

Arts

On Creating - "Painting Atelier"

For all painting levels! I invite you to explore a very unique art class. We will make creative art projects to develop a way to enjoy and learn about new painting techniques with new and exciting paints, materials and mediums. You will explore art like you never did before! Landscapes, abstracts, collages, portraits and much more. The participants will have their own art exhibit with their works at ASH 2012. Materials are not included. Budget for material from 70 Euro.
Feb 7, 14, 28, March 6, 13, 20, 27, April 3, 17, 24, May 1
Classes on April 3 and May 1 to be held in ES Conference Room. All other class dates to be held in ABF1.

AL170Tue-PM €220.00
2/7/2012-5/1/2012 Days: T
1:00 PM- 2:30 PM Sessions: 11
Maryolga Nieto
ASH, ABF, Room ABF 1

Maryolga is a local artist with more than 24 International exhibits, founder of the Art club in the NL at ASH, BSN and ISH. She studied arts and graduated in the USA literature and arts. Organizer of the International Art Club Competition, she has resided in the NL since 1997.

Photo Walk Keukenhof

The Keukenhof is one of the most popular spring time tourist destinations in North Holland and offers plenty of opportunities for the photo enthusiast. A photo walk is the perfect way to enjoy the beautiful flowers with a group of similar minded photo enthusiasts. We will spend about 2 hours in the park, and whoever wants to take more time to enjoy the displays will have plenty of time to do so. Photo walks do not require special equipment or skill - just bring your camera (from a simple point-and-shoot to sophisticated equipment- anything goes) and your enthusiasm. Please note that the park can be very busy so do not bring a large tripod or any other bulky equipment which might get in the way of other visitors.
The course fee does not include the entrance fee for the Keukenhof.
Sat, May 5.

AL280Sat-May05 €10.00
5/5/2012-5/5/2012 Days: Sa
9:00 AM-11:00 AM Sessions: 1
Oliver Jennrich
Keukenhof , Room Outside Entrance

Oliver is a self-taught photographer who considers himself an amateur in the original meaning of the word - doing it for the love of it. His interest lies mostly with black/white photography and abstract work, but he enjoys taking pictures of practically everything. At ASH, he covered the last few International Days and produced the DVD for the 2011 International Day. He is married and has two daughters at ASH. In his day job, Oliver is a scientist at the European Space Agency. Examples of his (photographic) work can be found at
http://500px.com/oliver_jennrich

Photo Walk Wassenaar

A photo walk is an ideal way to socialize and engage in photography at the same time. We will meet at the centre of Wassenaar and walk leisurely for about two hours through the small streets of Wassenaar, giving everybody ample opportunity to take that special picture. Photo walks do not require special equipment or skill - just bring your camera and your enthusiasm.

Sat March 31
AL270Sat-Mar31 €10.00
3/31/2012-3/31/2012 Days: Sa
10:30 AM-12:30 PM Sessions: 1
Oliver Jennrich
Wassenaar - Outside Bagel Alley , Room -

Oliver is a self-taught photographer who considers himself an amateur in the original meaning of the word - doing it for the love of it. His interest lies mostly with black/white photography and abstract work, but he enjoys taking pictures of practically everything. At ASH, he covered the last few International Days and produced the DVD for the 2011 International Day. He is married and has two daughters at ASH. In his day job, Oliver is a scientist at the European Space Agency. Examples of his (photographic) work can be found at
http://500px.com/oliver_jennrich

Travel Sketching: Drawing and a Touch of Watercolor (for beginners and all levels)

Travel sketching workshop
You will train in: catching main proportions; the appreciation of architectonic styles and details; the basis of good composition; using your observational skills; developing a personal style; drawing quick sketches; capturing the atmosphere of city landscapes; the perception of local color; pencils, pen sketching, pencil sketches and water effects; watercolor pencil and monochromatic effects; watercolor.
Materials needed: watercolors set, good watercolour brushes (ideally natural hair), pencil 2b, permanent black pen 0.5, palette, jar for water, kitchen paper.
<http://mvaa-architecture.blogspot.com/p/art-ep-o-workshop-students-work.html>
Feb 6, 13, 27 March 5, 19, 26

AL155Mon-PM €175.00
2/6/2012-3/26/2012 Days: M
12:00 PM- 2:00 PM Sessions: 6
Marcela Villaverde
ASH, ABF, Room ABF 1

Marcela is a citizen of both Argentina (her home country) and Spain, and has studied Art and Architecture in both countries. She holds several architectural degrees and has obtained widespread recognition in several competitive projects working for clients from various countries. She has worked on a wide range of architectural projects from interior design for individual old houses to major new commercial developments. In urban planning, she has led design teams in international architectural offices, while specializing in basic concepts for the overall structure as well as detailed design. After many years in South America and Europe, she has now made her home in the Netherlands, where she works as a freelance architect, and is developing her art career and teaching others what she has learnt. In the last two years, she has given over 50 workshops in architectural design, creativity, drawing, and watercolour painting.

Video Editing

You go on holidays, take a lot of pictures, make videos, come back home and store everything in your hard drive, and usually that hard drive ends up accumulating dust in a corner. With a bit of help you can re-live those memories, make fun exciting movies and show them easily to your friends and family. This private course will teach you the basics of filming and editing, what makes a good movie and a few tips for future holiday filming. You will learn how to import, edit, export and upload videos to the internet for easier sharing with your family.

The video program will depend on what editing program you own as these are private one-one lessons. Footage used will be whatever you have filmed during your holidays.

Note: If you would like to register someone else on this course (e.g. husband) read these notes to see how easy it is to add members to your account and register them for courses. Feb 12, 19, 26 April 15, 22, 29 May 6, 13 This is a private video-editing class so some dates may be negotiable.

AL220Sun-AM €200.00

2/12/2012-5/13/2012 Days: Su
11:00 AM- 1:00 PM Sessions: 8

Arisdelsi de la Garza Alcibia

Students' Homes, Home, Room -

My name is Arisdelsi de la Garza Alcibia. I am an Animator/Editor who loves giving life to static things, and transforming people's ideas into reality.

I graduated from the University of Technology, Sydney, Australia with a Masters degree in Animation and I also have a BA in Media Communications. I am currently working for the Publieke Zaak as a producer/editor for their movie projects, and I also take on various film and animation projects as a freelancer whenever I can. I am very enthusiastic and love creating characters/environments/stories that could not happen/exist in our world. As much as I love creating stories, I love sharing my knowledge and helping others develop their visualizing ability as well as see things in more creative ways.

