



华夏南部中文学校
Huaxia South Chinese School

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华夏中文学校南部分校 儿童及成人文体课介绍 ([Registration](#)) 2025—2026 学年

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儿童文体课 **Children's literature and sports Classes**

时间/Time : 每周六3:30-4:20pm, 或另行通知Saturdays 3:30-4:20pm or otherwise stated

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时间/Time : 每周六3:30-4:20pm, 或另行通知Saturdays 3:30-4:20pm or otherwise stated

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TA Club 兴趣俱乐部（适龄：小学至高中） 36-37

时间/Time : 每周六3:30-4:20pm, 或另行通知 Saturdays 3:30-4:20 pm or otherwise stated

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儿童文体课 Children's literature and sports Classes

■ 课程名称/Class Name: 中文初级阅读、读书班 Chinese elementary reading and reading I

教师/Teacher: 郭小川 Guo Xiaochuan

时间/Time: 周二 Tuesdays, 8:00 - 8:50pm 网课 online class

学生年龄组: 中文 4 年级以上 (包括 4 年级)

教授内容: 中文学到四年级, 常常会有学生问为什么要学中文? 因为他们读不懂课文以外的简单中文故事。上课只是完成中文课本内容而没有机会阅读课外中文读物。时间长了会影响孩子继续学中文的兴趣和信心。本课程是在老师教授辅导下, 由孩子完成阅读与他们中文水平、兴趣接近的不同材料 (包括中国文化、历史、科学、故事、人物传记等), 提高学生的中文阅读水平。欢迎喜欢阅读的孩子一起来读中文故事书。

Student age group: Chinese 4th grade and above (including 4th grade)

Teaching content: When Chinese is in the fourth grade, students often ask why they should learn Chinese? Because they cannot read simple Chinese stories outside the textbook. In class, they only complete the content of the Chinese textbook and have no chance to read extracurricular Chinese books. Over time, it will affect the children's interest and confidence in continuing to learn Chinese. This course is taught by teachers, and children complete reading different materials close to their Chinese level and interests (including Chinese culture, history, science, stories, biographies, etc.) to improve students' Chinese reading level. Children who like reading are welcome to read Chinese story books together.

■ 课程名称： 中文中级阅读/读书班Chinese Reading II

教师/Teacher: 郭小川 Guo Xiaochuan

时间/Time: 周三 Wednesdays 8:00 - 8:50 pm 网课 online class

学生年龄组: 中文八年级以上（包含八年级）

教授内容: 课程的阅读材料以短、中篇小说为主，配合适合的词语其它有趣味读物，老师当字典，陪伴学生阅读，快速积累汉语词汇，巩固扩展中文的听说读写能力，提高自我阅读能力。如果您或您孩子喜欢读书，欢迎加入我们轻松阅读/读书班！

Student age group: Chinese eighth grade and above (including eighth grade)

Teaching content: the reading materials of the course are mainly short and medium-length novels, with other interesting reading materials with appropriate words. The teacher acts as a dictionary and accompanies students in reading, quickly accumulating Chinese vocabulary, consolidating and expanding Chinese listening, speaking, reading and writing skills, and improving self-reading ability. If you or your children like reading, you are welcome to join our easy reading/reading class!

■ **课程名称/Class Name:** 儿童、青少年武术班 **Children and Teenagers Wushu Class**

教师/Teacher: 张锦鹏

要求/Requirement: 希望学生不要缺课 **Students are expected to attend classes**

学生年龄组: 儿童班: 四至九岁; 少年班: 十岁以上

教授内容: 基本功, 踢腿法, 传统武术套路和表演竞赛套路。

课程目的: 培养青少年对中国武术的认识和爱好, 建立个人自信和强健体魄。

补充信息: 本课程由有十多年武术教学经验且为跆拳道黑带五段, 享誉大纽约区的武术名家张锦鹏老师主授。张老师出生武术世家, 师从前国家领导人近身保镖世界武术名师纪昌秀师父, 跆拳道黑带五段, 在新州教授弟子超过 20 年, 教授科目包括传统太极拳, 传统武术套路, 现代武术比赛套路, 自由搏击, 防身自卫术等等。张老师的弟子获得过无数武术大赛奖项。

Age Group: Children: 4 to 9 years old; Teenagers: 10 years old and above

Content: Basic skills, kicking techniques, traditional martial arts routines and performance competition routines.

Purpose: To cultivate young people's understanding and interest in Chinese martial arts, and to build personal confidence and a strong body.

