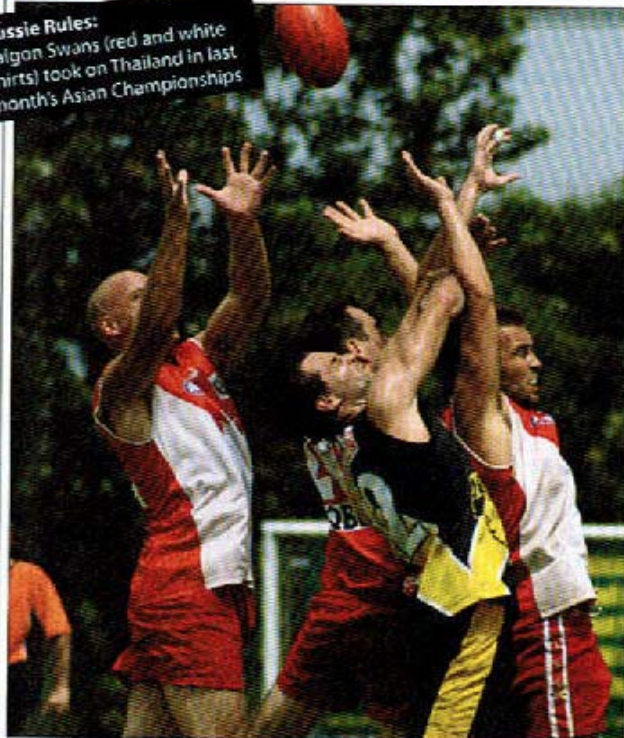


Sport & Leisure

Aussie Rules:
Salgon Swans (red and white shirts) took on Thailand in last month's Asian Championships



Amusement

Dam Sen Park

Dng Ich Khiem, D11

Large theme park with many attractions, including a waterpark, fairground rides, bowling, tennis, billiards, children's play area and restaurants. Entry to the water park costs from VND40,000 to VND60,000.

Diamond Plaza Bowling

4th floor, Diamond Plaza, 34 Le Duan, D1
Good-quality and highly popular bowling alley on the same floor as a fairly large amusement arcade, Pizza Hut and a branch of KFC.

Powerbowl 388

Parkson Department Store, 35-45 Le Thanh Tan, D1 Tel: 829 5388
Side by side with a noisy gaming arcade, this place is always teeming with families

and pre-teens. Games cost VND20,000 on weekday mornings, going up to VND40,000 on weekends.

Saigon Superbowl

43A Truong Son, Tan Binh Tel: 848 8888
One of the largest and brightest bowling alleys with 32 lanes, two restaurants, a cafe and a billiards area. It's always busy so booking is advised. There's also some thumping music to accompany your strikes. Bowling starts from VND20,000 and billiards from VND30,000.

Saigon Zoo & Botanical Gardens

2 Nguyen Binh Khiem, D1 Tel: 822 1384
Botanical gardens and zoo with standards that are getting better by the year. The only place in town you can rent a bicycle to pedal yourself.

The Cave Billiards

102 Nam Ky Khoi Nghia, D1
Shining entry space with Aeria, this air-

conditioned billiard and pool hall boasts over 20 imported international standardized tables, a bar overlooking the rows of billiard tables and friendly staff. The Cave charges a flat fee of VND50,000 per hour. A place to wind down a busy day.

Basketball

Phan Dinh Phung Club

8 Vo Van Tan, D3 Tel: 823 3840
This is where most of the Asian teams - Filipinos, South Koreans and Japanese - play. In fact, six Filipino teams, including Mismo Ngyaon who plays every Sunday morning can be found here.

Saigon Expats

kurtislaw@best.com.vn
Hosts a weekly basketball night every Wednesday at the Saigon South International School stadium. Looking to attract regular participants, anyone is welcome to come along and play or watch as long as they have an invitation, which can be obtained through Kurtis Law on 0903 904054.

Clubs & Societies

International Ladies in Vietnam

www.ilvietnam.info
A long-established support group that organises a range of activities and outings for its members. Regular Thursday coffee mornings (VND60,000) from 9.30am to 11.30am at the Saigon Town & Country Club's An Phu site. First year membership US\$20; annual renewal US\$15.