<http://vimeo.com/user8015496/videos>

Culinary

Contemporary German Cooking-Spring Menu

In this course we will create a four course menu with all the delights that spring has to offer: asparagus, lettuce, wild garlic and strawberries. Soup, first course, main course and dessert will all be made from fresh local ingredients. The recipes come from my Southern German home but I interpret them in a modern, light and healthy way. Surprises guaranteed.

Thur, May 3

CU580Thr-May03 €45.00

5/3/2012-5/3/2012 Days: Th
10:00 AM- 2:00 PM Sessions: 1

Barbara Steinbauer-Groetsch

Barbara Steinbauer-Groetsch, Home, Room -

Barbara has studied film and literature and has worked as a journalist and author for over 15 years. In recent years she has turned to food journalism. She has written and published a cook book and she runs a food blog for German speaking expats:

<http://eintopfheimat.com>

Barbara has lived in numerous countries from Austria to the Middle East. In her cooking she mixes the culinary influences from these host countries with the taste of her home: Southern Germany. Being a vivid supporter of Slow Food Barbara's approach to cooking is simple: buy local ingredients and products that are in season, spice them with passion and hospitality and share the food you have created with friends and family.

Tue, May 10

CU580Thr-May10 €45.00

5/10/2012-5/10/2012 Days: Th
10:00 AM- 2:00 PM Sessions: 1

Barbara Steinbauer-Groetsch

Barbara Steinbauer-Groetsch, Home, Room -

Barbara has studied film and literature and has worked as a journalist and author for over 15 years. In recent years she has turned to food journalism. She has written and published a cook book and she runs a food blog for German speaking expats:

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Barbara has lived in numerous countries from Austria to the Middle East. In her cooking she mixes the culinary influences from these host countries with the taste of her home: Southern Germany. Being a vivid supporter of Slow Food Barbara's approach to cooking is simple: buy local ingredients and products that are in season, spice them with passion and hospitality and share the food you have created with friends and family.

Flavors of Morocco

Thanks to our history with North Africa, French cuisine includes many dishes that you will discover in this class. We will prepare two Tajines (stew); one with lamb the other with chicken. A couple vegetable side dishes and two desserts. Come join us and discover a new world of subtle and delicious flavors.

Fri, March 30

CU590Fri-Mar30 €50.00

3/30/2012-3/30/2012 Days: F
10:00 AM- 2:00 PM Sessions: 1

Anne Fribourg

Anne Fribourg, Home, Room -

Anne Fribourg grew up in Eastern France where cooking and great meals were always a part of her family life. While not a professionally trained cook, Anne has always been a student of French country cooking as she learned from her mother and grandmother. Since leaving France 14 years ago, Anne has enjoyed sharing her delicious yet simple recipes and techniques.

Tue, March 13

CU590Tue-Mar13 €50.00

3/13/2012-3/13/2012 Days: T
10:00 AM- 2:00 PM Sessions: 1

Anne Fribourg

Anne Fribourg, Home, Room -

Anne Fribourg grew up in Eastern France where cooking and great meals were always a part of her family life. While not a professionally trained cook, Anne has always been a student of French country cooking as she learned from her mother and grandmother. Since leaving France 14 years ago, Anne has enjoyed sharing her delicious yet simple recipes and techniques.

French Winter Meal

Light and easy meal yet warm and comforting in the winter month. We will pull out our Dutch ovens again to prepare this surprisingly simple and light meal that brings all the warmth and comfort needed in the winter months. Our menu will include a guinea fowl, winter veggies and several side dishes, cheese tray and luscious chocolate souffles.

Fri, Feb 10

CU600Fri-Feb10 €45.00

2/10/2012-2/10/2012 Days: F
10:00 AM- 2:00 PM Sessions: 1

Anne Fribourg
Anne Fribourg, Home, Room -

Anne Fribourg grew up in Eastern France where cooking and great meals were always a part of her family life. While not a professionally trained cook, Anne has always been a student of French country cooking as she learned from her mother and grandmother. Since leaving France 14 years ago, Anne has enjoyed sharing her delicious yet simple recipes and techniques.

Tue, Feb 7

CU600Tue-Feb07 €45.00

2/7/2012-2/7/2012 Days: T
10:00 AM- 2:00 PM Sessions: 1

Anne Fribourg
Anne Fribourg, Home, Room -

Anne Fribourg grew up in Eastern France where cooking and great meals were always a part of her family life. While not a professionally trained cook, Anne has always been a student of French country cooking as she learned from her mother and grandmother. Since leaving France 14 years ago, Anne has enjoyed sharing her delicious yet simple recipes and techniques.

Indian Classics

Lets take a journey through some popular Indian classic preparations such as Chicken Tikka Masala, Palak(spinach) Paneer, Smoked Aubergine, Mixed Dal, Saffron Rice.....
Fri, March 9

CU630Fri-Mar09 €55.00

3/9/2012-3/9/2012 Days: F
10:00 AM- 2:00 PM Sessions: 1

Dee Amin
Dee Amin, Home, Room -

Dee Amin is originally from India, but her home is the UK. She is a textile designer by profession who also likes to apply her creativity to cooking food. Dee's inspiration for cooking comes from her mother, mother-in-law and from her travels. She enjoys cooking for friends and family.

Indian Street Food 2

Street Food is not just delicious food, but also part of culture in India. Food carts, tea stands and mobile snack vendors are seen on almost every street corner. Eating street food starts from breakfast until late into the evening. So come and explore the streets of India with me.

Thur, Feb 16

CU620Thr-Feb16 €55.00

2/16/2012-2/16/2012 Days: Th
10:00 AM- 2:00 PM Sessions: 1

Dee Amin
Dee Amin, Home, Room -

Dee Amin is originally from India, but her home is the UK. She is a textile designer by profession who also likes to apply her creativity to cooking food. Dee's inspiration for cooking comes from her mother, mother-in-law and from her travels. She enjoys cooking for friends and family.

Indian Summer Food

Something different! This class will feature some traditional preparations and some contemporary creations of Indian dishes that are light and refreshing for the summer.

Thur, May 24

CU650Thr-May24 €55.00

5/24/2012-5/24/2012 Days: Th
10:00 AM- 2:00 PM Sessions: 1

Dee Amin
Dee Amin, Home, Room -

Dee Amin is originally from India, but her home is the UK. She is a textile designer by profession who also likes to apply her creativity to cooking food. Dee's inspiration for cooking comes from her mother, mother-in-law and from her travels. She enjoys cooking for friends and family.