Additional information: This course is taught by Mr. Zhang Jinpeng, a famous martial artist in the New York area with more than ten years of experience in martial arts teaching and a fifth-degree black belt in Taekwondo. Mr. Zhang was born into a martial arts family and studied under the world-famous martial arts master Ji Changxiu, who was a close bodyguard of former national leaders and a fifth-degree black belt in Taekwondo. He has been teaching students in New Jersey for more than 20 years, and his subjects include traditional Tai Chi, traditional martial arts routines, modern martial arts competition routines, free fighting, self-defense, etc. Mr. Zhang's students have won numerous martial arts competition awards.

■ **课程名称/Class Name:** 姜老师少儿书法国画 Teacher Jiang's Children's Calligraphy and Chinese Painting

教师/Teacher: 姜华 Jiang Hua

学生年龄组: 不低于 6 岁

教授内容: 课程的安排由书法和国画两部分组成,秉承书画同源的理念,将根据大家学习的兴趣和进度,书法和国画课程穿插进行

课程目的: 传扬中华文化,让孩子们对于中国书画有更深入的了解和探究,同时帮助孩子掌握汉字的结构和书写,增强对汉字的理解和记忆,从而加强和提高学习中文的兴趣。

补充信息: 姜华老师,南京艺术学院书法篆刻专业本科和中国画专业硕士。

Requirements: The school provides brushes during the online class, and students must bring their own ink, paint and paper

Student age group: not less than 6 years old

Teaching content: The course arrangement consists of two parts: calligraphy and Chinese painting. Adhering to the concept that calligraphy and painting have the same origin, calligraphy and Chinese painting courses will be interspersed according to everyone's learning interests and progress

Course purpose: To spread Chinese culture, let children have a deeper understanding and exploration of Chinese calligraphy and painting, and at the same time help children master the structure and writing of Chinese characters, enhance their understanding and memory of Chinese characters, and thus strengthen and improve their interest in learning Chinese. Supplementary information: Teacher Jiang Hua, undergraduate degree in calligraphy and seal carving and master's degree in Chinese painting from Nanjing University of the Arts

■ **课程名称/Class Name:** 儿童舞蹈班 Children's Dance Class

教师/Teacher: 孙增鑫 Sun Zengxin

学生年龄组: 6-12 岁

教授内容:

1) 芭蕾基本功训练: 分为地面、把上、把下三部分。主要包括身位、方位、软开, 控制、技巧训练。

2) 舞蹈: 一学期计划教授一支民族舞及一支少儿舞。根据学生的学习能力, 如有可能再教授一支少儿集体舞剧目, 为以后的演出打下良好的基础。

教学目的: 基本功训练塑造孩子们的优美体态, 使身形与气质方面得到提升。舞蹈表演训练孩子的身体协调性、舞台表现力、音乐节奏感以及通过舞蹈对中华文化的了解。

教学要求: 基本功训练要求动作务必规范, 以免不规范的训练使身材走样、身体受伤。舞蹈表演要求学生充份发挥想像力。

Student age group: 6-12 years old

Teaching content:

1) Basic ballet training: divided into three parts: ground, barre, and barre. Mainly including body position, orientation, soft opening, control, and skill training.

2) Dance: One semester plans to teach one folk dance and one children's dance. According to the students' learning ability, if possible, another children's group dance repertoire will be taught to lay a good foundation for future performances.

Teaching objectives: Basic training shapes children's beautiful body shape and improves their body shape and temperament. Dance performance trains children's body coordination, stage performance, music rhythm sense, and understanding of Chinese culture through dance.

Teaching requirements: Basic training requires that the movements must be standardized to avoid irregular training that may cause the body to become out of shape or cause injury. Dance performances require students to give full play to their imagination.

■ **课程名称/Class Name:** 小提琴班 Violin Class

教师/Teacher: Albert Cao

要求/Requirements: 自备小提琴 bring your own violin

教授内容: 小提琴课以线上线下都可以开课,老师每周会录制练习曲,每周的任务包括各种音阶,练习曲,短篇和其他作品,以及有关如何学习和练习的详细指导。

课程目的: 欢迎所有喜欢学习小提琴的学生,水平不限。老师将会帮助学生制定学习计划,选择合适的曲目进行练习。无需压力,老师将带着大家逐步学习和练习小提琴。课程的安排和进度将取决于参与者的兴趣和技能水平。“对我来说,音乐具有传递情感的魔力。音乐已经成为我情感的源泉,我希望能够帮助其他人一起发掘这一潜力。我的目标始终是让学生能够富有创造力和自信地表达自己。小提琴无疑是最难学习的乐器之一。正因为如此,驾驭这个乐器也会带来无尽的成就感和乐趣。只要持之以恒地练习你就能进步和提高。”

