn and train in a group environment with swimmers from various backgrounds. To suitably participate in this class, you should be able to swim at least 100m freestyle nonstop.

Swimming instructor Ms. Lan is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

| | |
|--------------|---|
| When | Mondays, 11 March - 20 May 06:30 - 07:30 |
| Where | UNIS Hanoi Campus |
| Cost | USD63.00 |
| Max | 12 participants |



AA2Mb Adult Technique and Fitness Swimming

MONDAYS X 9

This class is for adult swimmers who would like to learn and train in a group environment with swimmers from various backgrounds. To suitably participate in this class, you should be able to swim at least 100m freestyle nonstop.

Swimming instructor Mr The is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

| | |
|--------------|---|
| When | Mondays, 11 March - 20 May 18:35 - 19:30 |
| Where | UNIS Hanoi Campus |
| Cost | USD63.00 |
| Max | 14 participants |

Swimming Classes for Adult

AA2Th Adult Technique and Fitness Swimming

THURSDAYS X 9

This class is for adult swimmers who would like to learn and train in a group environment with swimmers from various backgrounds. To suitably participate in this class, you should be able to swim at least 100m freestyle nonstop.

Swimming instructor Ms. Lan is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

| | |
|--------------|---|
| When | Thursdays, 14 March - 23 May 18:35 - 19:30 |
| Where | UNIS Hanoi Campus |
| Cost | USD63.00 |
| Max | 12 participants |



AA2F Adult Technique and Fitness Swimming

FRIDAYS X 9

This class is for adult swimmers who would like to learn and train in a group environment with swimmers from various backgrounds. To suitably participate in this class, you should be able to swim at least 100m freestyle nonstop.

Swimming instructor Ms. Lan is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

| | |
|--------------|---|
| When | Fridays, 15 March - 24 May 06:30 - 07:30 |
| Where | UNIS Hanoi Campus |
| Cost | USD63.00 |
| Max | 12 participants |

Swimming Classes for Adult

AA3M Adult Competitive Masters Swimming

MONDAYS X 9

This class is for swimmers who are proficient in multiple competitive strokes. Swimmers who join this group will focus primarily on training for swimming and triathlon competitions. Masters swimmers should be ready to improve endurance and technique. Primary focus will be on freestyle, but all strokes and turns may be part of the course. Swimmers who sign up for this course should be able to swim 10x100 freestyle on 2:10 minutes or with permission from Coach Andy.

Coach Thuy is an experienced swimming coach and has been coaching swimming at UNIS for 6 years. This course is for adults over 18 years only. Instruction will be English and Vietnamese.

When Mondays, 11 March - 20 May

18:35 - 19:30

Where UNIS Hanoi Campus

Cost USD63.00

Max 15 participants



AA3Th Adult Competitive Masters Swimming

THURSDAYS X 8

This class is for swimmers who are proficient in multiple competitive strokes. Swimmers who join this group will focus primarily on training for swimming and triathlon competitions. Masters swimmers should be ready to improve endurance and technique. Primary focus will be on freestyle, but all strokes and turns will be part of the course.

Coach Thuy is an experienced swimming coach and has been coaching swimming at UNIS for 6 years. This course is for adults over 18 years only. Instruction will be English and Vietnamese.

When Thursdays, 14 March - 23 May

18:35 - 19:30

Where UNIS Hanoi Campus

Cost USD56.00

Max 15 participants

Swimming Classes for Children



AK1M Youth Beginner Swimming (Ages 4-8)

MONDAYS X 7

This class is for beginner swimmers (ages 4-8). This class is for young children who would like to swim in a group environment with swimmers from various backgrounds. The aim of this class to improve students water confidence, teach basic swimming and water safety skills. This class will be taught primarily in the toddler pool and the 25m pool based upon skill levels and pool availability.

Swimming instructor Mr Quang is an experienced swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

When Mondays, 18 March - 20 May

17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD49.00

Max 5 participants

AK1T Youth Beginner Swimming (Ages 4-8)

TUESDAYS X 9

This class is for beginner swimmers (ages 4-8).

This class is for young children who would like to swim in a group environment with swimmers from various backgrounds. The aim of this class to improve students water confidence, teach basic swimming and water safety skills. This class will be taught in the toddler pool.