Making Tapas is Fun

The only thing you have to bring with you are a smile, a good appetite and some kitchen clothes. For a few hours you will transport yourself to Spain while making tapas and enjoying some good wines. At the end of the evening, you will find yourself at a table of great food which you made all by yourself. A course has never tasted so good! Drinks are included!

Mon, Feb 13

CU170Mon-Feb13 €50.00

2/13/2012-2/13/2012 Days: M
7:00 PM-10:00 PM Sessions: 1

Carl Groeneveld
Me Gusta! Restaurant , Room -

Carl grew up as the son of one of Holland's greatest butchers. He learned his skills from various other well-known butchers and reached a high-level of proficiency in preparing all kinds of meats, pate, ham and sausages. After working in the field, he realized there was more to life than meat! He worked in the culinary field developing recipes, cooking methods and demonstrating the use of additives and spices. He then opened Me Gusta! Restaurant in Wassenaar. He uses the love and knowledge of Mediterranean foods to serve lunches, sell authentic products, do workshops and cater all types of events.
www.me-gusta.nl

Mogul Favorites

Moguls added another culinary aspect to Indian food introducing varied uses of lamb and aromatic rices. This cooking class will feature Lamb Biryani and other accompanying dishes.

Thur, April 19

CU640Thr-Apr19 €55.00

4/19/2012-4/19/2012 Days: Th
10:00 AM- 2:00 PM Sessions: 1

Dee Amin
Dee Amin, Home, Room -

Dee Amin is originally from India, but her home is the UK. She is a textile designer by profession who also likes to apply her creativity to cooking food. Dee's inspiration for cooking comes from her mother, mother-in-law and from her travels. She enjoys cooking for friends and family.

Simple Sushi for Beginners

Love Sushi? Come and learn the basics of the elegant art form of sushi. In this class we will present all the necessary skills to assemble an elegant and romantic sushi dinner with a selection of raw and cooked sushi recipes. Learn the skills to make four different types of sushi rolls, from the familiar to the exotic. At the end of class, we will enjoy our creations! Bring a sharp knife, an apron, and a good appetite!

Tue, March 6

CU610Tue-Mar06 €40.00

3/6/2012-3/6/2012 Days: T
10:00 AM- 1:00 PM Sessions: 1

Joanne Steimel
Joanne Steimel, Home, Room -

I am a registered nurse with a passion for creative foods and new flavors. I have been making sushi with my sweetheart on any given Friday night for the last five years.

Six Delicious Ways of Cooking Ricotta

In our workshop we will have fun preparing 3 sweet and 3 salty recipes based on Ricotta. Ricotta is an inexpensive, easy ingredient and very delicious. It can be eaten fresh or cooked, for yummy and creative dishes. You can use it to surprise your guests with preparations that look like they are coming from very sophisticated recipes. In fact, they are very easy and fast to realize. What you need is just to express your artistic side with creative compositions with a little bit of taste.

Mon, Feb 6
Additional Instructor - Antonia Procissi

CU570Mon-Feb06 €30.00

2/6/2012-2/6/2012 Days: M
2:00 PM- 5:00 PM Sessions: 1

Claudia Zanazzi
Claudia Zanazzi, Home, Room -

Claudia Zanazzi and Antonia Procissi are two Italian girls who combine the passion for cooking with the art of living healthy. They are sensitive not only to the creative and funny aspects of cooking but also to the importance of the nutritional aspects. Their scientific background comes from the PhD studies, respectively in tumor biology (Claudia) and plant biology (Antonia).
www.artsalus.com

Sweet and Savory Tarts

From traditional Quiche Lorraine to elegant tart Tatin, you'll make a variety of sweet and savory classic French tarts. You'll learn to make your own dough as well as using store bought for a quick and easy dinner. Guaranteed to be a new family favorite!
Fri, May 11

CU310Fri-May11 €35.00

5/11/2012-5/11/2012 Days: F
10:00 AM- 1:00 PM Sessions: 1

Anne Fribourg
Anne Fribourg, Home, Room -

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Tue, May 8

CU310Tue-May08 €35.00

5/8/2012-5/8/2012 Days: T
10:00 AM- 1:00 PM Sessions: 1

Anne Fribourg
Anne Fribourg, Home, Room -

Anne Fribourg grew up in Eastern France where cooking and great meals were always a part of her family life. While not a professionally trained cook, Anne has always been a student of French country cooking as she learned from her mother and grandmother. Since leaving France 14 years ago, Anne has enjoyed sharing her delicious yet simple recipes and techniques.

Tex-Mex 2

Come and learn how to make delicious Beef Enchiladas with delicious Chili Sauce. You will also learn to make "Frijoles Charros" (charro beans) and Mexican rice. Lunch will be accompanied by guacamole, hot sauce, nachos and delicious Frozen Margaritas!
Mon, March 5

CU670Mon-Mar05 €40.00

3/5/2012-3/5/2012 Days: M
10:00 AM- 1:00 PM Sessions: 1

Adriana Blanc
Adriana Blanc, Home, Room -

Adriana Blanc-Adriana is originally from Mexico, but grew up in Austin, Texas where her family owned a Tex-Mex restaurant for 30 years. She's done catering in several countries she's lived in and was the consultant in the opening of the first Tex-Mex restaurant in Damascus, Syria.

Tex-Mex Fajita Lunch

Come and join me for a delicious Tex-Mex cooking class and lunch. Most of you are familiar with fajitas and probably make them at home already. Having been in the restaurant business for 30 years, I am going to give you some tips on how to perfect your fajitas at home. You will learn how to make refried beans, Mexican rice, guacamole, hot sauce, "Pico de Gallo" and of course my famous frozen Margaritas!
Thur, March 22

CU090Thr-Mar22 €40.00

3/22/2012-3/22/2012 Days: Th
10:00 AM- 1:00 PM Sessions: 1

Adriana Blanc
Adriana Blanc, Home, Room -

Adriana Blanc-Adriana is originally from Mexico, but grew up in Austin, Texas where her family owned a Tex-Mex restaurant for 30 years. She's done catering in several countries she's lived in and was the consultant in the opening of the first Tex-Mex restaurant in Damascus, Syria.