Saigon Town & Country Club

An Phu, District 2 Tel: 890 9788
www.saigonfcc.com
If it's a taste of the good life you're after, look no further. Membership starts at US\$5,000 for individuals. Superb facilities spread over two campuses include three different eateries, several bars, a multi-use sports field, a squash court, jogging track and three pools.

Sedona Town Club

Saigon Centre, 65 Le Loi, D1
Tel: 822 9686
Elegant yet affordable club which mixes business with pleasure, combining a business center and library with fine dining indoors and a disco, cool drinks by the pool. Includes mini movie theatre and children's play area. Affiliated with a dozen clubs from around the world.

Cookery Classes

Caravelle Hotel Cooking Classes

Caravelle Hotel, 19 Lam Son Square, D1
Tel: 823 4999
The prestigious hotel also offers full-day Vietnamese cooking classes for groups of up to 20 people. The classes include a visit to the market with the sous chef.

Costs US\$40 each for a minimum 10 people.

L'Olivier Cooking Classes

Sofitel Plaza, 17 Le Duan, D1
Tel: 824 1666
Executive chef Sakal Phoeung explains the delights of Provençal cuisine, ending with a three-course lunch with wine and a debriefing. Classes are held on the last Wednesday of each month and cost US\$40 each for a minimum of two people. Arrange a week in advance.

Vietnam Cookery Centre

362/8 Ung Van Khiem, Binh Thanh
Tel: 512 1491
Well-known Vietnamese cooking class with half-day and more in-depth eight-day courses. Students work in a comfortable kitchen area with their own stove and workspace. Eight-day course costs US\$160.

Cricket

Saigon Cricket League

Limited-over matches played at the RMIT sportsground in District 7. League includes teams from four nations - Australia, England, India and Sri Lanka - as well as a team from RMIT. All teams are on the look out for new talent.

Australian team

saigonaustraliancricketclub@yahoo.com

England Team

richardcamington@apollobeducation.com
alan.mossman@altusholdings.com

Indian Team

subhach@hcm.fpt.vn

vinikal@msca.com.vn

RMIT Team

oksliven@hotmail.com

london.carnie@rmit.edu.vn

Sri Lankan Team

angelo.perera@ditl.com

uduladassaniyake@hcm.vn.vn

Dancing

Cowboy Line Dancing

Texas Bar-BQ, 206 Pasteur, D3

Tel: 823 1459

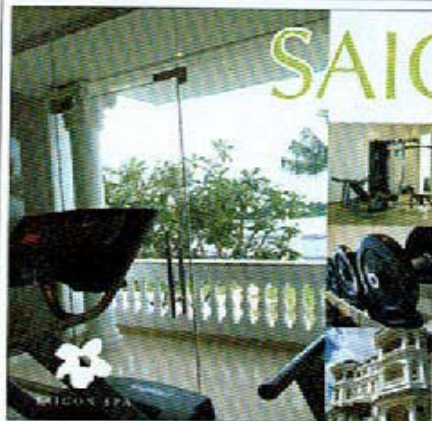
Free Country and Western Line Dancing lessons in air-conditioned comfort every Friday morning from 10.30pm to 12pm and Saturdays from 3pm to 5pm or by appointment. Thursday night performances from 7pm to 9pm offer students a chance to come show off their new skills. Email: Mia.Lee at midozier@yahoo.com for more details.

DanCenter

46/2 Nguyen Cuu Van, Binh Thanh

www.dancenter.vn.com

Modern dance studio with classes in jazz, ballet, hip hop, dance funk, salsa and stretching for adults and children of all levels. US\$10 per session, US\$90 for 10 or US\$160 for 20. First class is free.



SAIGON SPA FITNESS

MEMBERSHIP FEE

01 Month	03 Months	06 Months	12 Months
\$ 100	\$ 275	\$ 500	\$ 900
TAX INCLUDED			

GUESTS AND VISITORS FEE

Members guests:	\$ 10 per person and day
Day Visitor:	\$ 20 per person and day

MEMBERS PRIVILEGES

- 25m Swimming pool, Herbal Jacuzzi, Herbal Steam Bath, Dry Sauna facilities.
 - Free spa treatment (Aromatic Body Scrub), 2 times per month.
 - 20% discount on spa packages.
 - 25% discount during off-peak hours
 - 20% discount on a-la-carte spa treatments.
- For Your Guests*
- 10% discount on spa packages and a-la-carte treatments.

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