Swimming instructors Mr Duc and Mr Quang are experienced swimming instructors who previously taught swimming lessons at UNIS. Instruction will be English and Vietnamese.

When Tuesdays, 12 March - 21 May

17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD63.00

Max 12

Swimming Classes for Children



AK2T Youth Intermediate Swimming (Ages 5-9)

TUESDAYS X 9

This class is for intermediate swimmers (ages 5-9).

This class is for young children who would like to swim in a group environment with swimmers from various backgrounds. The aim of this class to improve students water confidence, teach basic swimming and water safety skills. This class will be taught primarily in the 25m pool. Students in this class should be comfortable in the 25m pool, able to float face down and face up and have be able to swim at least 5-10 meters.

Swimming instructor Mr The is an experienced swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

When Tuesdays, 12 March - 21 May

17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD63.00

Max 7

Swimming Classes for Children



AK2W Youth Intermediate Swimming (Ages 5-9)

WEDNESDAYS X 9

This class is for intermediate swimmers (ages 5-9).

This class is for young children who would like to swim in a group environment with swimmers from various backgrounds. The aim of this class to improve students water confidence, teach basic swimming and water safety skills. This class will be taught primarily in the 25m pool. Students in this class should be comfortable in the 25m pool, able to float face down and face up and have be able to swim at least 5-10 meters.

Swimming instructor Ms Lan is an experienced swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

When Wednesdays, 13 March - 22 May
18:15 - 19:00

Where UNIS Hanoi Campus

Cost USD63.00

Max 6 participants

AK2F Youth Intermediate Swimming (Ages 5-9)

FRIDAYS X 10

This class is for intermediate swimmers (ages 5-9).

This class is for young children who would like to swim in a group environment with swimmers from various backgrounds. The aim of this class to improve students water confidence, teach basic swimming and water safety skills. This class will be taught primarily in the 25m pool. Students in this class should be comfortable in the 25m pool, able to float face down and face up and have be able to swim at least 5-10 meters.

Swimming instructor Mr The who is experienced swimming instructor who previously taught swimming lessons at UNIS.

Instruction will be English and Vietnamese.

When Fridays, 15 March - 24 May
17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD70.00

Max 6

Swimming Classes for Children



AK3M Elementary School Technique Swimming (Grades 3-5/ Ages 9-11)

MONDAYS X 7

This class is for intermediate to advanced swimmers (Grades 3-5) who can swim at least 3 of the 4 competitive strokes (butterfly, backstroke, breaststroke and freestyle) but are not yet ready for competition swimming. This class will focus on proper swimming technique! This is NOT a beginner class.

Swimming instructor Mr. The is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS. Instruction will be English and Vietnamese.

When Mondays, 18 March - 20 May

17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD49.00

Max 12 participants

AK3Th Elementary School Technique Swimming (Grades 3-5/ Ages 9-11)

THURSDAYS X 10

This class is for intermediate to advanced swimmers (Grades 3-5) who can swim at least 3 of the 4 competitive strokes (butterfly, backstroke, breaststroke and freestyle) but are not yet ready for competition swimming. This class will focus on proper swimming technique! This is NOT a beginner class.

Swimming instructor Ms Lan is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS. Instruction will be English and Vietnamese.

When Thursdays, 14 March - 23 May

17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD70.00

Max 12 participants

Swimming Classes for Children

AK4M

Elementary School Competitive Swimming (Grades 3-5/ Ages 9-11)

MONDAYS X 7

This class is for advanced swimmers (Grades 3-5) who would like to train in a group environment with swimmers from various backgrounds. To suitably participate in this class, you must be able to swim all four competitive swimming strokes (butterfly, backstroke, breaststroke and freestyle). This class will focus on training for competitions as well as technique! Students must have a good command of the English language.

Coach Thuy is an experienced swimming coach and has been coaching swimming at UNIS for 6 years. Instruction will be English and Vietnamese.

When Mondays, 18 March - 20 May

17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD49.00

Max 15 participants



AK4Th

Elementary School Competitive Swimming (Grades 3-5/ Ages 9-11)

THURSDAYS X 10

This class is for advanced swimmers (Grades 3-5) who would like to train in a group environment with swimmers from various backgrounds. To suitably participate in this class, you must be able to swim all four competitive swimming strokes (butterfly, backstroke, breaststroke and freestyle). This class will focus on training for competitions as well as technique! Students must have a good command of the English language.