Thai Food

Thai cuisine has become familiar to the western world due to many wonderful restaurants. Now with the growing availability of Thai ingredients, these dishes can be easily re-created at home. In Thailand the various dishes which make up a meal are served all at once. In this class you can expect this family style meal to include salad/soup, curry, stir-fry and of course, plenty of rice!
Tue, March 27

CU660Tue-Apr03 €45.00

4/3/2012-4/3/2012 Days: T
10:30 AM- 1:30 PM Sessions: 1

Nuchan (Noi) Moelgaard
Nuchan (Noi) Moelgaard, Home, Room -

Noi, originally from Thailand, has been living abroad for past 20 years and made many friends with whom she's shared her native cuisine. Her interest in Thai cooking really blossomed while living in Europe, The Middle East and Asia when she needed a taste of home.
Tue, March 27

CU660Tue-Apr24 €45.00

4/24/2012-4/24/2012 Days: T
10:30 AM- 1:30 PM Sessions: 1

Nuchan (Noi) Moelgaard
Nuchan (Noi) Moelgaard, Home, Room -

Noi, originally from Thailand, has been living abroad for past 20 years and made many friends with whom she's shared her native cuisine. Her interest in Thai cooking really blossomed while living in Europe, The Middle East and Asia when she needed a taste of home.

Tue, March 20

CU660Tue-Mar20 €45.00

3/20/2012-3/20/2012 Days: T

10:30 AM- 1:30 PM Sessions: 1

Nuchan (Noi) Moelgaard

Nuchan (Noi) Moelgaard, Home, Room -

Noi, originally from Thailand, has been living abroad for past 20 years and made many friends with whom she's shared her native cuisine. Her interest in Thai cooking really blossomed while living in Europe, The Middle East and Asia when she needed a taste of home.

Tue, March 27

CU660Tue-Mar27 €45.00

3/27/2012-3/27/2012 Days: T

10:30 AM- 1:30 PM Sessions: 1

Nuchan (Noi) Moelgaard

Nuchan (Noi) Moelgaard, Home, Room -

Noi, originally from Thailand, has been living abroad for past 20 years and made many friends with whom she's shared her native cuisine. Her interest in Thai cooking really blossomed while living in Europe, The Middle East and Asia when she needed a taste of home.

The Rich Flavours of Normandy

The region of Normandy brings its own flavors to French cooking. For this class, we will use its "culinary treasures": salted butter, cream and cheeses as well as its well known cider and Calvados. We will start with an elegant cheese appetizer, continue with cider chicken, fresh salad, regional cheese tray and exciting "crepes flambées". As a bonus, you will also learn how to make an entire meal of sweet and savory crepes. Come hungry!

Fri, April 20

CU110Fri-Apr20 €45.00

4/20/2012-4/20/2012 Days: F

10:00 AM- 2:00 PM Sessions: 1

Anne Fribourg

Anne Fribourg, Home, Room -

Anne Fribourg grew up in Eastern France where cooking and great meals were always a part of her family life. While not a professionally trained cook, Anne has always been a student of French country cooking as she learned from her mother and grandmother. Since leaving France 14 years ago, Anne has enjoyed sharing her delicious yet simple recipes and techniques.

Tue, April 17

CU110Tue-Apr17 €45.00

4/17/2012-4/17/2012 Days: T

10:00 AM- 2:00 PM Sessions: 1

Anne Fribourg

Anne Fribourg, Home, Room -

Anne Fribourg grew up in Eastern France where cooking and great meals were always a part of her family life. While not a professionally trained cook, Anne has always been a student of French country cooking as she learned from her mother and grandmother. Since leaving France 14 years ago, Anne has enjoyed sharing her delicious yet simple recipes and techniques.

Health and Fitness

Golf

10 golf lessons for the beginner or handicap player. During the course we will handle all parts of the game, including course management, etiquette and pre-shot routines. Golf clubs and driving range are included in the course fee. Practice balls are not included. Ball cards cost €11,50 and are good for 10 uses or 240 balls.

Note: If you would like to register someone else for this course, it is easy to do. Read the notes about how to add a member to your account and register them for classes.

Feb 12 March 4, 11, 18, 25 April 1, 22, 29 May 6, 13

HF150Sun-PM €200.00

2/12/2012-5/13/2012 Days: Su

1:00 PM- 2:00 PM Sessions: 10

Geoffrey Mannering

Dekker Warmond , Room Golf

Geoffrey Mannering is a graduate of the C.I.O.S. school for sport instructors. He has been a PGA Head Professional since 1989 with 22 years of experience in teaching.

Beside private lessons he also teaches youth, competition players and competition teams.

Feb 7, 14, 28 March 6, 13, 20, 27 April 3, 17 May 1

HF150Tue-PM €200.00

2/7/2012-5/1/2012 Days: T

1:00 PM- 2:00 PM Sessions: 10

Geoffrey Mannering

Dekker Warmond , Room Golf

Geoffrey Mannering is a graduate of the C.I.O.S. school for sport instructors. He has been a PGA Head Professional since 1989 with 22 years of experience in teaching.

Beside private lessons he also teaches youth, competition players and competition teams.

Kettlebell

Kettlebell training involves short powerful exercises. Because you are using multiple muscles groups at the same time, it increases your metabolism 9 times higher than regular training. This mean you burn fat very quickly. The Kettlebell workout is easy to learn, diverse, fun and increases strength as well as cardiovascular conditioning. Kettlebells will be provided by instructor. Students need a towel and workout clothing.

See more information about Kettlebell training at www.kettlebellassociation.nl

Feb 10, 17 March 2, 9, 16, 23, 30 April 20, 27 May 4, 11, 25

HF205Fri-AM €108.00

2/10/2012-5/25/2012 Days: F

10:00 AM-10:45 AM Sessions: 12

Chita van Soest

ASH, ASH, Room M3

Chita van Soest is co-owner of Extreme Fit in Wassenaar. Chita van Soest started as a client and her enthusiasm led her to become qualified as a personal trainer and master Kettlebell instructor. Her passion is for 1-1 and small group training. Her motto is "Be the best you can be." Website is www.xtremefit.nl.

Kundalini Yoga - Mixed Class (Beginners & Intermediate)

Kundalini yoga is an original and complete form of yoga and is also being referred to as the yoga of awareness. This includes dynamic exercises, focus on the breath and the use of mantras. Kundalini yoga helps you to become aware of your physical, mental, and emotional condition and simultaneously improve your health and well-being. This semester we will continue to focus more inside ourselves. Please bring a yoga mat, blanket, water and wear comfortable clothes.

Feb 9, 16, Mar 1, 8, 15, 22

HF370Thu-AM €85.00

2/9/2012-3/22/2012 Days: Th
9:00 AM-10:30 AM Sessions: 6

Anna Ekman
ASH, ABF, Room ABF 1

Anna Ekman is a certified Kundalini yoga teacher from KRI International in the Netherlands, certified acupuncturist and registered nurse.

