Community Activities for Children

ITALIAN
by Nici Steiner
Tuesdays
For children learning Italian for the first time

DEUTSCH/German
by Ruth McKenna
Tuesdays and Thursdays
For children learning to read and write German

PAINTING FOR KIDS
by Jo-Jo Schröder
Saturdays
For children learning to paint

Community Activities for Adults

HATHA YOGA
by Sivananda
Mondays
Intensive in English and Chinese

PILATES
by E. Wright
Thursday
Introduction to Pilates, Intermediate, and Advanced

SWIM SESSIONS
by Swimming Club
One hour a week

KIDS SOCCER CLUB
by M. Jose
Saturdays
For children

BALLETT
by Ballet Company
Saturdays
For children, adults

HIP HOP
by Beck’s Hip Hop
Saturdays, 10-12
For children

DANCE WORKOUT
by M. Coates
Tuesdays and Thursdays

TAI CHI
by T. Li
Mondays, Thursdays
Intensive for staff

YOGA
by Yoga Master
Monday and Thursday
Intensive to improve flexibility and posture

BASKETBALL
by M. Johnson
Saturdays
For children

TAEKWONDO
by B. Kim
Saturdays
For children, adults (10 to 18)

Basketball Club
by Basketball Club
Saturdays
For children, adults
DIET DANCE
By Lee Peng Ying
Course: 1001210
December 3rd, 11th and 18th
3-5 pm
(6-8 weeks)
Chinese language

Meditation, Tai Chi, Yoga and Qi Gong

ENGLISH
By Chen Guowen
Monday, Tuesday, Wednesday, Thursday and Friday
9-11 am
(8 weeks)
Chinese language

CHINESE MASSAGE AND ACUPUNCTURE
By Zhou Ming
Wednesday and Saturday
9:30 am - 12 pm

ENGLISH TIME
By Chen Guowen
Monday, Tuesday, Wednesday, Thursday and Friday
9-11 am
(8 weeks)
Chinese language

CHINESE COMMUNICATION AND TUTORING
Skillup

OIL PAINTING
By Yidu Wang

CREATIVE PHOTOGRAPHY CLASSROOM
By Lawrence Chiu

CHINESE TEA CULTURE
By Huang Jiang
Thursdays

DIET DANCE
By Lee Peng Ying

MEDITATION
By Dr. Li Ming

CHINESE MASSAGE AND ACUPUNCTURE
By Zhou Ming

DIET DANCE
By Lee Peng Ying

MEDITATION
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CHINESE MASSAGE AND ACUPUNCTURE
By Zhou Ming