Coach Thuy is an experienced swimming coach and has been coaching swimming at UNIS for 6 years. Instruction will be English and Vietnamese.

When Thursdays, 14 March - 23 May

17:35 - 18:30

Where UNIS Hanoi Campus

Cost USD70.00

Max 15 participants

Swimming Classes for Children



AK5W Middle School Technique Swimming (Grades 6-8/ Ages 12-14)

WEDNESDAYS X 9

This class is for intermediate to advanced swimmers (Ages 12-14) who can swim at least 3 of 4 competitive strokes (butterfly, backstroke, breaststroke and freestyle) but are not yet ready for competition swimming. This class will focus on proper swimming technique. This is NOT a beginner class.

Swimming instructor Ms Thuy is an experienced swimming instructor who previously taught swimming lessons at UNIS. Instruction will be English and Vietnamese.

When Wednesdays, 13 March - 22 May

19:05 - 19:55

Where UNIS Hanoi Campus

Cost USD63.00

Max 10 participants

AK6T Middle/ High School Competitive Swimming (Grades 6-12/ Ages 12-18)

TUESDAYS X 9

This class is for advanced swimmers (Grades 6-12) who participate in swimming competitions. To suitably participate in this class, you must be able to swim all four competitive swimming strokes, butterfly, backstroke, breaststroke and freestyle. This class will focus on training for swimming competitions.

Swimming instructor Ms. Lan??? is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS. Instruction will be English and Vietnamese.

When Tuesdays, 12 March - 21 May

18:35 - 19:55

Where UNIS Hanoi Campus

Cost USD95.00

Max 12 participants

Swimming Classes for Children



AK6W Middle/ High School Competitive Swimming (Grades 6-12/ Ages 12-18)

WEDNESDAYS X 9

This class is for advanced swimmers (Grades 6-12) who participate in swimming competitions. To suitably participate in this class, you must be able to swim all four competitive swimming strokes, butterfly, backstroke, breaststroke and freestyle. This class will focus on training for swimming competitions.

Swimming instructor Ms. Lan is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS. Instruction will be English and Vietnamese.

When Wednesdays, 13 March - 22 May

19:05 - 20:00

Where UNIS Hanoi Campus

Cost USD63.00

Max 10 participants

AK6F Middle/ High School Competitive Swimming (Grades 6-12/ Ages 12-18)

FRIDAYS X 10

This class is for advanced swimmers (Grades 6-12) who participate in swimming competitions. To suitably participate in this class, you must be able to swim all four competitive swimming strokes, butterfly, backstroke, breaststroke and freestyle. This class will focus on training for swimming competitions.

Swimming instructor Mr The is an experienced and WSI certified swimming instructor who previously taught swimming lessons at UNIS. Instruction will be English and Vietnamese.

When Fridays, 15 March - 24 May

18:35 - 19:55

Where UNIS Hanoi Campus

Cost USD105.00

Max 10 participants

Community Tennis Programme for Children

CTP Mini-Red (Ages 5-8)

WEEKDAYS X 9 OR 10

Mini Tennis Red is for players aged 8 and under. 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.

When CTP Red 1: Tuesdays, 12 March - 21 May;
15:30 - 16:30

CTP Red 2: Thursdays, 14 March - 23 May;
15:30 - 16:30

CTP Red 3: Fridays, 15 March - 24 May;
15:30 - 16:30

Where UNIS Hanoi Tennis Courts

Cost USD144 (for 9 weeks - Tuesday class)

Cost USD160 (for 10 weeks - Thursday, Friday class)

Max 12



CTP Mini-Orange (Ages 8-10)

WEEKDAYS X 9 OR 10

Mini Tennis Orange 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.

When CTP Orange 1: Tuesdays, 12 March - 21 May;
16:30 - 17:30

CTP Orange 2: Thursdays, 14 March - 23 May;
16:30 - 17:30

Where UNIS Hanoi Tennis Court

Cost USD144 (for 9 weeks - Tuesday class)

Cost USD160 (for 10 weeks - Thursday class)

Max 12

Registration for Community Tennis Programme will start from 08:30AM on Monday, 18 February 2019.

Please note registration is with the UNIS Tennis Academy (UTA) direct: www.unishanoi.org/UTA

For further information, queries and registration, please email our Tennis Academy Manager, Mr Nick Firth at:

tennisam@unishanoi.org

Community Tennis Programme for Children

CTP Mini-Green (Ages 10-11)

WEEKDAYS X 9

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.