Feb 7, 14, 28 Mar 6, 13, 20, 27

HF370Tue-AM €100.00

2/7/2012-3/27/2012 Days: T
9:00 AM-10:30 AM Sessions: 7

Anna Ekman
ASH, ABF, Room ABF 1

Anna Ekman is a certified Kundalini yoga teacher from KRI International in the Netherlands, certified acupuncturist and registered nurse.

Pilates

The Pilates method is an exercise system focused on improving flexibility and strength of the total body without building bulk. Not surprisingly, some of the first people to use the Pilates method were dancers. It is a series of controlled movements engaging your body and mind, which are performed through specifically designed exercises and supervised by extensively trained teachers. The Pilates method results in a stronger body, better posture, better shape, relaxed mind and a feeling of well being.

Feb 10, 17 Mar 2, 9, 16, 23, Apr 27 May 25 Jun 1

HF210Fri-AM €100.00

2/10/2012-6/1/2012 Days: F
10:30 AM-11:30 AM Sessions: 9

Pheona Rossiter
ASH, ABF, Room ABF 1

Pheona Rossiter's experience includes Fitness and Aerobics instructor, Pilates instructor (Pure Pilates, Stott Pilates and Ground Control Pilates) and various forms of Yoga (Power, Kundalini, and Hatha), Sports Massage, Shiatsu Therapy, Foot Reflex and Thai Massage.

Feb 6, 13, 27 Mar 5, 12, 19, 26 Apr 2, 16, 23 May 7, 14, 21 Jun 4

HF210Mon-AM €154.00

2/6/2012-6/4/2012 Days: M
10:00 AM-11:00 AM Sessions: 14

Pheona Rossiter
ASH, ASH, Room M3

Pheona Rossiter's experience includes Fitness and Aerobics instructor, Pilates instructor (Pure Pilates, Stott Pilates and Ground Control Pilates) and various forms of Yoga (Power, Kundalini, and Hatha), Sports Massage, Shiatsu Therapy, Foot Reflex and Thai Massage.

Feb 15, 29 Mar 7, 14, 21 Apr 18, 25 May 23, 30 Jun 6

HF210Wed-AM €110.00

2/15/2012-6/6/2012 Days: W
10:45 AM-11:45 AM Sessions: 10

Pheona Rossiter
ASH, ABF, Room ABF 1

Pheona Rossiter's experience includes Fitness and Aerobics instructor, Pilates instructor (Pure Pilates, Stott Pilates and Ground Control Pilates) and various forms of Yoga (Power, Kundalini, and Hatha), Sports Massage, Shiatsu Therapy, Foot Reflex and Thai Massage.

Recreational Volleyball

Co-ed recreational volleyball is an opportunity to exercise, have fun, and enjoy friendly competition. Interest in recreational volleyball has sky-rocketed in the last season. Based on this demand, we have added a second weekly session. Volleyball will now be played on Mondays and Wednesdays from 19.00 to 21.00 in the ASH gym.

Join us for some fun and fitness.

Note: Want to register someone else for this course (e.g. your husband)? Read these notes to see how easy it is to do

Feb 6, 8, 13, 15, 27, 29; Mar 5, 7, 12, 14, 19, 21, 26, 28; Apr 2, 4, 16, 18, 23, 25; May 7, 9, 14, 16, 21, 23, 30; Jun 4, 6

Most classes will be held in the Sportshall - a few Wed nights are scheduled in the MS Gym (Feb 29, March 7, 14, 21, April 25, May 30, & June 6)

HF190MonWed-EVE €50.00

2/6/2012-6/6/2012 Days: MW
7:00 PM- 9:00 PM Sessions: 29

Jan Lodding
ASH, ASH, Room Sportshall

Jan Lodding has been an Adult Ed volleyball player since 2008 and an instructor since 2011.

Stability Ball Workout

The course will take you through a range of exercises on the stability ball, demonstrating the versatility to enable you to maximize the use of your ball at home. The course will be progressive. Students will need to provide their own stability ball, exercise tube and a towel/mat.

Feb 8, 15, 29 Mar 7, 14, 21 Apr 18, 25

HF200Wed-AM €100.00

2/8/2012-4/25/2012 Days: W
9:00 AM-10:00 AM Sessions: 8

Paul van Brink
ASH, ABF, Room ABF 1

Paul van Brink is a personal trainer certified by the American Council on Exercise and has experience working with both (small) group exercise and one-on-one personal training. Paul is a certified bootcamp instructor, spinning instructor and sport masseur. He has been teaching Adult Ed's stability ball class for the last three semesters with great pleasure.

Tennis - Beginners

Tennis lessons for beginners. Join the ASH parent's favorite instructor to improve your skills and have fun.

Feb 9, 16 March 1, 8, 15, 22, 29

HF130Thu-AM €154.00

2/9/2012-3/29/2012 Days: Th
11:00 AM-11:50 AM Sessions: 7

Eric Wong Chung
De Klinkenberg, Room Tennis Courts

Eric has over 30 years of experience as a Tennis Pro, Fitness Instructor and Personal Fitness Coach. He's coached top junior tennis players and conducted tennis clinics with the world's best players and coaches, including Roger Federer, Richard Krajicek and, Stan Franker (also a Wimbledon winner, and coach of Krajicek and Eric himself). He has been a personal tennis instructor to members of Royal Families, Ambassadors and Captains of Industry. Eric is currently a Tennis Pro and Personal Trainer for Azzurro Wellness in Noordwijk, ASH Adult Education, and he provides group lessons for many ex-pats in the area.

Tennis - Intermediate/Advanced

Tennis lessons for intermediate and advanced players. Join the ASH parent's favorite instructor to improve your skills and have fun.

Feb 9, 16 Mar 1, 8, 15, 22, 29

HF140Thu-PM €154.00

2/9/2012-3/29/2012 Days: Th
12:00 PM-12:50 PM Sessions: 7

Eric Wong Chung

De Klinkenberg, Room Tennis Courts

Eric has over 30 years of experience as a Tennis Pro, Fitness Instructor and Personal Fitness Coach. He's coached top junior tennis players and conducted tennis clinics with the world's best players and coaches, including Roger Federer, Richard Krajicek and, Stan Franker (also a Wimbledon winner, and coach of Krajicek and Eric himself). He has been a personal tennis instructor to members of Royal Families, Ambassadors and Captains of Industry. Eric is currently a Tennis Pro and Personal Trainer for Azzurro Wellness in Noordwijk, ASH Adult Education, and he provides group lessons for many ex-pats in the area.

