

Community Activities for kids



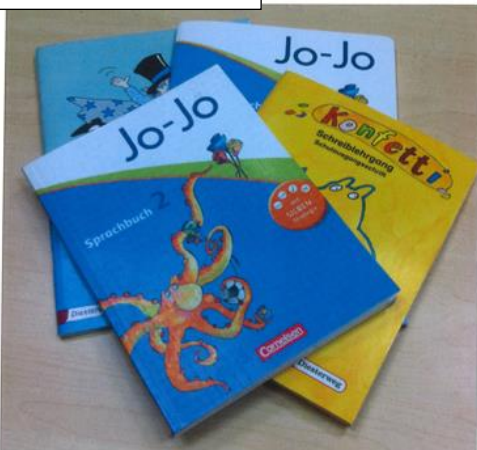
ITALIAN
 By Elisa
 Tuesdays and Thursdays
 For native speakers only, Grade 1 to Grade 11
 Parent organized Italian language classes.



KIDS SOCCER CLUB
 NIFC by Roberto Miranda
 Saturdays
 For children



BASKETBALL
 Saturdays
 Basketball Club by Kerry Paskell
 Basketball Mini's by Kirk Pebley



DEUTSCH/GERMAN
 Grundschule, by Angela Fox
 For native speaker only, PYP students (continuation of the course from last semester)
 For many years now volunteering parents together with Angela Fox have been organizing a
 German class for PYP students.



BALLET
 By Jelena Culacic
 For children, PreK-G5
 Instructions in English and Chinese
 Saturdays
 Jelena has graduated from Ballet High School in Belgrade, Serbia. She has participated in many classical and contemporary performances in Serbia, amongst "Nutcracker" and "Don Quixote".
 One of her biggest interests is working with children.



TAEKWONDO
 By Mr. Tiger
 Saturdays
 For children (K1 to G5)
 Mr. Tiger learned Material Arts from childhood. He has more than 15 years of teaching experience.
 Taekwondo is an excellent sport for children to strengthen their bones and muscles and to improve their coordination.



PAINTING FOR KIDS
 By Benji Kinenga Mushila
 Saturdays
 Classical Painting for G3 and above
 Creative Painting for G1-G2
 Painting allows the human being to emerge from himself and express his different feelings. In the class for children will also be a session of imagination painting.



HIP HOP
 By Qiu Li hang
 For children Saturdays, K2 - Grade 5
 Qiu Li hang has been teaching for more 5 years at NIS. "Keep on dancing! Keep it fun!"

Community Activities for adults



PILATES
 By Francesca Bettinelli
 Mondays (staff), Tuesdays and Thursdays (beginners and advanced)
 Francesca is a Certified Polestar Pilates instructor and has been teaching at NIS since 2013.
 Pilates improves your posture, strength and flexibility.



HATHA YOGA
 By Wen Schlotmann
 Thursdays
 Instructions in English, German and Chinese
 Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body preparing the body for deeper spiritual practices such as meditation.



SWIM SESSIONS
 By Kathrin Lammers
 Stroke Development
 Swim Session: Wednesdays



DANCE WORKOUT
 By Gina Carney
 Tuesdays and Thursdays
 Before moving to Nanjing, Gina taught dance based cardio and strength training classes in America for six years.
 This class is a mix of dance based cardio and strength training. Be ready to sweat!



TAI CHI
 By Hua Taiji
 Wednesdays
 Tuesdays for staff



YOGA
 By Sonia Wang
 Mondays, Tuesdays and Fridays
 Instructions in English and Chinese
 Sonia has been teaching Yoga since 2008. She attended the Bali Island, Hong Kong and Shanghai convention many times. The major lessons are: Yoga, anti gravity Yoga and postpartum Yoga.



DIET DANCE

By Lee bo young

Course 1: Mondays and Wednesdays, Course 2: Tuesdays and Thursdays
This is a special "2-times-per-week" course. It is designed to loose weight. The moves are mostly Zumba orientated.



Wednesdays and Saturdays



WORKOUT WITH PATRICK AND BASIC EXERCISE

2 different courses by Patrick Heckelmann Tuesdays and Saturdays
Work out with Patrick in a one hour exercise session consisting of warm-up, exercise routine explanation, work out and cool down. Each week we change exercises to address different body parts or movement patterns. Each exercise will have various progressions, therefore people with different levels are able to get the best work out benefit possible. We will use minimal equipment. Previous classes with me would be very useful. Please note that this is a work out class and not an exercise instruction class. If you like to learn about exercises, please take my exercise basic class.



CHINESE MASSAGE AND ACUPUNCTURE

By Dr. Mu

Tuesdays (continuation of the course from last semester but also new students welcome)
Learn the basics of Chinese traditional massage and the basics of acupuncture. You will learn the theory and apply it hands on in class on participants.



MANDARIN

By Jack Sui

Thursdays (beginners)
Jack Sui has been teaching Mandarin and Chinese Culture since 2008 for foreign employees and their family members.
Wednesday for staff



ENGLISH

By Cecily Gregory

Mondays, Tuesdays and Wednesdays (Beginners, intermediate and advanced)



CHINESE TEA CULTURE

By Xiao Xie

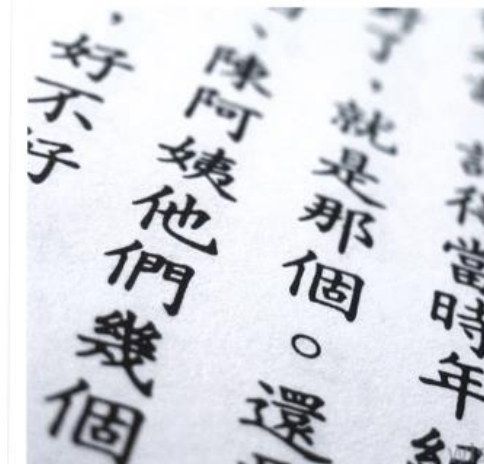
Thursdays
Learn more about the major Chinese Teas, how to prepare them, how they grow and how to select good tea.



CHINESE COMMUNICATION AND TUTORING

Ying Chen and Casey Wu

Wednesdays
This class is designed to help learners of Chinese use they newly acquired skills in Mandarin. This is a purely conversational class. Taking a beginner Mandarin class is strongly advised.



HSK PREPARATION AND MANDARIN

By Wendy Wang

HSK 4 on Tuesdays
HSK 1 and Mandarin intermediate on Fridays



OIL PAINTING

By Benji Kinenga Mashila

Thursdays for beginners and advanced
Painting allows the human being to emerge from himself and express his different feelings. During the course you will have to observe a two-dimensional and three-dimensional model in order to reproduce it. In the class for children will also be a session of imagination painting.



CREATIVE PHOTOGRAPHY CLASSROOM

By Laurence Chellai

Mondays for advanced students
Wednesdays for beginners, Fridays: weekly challenge
Coming from a world of journalism and web design Laurence Chellai is what could be called an hybrid photographer who mixes artistic practices with those of documentary photography. Her work has been exhibit internationally. Goal for the weekly challenge: the lesson is intended for novice and confirmed photographers who wish to stimulate their creativity and to sharpen their photographic eye. During the lesson you will get proposed some challenges to improve the way to show the world and to obtain more impactful photos. Each session will begin with the announcement of the challenge followed by examples and practical advices.