When Tuesdays, 12 March - 21 May,
17:30 - 18:30 (9 weeks)

Where UNIS Hanoi Tennis Courts

Cost USD144.00

Max 12



CTP Junior (Ages 12-18)

WEEKDAYS X 9

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.

Junior Matchplay: For players wishing to improve matchplay towards playing competitions.

Instruction will be English.

When CTP Junior Coaching: Wednesdays, 13 March
- 22 May; 14:30 - 15:30

CTP Junior Matchplay: Wednesdays, 13 March
- 22 May; 15:30 - 16:30

Where UNIS Hanoi Tennis Court

Cost USD144

Max 15

Registration for Community Tennis Programme will start from 08:30AM on Monday, 18 February 2019.

Please note registration is with the UNIS Tennis Academy (UTA) direct: www.unishanoi.org/UTA

For further information, queries and registration, please email our Tennis Academy Manager, Mr Nick Firth at:

tennisam@unishanoi.org

Community Tennis Programme for Adult

CTP1 Tennis - Adult Beginner

MONDAYS X 7

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.

When Mondays, 18 March - 20 May

18:30 - 19:30

Where UNIS Hanoi Tennis Court

Cost USD112.00

Max 8



CTP2 Tennis - Adult Improvers

MONDAYS X 7

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.

When Mondays, 18 March - 20 May

19:30 - 20:30

Where UNIS Hanoi Tennis Court

Cost USD112.00

Max 8

Registration for Community Tennis Programme will start from 08:30AM on Monday, 18 February 2019.

Please note registration is with the UNIS Tennis Academy (UTA) direct: www.unishanoi.org/UTA

For further information, queries and registration, please email our Tennis Academy Manager, Mr Nick Firth at:

tennisam@unishanoi.org

Community Tennis Programme for Adult

CTP3 Cardio Tennis

THURSDAYS X 10

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.

When CTP3a: Thursdays, 14 March - 23 May

08:30 - 09:30

CTP3b: Thursdays, 14 March - 23 May

17:30 - 18:30

Where UNIS Hanoi Tennis Courts

Cost USD10.00/hour (USD80 for block of 10)

Max 10



CTP4 Adult Social Tennis

WEEKDAYS X 9 AND WEEKENDS

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.

When CTP4a: Wednesdays, 14 March - 23 May;
19:00 - 21:00

CTP4b: Saturdays, all year round; 16:00 - 18:00

CTP4c: Sundays, all year round; 16:00 - 18:00

Where UNIS Hanoi Tennis Court

Cost CTP4a: USD80.00 (9 weeks) - Coach led

CTP4b: Player led, fee based on court rental.

CTP4c: Player led, fee based on court rental

Max 15

Note: For CTP4b and CTP4c, pay as you play, enquiries to Maeve or Nick Firth.

Registration for Community Tennis Programme will start from 08:30AM on Monday, 18 February 2019.

Please note registration is with the UNIS Tennis Academy (UTA) direct: www.unishanoi.org/UTA

For further information, queries and registration, please email our Tennis Academy Manager, Mr Nick Firth at:

tennisam@unishanoi.org

Community Sport League

CSL

Audi Basketball League (Open to Boys and Girls – U11, U16 Open Age)

FRIDAYS X 10

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 10 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 the inside 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 12 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 cortney@tlwacademy.com and she will try to place you on a team. In addition, girls will be permitted to join a boys team if there are not enough teams to complete their division.

Registration and payment dates are firm. Teams must be paid in full by March 4th at 18:00 or teams will not be able to participate in the league.



When Fridays, 15 March - 24 May; 18:00 - 20:00

Where UNIS Hanoi Sports Center

Cost

- 17,500,000 VND per team registration OR
- 2,500,000 VND per individual if registering as a “free agent” to be placed on a team

Age level U11, U16, Open Age

Minimum Roster Size 7

Maximum Roster Size 12

Registration fees include

- 1 free t-shirt for every player on team roster at start of league season
- Certified referees
- The best courts and facilities in Hanoi
- Awards
- Prizes

**For more information or to register, please contact
Cortney Al-lesa**

Email: cortney@tlwacademy.com

Mobile: +84373953785



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