The Art of Mindfulness

Mindfulness is a learned technique that leads to greater self-confidence and mental clarity, lower stress and anxiety, and improved sleep. It also alleviates Autism-spectrum challenges. It is excellent for athletes, performers, writers and artists. This class is open to anyone who wants to find a greater sense of contentment and heightened performance. The results are extremely positive and proven, and no special materials are required-- just a willingness to become your best!

Feb 15, 29, March 7, 14, 21, 28, April 4, 18
March 28 & April 4 classes to be held in ASH Seminar Room and Board Room, respectively - all other classes to be held in ABF2.

HF381Wed-AM €125.00

2/15/2012-4/18/2012 Days: W
11:00 AM-12:15 PM Sessions: 8

Kara Smith

ASH, ABF, Room ABF 2

Kara Smith, American, has lived and worked in Europe, the US, Asia and the Middle East throughout her 20-year career. She holds degrees in Eastern Studies and International Affairs, and is certified in classical yoga, meditation and Ayurveda instruction. She is a frequent presenter on stress relief and well-being, and has worked successfully with numerous athletes, students, and corporate leaders to improve performance and lower anxiety.

www.mindwellfoundation.org

Yoga - Mixed Levels

This course is for beginners in their first steps in yoga, as well as for more advanced students. In the lessons, students learn yoga body positions, breathing techniques and relaxation. By that the body becomes stronger and more flexible and the mind calms down. There is an emphasis on creating harmony between body, breath and mind. People with different problems like high blood pressure, asthma, lower backaches etc. can benefit from practising yoga. In the lessons attention is given to the individuals with their own yoga level and their own problems. Please wear comfortable clothes and bring a yoga mat and a blanket.

Feb 8, 15, 29 Mar 7, 14, 21 Apr 18, 25 May 23, 30 June 6

Feb 29 class will be held in ABF2. All other classes will be held in ABF3.

HF105Wed-AM €165.00

2/8/2012-6/6/2012 Days: W
9:00 AM-10:30 AM Sessions: 11

Anat Preiss

ASH, ABF, Room ABF 3

Anat is a qualified yoga teacher with over 20 years experience. She has taught adults and children in Israel, Switzerland, and now in The Netherlands, in both groups and individual lessons. In the lessons she emphasizes the awareness of body, breath and mind, and of ways of bringing them together. This awareness can be extended to daily life and improve its quality.

Anat also gives workshops for lower backache and Reiki treatments. www.yogaforall.net

Languages

Dutch as a Second Language - Evening Beginners Course

This course is for people with little or no knowledge of the Dutch language. The course is built around everyday situations, combined with grammar lessons and vocabulary expansion. During the course, field trips are arranged. The starting level of this course is between level A0 and A1 of the Common European Framework. Additional materials are not included in the price, but can be bought during the first class.

Feb 6, 13, 27 Mar 5, 12, 19, 26 Apr 2, 16, 23

LA120Mon-EVE €210.00

2/6/2012-4/23/2012 Days: M
7:30 PM- 9:30 PM Sessions: 10

Bally Bakker

ASH, ASH, Room N201

Bally Bakker is a certified Dutch teacher and (in)company trainer that teaches with a smile and a positive state of mind. He is known for combining proven methods of learning with a personal touch. After having obtained a bachelor in communication sciences at the University of Utrecht, he is currently obtaining his master degree in educational sciences. His classes are not necessarily easy, but you will walk out of the classroom with a big smile on your face.

Dutch as a Second Language - Evening Intermediate Course

This course is for people who are already familiar with the Dutch language. The course is built around everyday situations, combined with grammar lessons and vocabulary expansion. The starting level is between level A1 and A2 of the Common European Framework. Additional materials are not included in the price, but can be bought during the first class.

Feb 7, 14, 28 Mar 6, 13, 20, 27 Apr 3, 17, 24

LA130Tue-EVE €210.00

2/7/2012-4/24/2012 Days: T
7:30 PM- 9:30 PM Sessions: 10

Bally Bakker

ASH, ASH, Room M162

Bally Bakker is a certified Dutch teacher and (in)company trainer that teaches with a smile and a positive state of mind. He is known for combining proven methods of learning with a personal touch. After having obtained a bachelor in communication sciences at the University of Utrecht, he is currently obtaining his master degree in educational sciences. His classes are not necessarily easy, but you will walk out of the classroom with a big smile on your face.

Dutch as a Second Language, Level 2

This is an intensive course for people who already attended an intensive course for beginners, level 1. The starting level is about A1 of the Common European Framework and the aim is to reach halfway level A2. Participants must have enough time for homework, mainly on a computer (three hours every week). It is absolutely necessary to have a WINDOWS computer, no MAC. Emphasis is on speaking and listening. The course is organised around themes of everyday life. Course Material: Code 1, €93,10 payable to the instructor. Chapters 6-10
Feb 15, 29 March 7, 14, 21, 28 Apr 4, 18, 25 May 9

LA170Wed-AM €235.00

2/15/2012-5/9/2012 Days: W

9:30 AM-12:00 PM Sessions: 10

Frans van der Putten

ASH, ASH, Room Seminar Room

Frans van der Putten has studied Dutch Literature and Linguistics at Leiden University and has been teaching Dutch as a second language for more than twenty years.

English as a Second Language

This course builds upon the language skills of students who already have a basic knowledge of English. The aim of each lesson is to encourage students to communicate with each other using the basic grammar and vocabulary they have learned. Some of the topics will include real life situations, travel and cultural events. Students will be required to purchase a workbook.

Feb 7, 14, 28 Mar 6, 13, 20, 27 Apr 3, 17, 24

LA220Tue-AM €210.00

2/7/2012-4/24/2012 Days: T

10:00 AM-11:30 AM Sessions: 10

Janice Koris

Janice Koris, Home, Room -

Janice Koris is a certified instructor of the Cambridge CELTA program which is globally recognized for its excellence in English language instruction. She holds a Bachelor of Science degree in Business Administration and a Masters degree in Government Contracting. She enjoys working with multi-cultural students and teaching them English in a challenging but relaxed environment.

Survival Dutch

Tired from unpacking? Homesick? No need nor energy to learn Dutch?! You're absolutely right: In The Netherlands almost everyone speaks English. So, who cares? Unless....you want to read the supermarket specials, understand your neighbors and need to complain about a bad hair job. Easy sentences and useful up-to-date news/info combined with my famous coffee. Let me help you to survive in your new country and guess what.. no homework! Tot ziens!=See you!
Feb 9, 16 Mar 8, 15, 22, 29 April 5, 19, 26 May 3

LA150Thu-AM €200.00

2/9/2012-5/3/2012 Days: Th

9:30 AM-11:30 AM Sessions: 10

Inga Spapens

Inge Spapens, Home, Room -

Raised in The Netherlands Antilles, Inga has advanced degrees in Law and Hotel Management, is an open-water SCUBA diver and used to be a Children's First Aid Instructor, which comes in handy as a mother of four. Inga's classes are known for hardly any drop-outs and an ambience of connecting people from various countries and backgrounds.

Feb 7, 14 Mar 6, 13, 20, 27 April 3, 17, 24 May 1

LA150Tue-AM €200.00

2/7/2012-5/1/2012 Days: T

9:30 AM-11:30 AM Sessions: 10

Inga Spapens

Inge Spapens, Home, Room -

Raised in The Netherlands Antilles, Inga has advanced degrees in Law and Hotel Management, is an open-water SCUBA diver and used to be a Children's First Aid Instructor, which comes in handy as a mother of four. Inga's classes are known for hardly any drop-outs and an ambience of connecting people from various countries and backgrounds.

Introduction to Personal Style

Do you feel like you're having a hard time putting outfits together that flatter you? Do you stare blankly at your wardrobe wondering what to wear? I have the solution! I will help you shop for flattering outfits in your budget and style.

In this introductory session, I will give you ideas on what suits you and explain those little details that can make a big difference. If you are interested, we can then arrange a follow-up one-to-one session where I will go through your wardrobe with you and get going on discovering a new you. You will be surprised at what you can find.

Tue, March 13

PG260Tue-Mar13 €30.00

3/13/2012-3/13/2012 Days: T

10:00 AM-12:00 PM Sessions: 1

Kristine VanDuffel Corthouts

Kristine VanDuffel Corthouts, Home, Room -

I am from Belgium and have always been passionate about fashion. Through my experience working at a television station I have had the opportunity to meet Belgian clothing designers and get more involved in the fashion industry. I have been advising colleagues and friends for years on what to wear and to look and feel better.

Tours

Personal Growth

Antiques Outing in Amsterdam with The Antiques Diva

Tour Amsterdam Diva Style discovering the best antique shops in Amsterdam with The Antiques Diva™ & her locally based Diva Guide! We'll start the day at the Grand Café-Restaurant 1e klas in Amsterdam's Centraal Station before heading to Museum Island. But rather than seeing some Van Gogh's and Rembrandts, we'll do some cultural cruising looking at art and antiques in Holland's most famous antiques district - the Spiegelkwartier - just opposite the Rijksmuseum! My theory is why visit the museum when you can instead shop nearby purchasing museum-quality pieces that you can bring home with you? We'll learn the history on certain period pieces, discuss bargaining tactics and point out the best places to drop your dough - simply put, we'll exhaust the Spiegelkwartier and they'll never know what hit them.

But that's not all, we'll also visit an indoor antiques mall a few blocks away where you're practically guaranteed to go home with something sensational in hand! On tour we'll visit everything from high-end-high-sheen sensational antique shops to beautiful budget conscious bric-a-brac shops.

Visit The Antiques Diva™ blog at www.antiquesdiva.com for more mouth-watering details on where to stop, shop and roll out the dough on your travels through Europe!

You will need to arrive at the location above in Amsterdam by 10:00 am, either by car or public transport. I will e-mail everybody the list of who signs up, and then arrangements can be made for carpooling if needed.

Fri, Apr 20

TO112Fri-Apr20		€55.00
4/20/2012-4/20/2012	Days:	F
10:00 AM- 3:00 PM	Sessions:	1
Tour Guide		
Tours , Room Meeting Location TBA		

Antiques Shopping in The Hague with The Antiques Diva

Join Toma Clark Haines, The Antiques Diva™, author of the popular antique shopping, travel and lifestyle blog on an insider's walking and shopping tour of The Hague, visiting The Diva's favorite Art, Antique, Vintage & Home Décor shops. Ideal for orienting yourself in your new home town! We'll meet inside the posh hotel lobby of the Hotel des Indes, Den Haag where you can order (at your own cost) a cappuccino to sip whilst chatting with Toma and her local Dutch Tour Guide. Toma will share shopping secrets and give out some secret

Diva-Take-Home-Resources, cluing you into other addresses and antique locations you need to know. Then we'll meander the town, antique shopping Den Haag style.

We'll discuss pricing, the art of bargaining, and decorative ideas that are downright "gezellig". We'll stroll the Frederikstraat & Denneweg, popping into home decorating, antique and fabric stores. Shopping with The Diva is like shopping with your best friend and interior decorator all tied up in one! But do note you must eat a big breakfast before heading out the door - shopping with The Diva is hard work. We won't stop for lunch until 1.45 - although there will be a sandwich shop mid-tour where you can pop in for a bite to go if you can't keep pace! Visit The Antiques Diva™ blog at www.antiquesdiva.com for more mouth-watering details on where to stop, shop and roll out the dough on your travels through Europe.

Thu, Mar 15

TO104Thu-Mar15		€55.00
3/15/2012-3/15/2012	Days:	Th
10:00 AM- 2:00 PM	Sessions:	1
Tour Guide		
Hotel des Indes, Den Haag , Room Lange Voorhout 54-56		

Bike Tour of Amsterdam & Countryside

The nicest and most Dutch way to explore Amsterdam is by bike!

An experienced guide will lead you through the city's finest places in a funny, interesting and also healthy way. You will make several stops to visit an old windmill, a 400 year old farm where cheese & clogs are made, to a Polder (reclaimed land), the Pijp neighborhood, and through several parks. This tour is rain or shine. We will travel to Amsterdam on a luxury coach to the beginning of the tour. The bikes and rain gear are provided. It is an easy, fairly flat ride that is 20 km long over 3-4 hours with stops. It is good for any level biker!

Thu, May 10

If we receive enough waitlisted registrations, we will consider adding a second tour!

TO199Thu-May10		€50.00
5/10/2012-5/10/2012	Days:	Th
9:00 AM- 3:30 PM	Sessions:	1
Tour Guide		
ASH , Room Carpark (Luxury Coach)		

Biking Through the Tulips

Biking through the tulip fields in the Netherlands is an amazing experience! You will meet your guides, Martha Gonzalez and Melissa Rider, with your bike and ride to the train station in Voorschoten. From there you will board the train with your bike and get off at Hillegom station, and enjoy a leisurely ride back to Wassenaar through the fields of daffodils, hyacinths and tulips, with plenty of stops for photos. There will be a coffee stop somewhere along the route too, but you should bring water and something to eat. Participants need to be aware that the trip back will be about 40km, so a good working bike and some ability are necessary, but this will be a leisurely ride. At the train stations the bikes may need to be moved up and down stairways, as the elevators are not always working. Train fares and bike fares are included in the fee. Tour meets at the van Oldenbarneveltweg bus stop in Wassenaar. If we cannot ride due to the weather, the ride will be held one week later.

Thu, Apr 19

(Thu, April 26 - rain date)

TO320Th-Apr19-9.45 €15.00

4/19/2012-4/19/2012 Days: Th
9:45 AM- 3:45 PM Sessions: 1

Tour Guide
Van Oldenbarneveltweg Bus Stop, Wassenaar
, Room -

Thu, Apr 19
(Thu, April 26 - rain date)

TO320Thu-Apr19-8.30 €15.00

4/19/2012-4/19/2012 Days: Th
8:30 AM- 2:45 PM Sessions: 1

Tour Guide
Van Oldenbarneveltweg Bus Stop, Wassenaar
, Room -

Tue, Apr 24
(Tue, May 1- rain date)

TO320Tu-Apr24-9.45 €15.00

4/24/2012-4/24/2012 Days: T
9:45 AM- 3:45 PM Sessions: 1

Tour Guide
Van Oldenbarneveltweg Bus Stop, Wassenaar
, Room -

Tue, Apr 24
(Tue, May 1- rain date)

TO320Tue-Apr24-8.30 €15.00

4/24/2012-4/24/2012 Days: T
8:30 AM- 2:45 PM Sessions: 1

Tour Guide
Van Oldenbarneveltweg Bus Stop, Wassenaar
, Room -

Explore Historic Naarden

The star-shaped town is famous for it's fortress, uniquely painted church and other monuments. Come explore the fort and museum, take a boat tour on the moat around the city, and then you can choose whether to climb the church tower, explore the sites or visit the shops with a self-guided city-walk. The cost of the tour includes luxury coach transportation, a guided tour of the fortress, and a 45 minute boat ride. The entrance to the museum/fort is not included; it is 6 euros or FREE with a MUSEUM CARD. Lunch is also not included.

The tour will leave from ASH at 9:00 am and return by 3:30pm.

Fri, May 4

TO330Fri-May04 €40.00

5/4/2012-5/4/2012 Days: F
9:00 AM- 3:30 PM Sessions: 1

Tour Guide
ASH , Room Carpark (Luxury Coach)

Leiden Walking Tour

Discover the secrets of beautiful historic Leiden in this tour. Your tour guide, Conneke Mulder, is a long time resident of the Leiden area. Conneke will lead you through Leiden's meandering streets to see many sights, including Rembrandt's birthplace, the Pieterskerk, and some of the hidden hofjes, with their peaceful gardens. During the tour, you will stop in one of Leiden's many cafes for coffee (at your own expense), and after the tour you will be free to explore Leiden further on your own, or check out a museum, or just enjoy the local shopping. We will meet at the parking lot of Stedelijk Molenmuseum De Valk in Leiden at 9:15. Driving or bus directions will be given to participants by email. Tour will begin at 9:30.
Wed, Mar 28

TO102Wed-Mar28 €18.00

3/28/2012-3/28/2012 Days: W
9:30 AM-12:00 PM Sessions: 1

Tour Guide
Car Park - Molenmuseum De Valk, Leiden ,
Room Lammermarkt 10, Leiden

Peace Palace Guided Tour and Museum

The Peace Palace in The Hague is home to renowned international judicial bodies such as the International Court of Justice and the Permanent Court of Justice. It was built in 1889 by Andrew Carnegie's Foundation as a result of the First World Peace Conference. All the countries that participated in the two Hague Peace conferences contributed in some way to the embellishment of the Peace Palace, and many other countries have since donated precious objects, pieces of art or raw material that were used for the construction or decoration of the Palace. Come see the Palace's corridors, Grand Staircase, Small Hall of Justice, Japanese Room, Courtyard, and the Grand Hall in which the International Court of Justice holds sessions. The building & museum can only be seen with a group reservation, so this is a chance for you to see the inside of this incredible facility. Tour price includes transportation and a guided tour of the Palace & museum. We will meet at ASH at 10:30 am, the tour will start at 11 am and return around 2:00 pm.

Tues, Feb 14

TO109Tues-Feb14 €25.00

2/14/2012-2/14/2012 Days: T
10:30 AM- 2:00 PM Sessions: 1

Tour Guide
ASH , Room Carpark

**The World's Biggest and Best
"To The Trade" Antiques
Source Tour**

Spend a Saturday with Toma Clark Haines, The Antiques Diva® & her Diva Guide in Belgium at the WORLD'S LARGEST "To The Trade Source" where you cut out the middle man and buy your antiques direct from a dealer who specializes in selling exclusively "to the trade".

On this tour you'll have the opportunity to shop wholesale prices on antiques in a mansion in the Belgian countryside before visiting 4 giant warehouses filled to overflowing with antiques! These aren't "flea market" vintage pieces – but real antiques, high quality, higher end pieces perfect for the serious shoppers and an opportunity exclusively for The Antiques Diva & Co clientel.

Visit The Antiques Diva™ blog at www.antiquesdiva.com for more mouth-watering details on where to stop, shop and roll out the dough on your travels through Europe!

You will meet at ASH at 9am to carpool and return by 7pm.

Sat, Apr 21

TO340Sat-Apr21 €60.00

4/21/2012-4/21/2012 Days: Sa

9:00 AM- 7:00 PM Sessions: 0

Tour Guide

ASH , Room Carpark (to carpool)

TO119Tue-Mar20 €50.00

3/20/2012-3/20/2012 Days: T

8:45 AM- 3:00 PM Sessions: 1

Tour Guide

ASH , Room Carpark (Luxury Coach)

**Walking Tour of Historical
Amsterdam**

During this 3 hour private stroll around the historical centre an experienced guide will expose you to over 800 years of Amsterdam history and culture. From its humble beginnings on the river Amstel to the glorious Golden Age, Amsterdam has an exclusive place in world history. It is a history the guide can bring vividly to life. Get a taste of this beautiful city and wander through the Jordaan area, step back in time at the Beginhof, learn about historic sites and walk through the red light district.

We will meet at the ASH parking lot at 8:45 and board a coach for the trip to Amsterdam. The walking tour will begin at 10:00 and we will pause for lunch (at your expense), before continuing with the tour. We will return to ASH by 3:00 pm.

Tues, Mar 20