补充信息: Albert 毕业于 Juilliard music school precollege, 7 年小提琴; Yale 大学交响乐团 4 年; 有丰富的小提琴教学经验。”19 年的小提琴之旅是我一生中最有意义的经历。我 4 岁开始学习小提琴,经历了学习过程中的所有高潮和低谷,体会了遭遇到瓶颈的无奈,也深感克服不良习惯时的不适。正因为如此,我觉得自己处于一个得天独厚的位置可以指导学生迎难而上,掌握小提琴。”

Teaching Content: Violin classes can be taught online or offline. The teacher will record exercises every week. The weekly tasks include various scales, exercises, short pieces and other works, as well as detailed instructions on how to learn and practice.

Course Objectives: All students who like to learn violin are welcome, regardless of their level. The teacher will help students develop a study plan and choose the right repertoire to practice. No pressure, the teacher will take everyone step by step to learn and practice the violin. The arrangement and progress of the course will depend on the interests and skill levels of the participants. "For me, music has the magic of conveying emotions. Music has become a source of emotion for me, and I hope to help others to explore this potential. My goal is always to enable students to express themselves creatively and confidently. The violin is undoubtedly one of the most difficult instruments to learn. Because of this, mastering this instrument will also bring endless sense of achievement and fun. As long as you practice consistently, you will improve and improve. "

Additional information: Albert graduated from Juilliard Music School precollege, 7 years of violin; 4 years of Yale University Symphony Orchestra; has extensive violin teaching experience. The 19-year violin journey is the most meaningful experience of my life. I started learning violin at the age of 4, experienced all the ups and downs in the learning process, felt the helplessness of encountering bottlenecks, and deeply felt the discomfort of overcoming bad habits. Because of this, I feel that I am in a unique position to guide students to face challenges and master the violin.

■ 课程名称/Class Name: 张老师儿童绘画 Teacher Zhang's Children's Painting

教师/Teacher: 张慧芬Zhang Huifen

学生年龄组: 不低于四岁

教授内容:

- 1) 曲线绘画: 第一步教孩子怎么协调手和眼, 在轻松愉快的环境中使孩子发展手眼的协调和观察的能力。
- 2) 铅笔投影: 学习绘画的基本技能。在这个阶段, 孩子学习如何控制铅笔的移动, 使他们在纸上做的每一个记号朝创造投影和模型的方向发展。
- 3) 投影加强练习: 在加强练习中, 让孩子学习掌握控制投影的深浅。
- 4) 基本结构绘画: 学习如何用基本的形状来画出一个物品的框架。
- 5) 画孩子看见的世界: 学习如何正确地观察事物, 如何在头脑中给事物做记号。然后学习如何把观察到的和想象中的事物画出来。
- 6) 水彩画练习。

课程目的: 激发孩子的创造力, 同时让他们学会绘画和几何形状及实际事物之间的联系。

材料费: \$25 每学年, \$15 每学期

Student age group: no less than four years old

Teaching content:

- 1) Curve drawing: The first step is to teach children how to coordinate their hands and eyes, so that they can develop their hand-eye coordination and observation skills in a relaxed and pleasant environment.
- 2) Pencil projection: Learn the basic skills of drawing. At this stage, children learn how to control the movement of the pencil, so that every mark they make on the paper develops in the direction of creating projections and models.
- 3) Projection reinforcement practice: In the reinforcement practice, let the children learn to control the depth of the projection.

4) Basic structure drawing: Learn how to use basic shapes to draw the framework of an object.

5) Draw the world as children see it: learn how to observe things correctly and how to mark things in their minds. Then learn how to draw what they observe and imagine.

6) Watercolor painting practice.

Course objectives: stimulate children's creativity while allowing them to learn the connection between painting and geometric shapes and real things.

Material fee: \$25 per school year, \$15 per semester

■ **课程名称/Class Name:** 儿童/少年击剑班 Children/Teenagers Fencing Class

教师/Coach: SHERIF ELBAKRY (American Institute of Fencing)

学生年龄组: 不低于七岁

课程介绍: 击剑起源于中世纪的欧洲，是当时上流社会的一种时尚，现在演变成体育竞赛项目。击剑训练培养协调性，灵活性和快速反应，非常适合中国人的体质和个性，可以提升孩子的专注力、意志力、礼仪礼节及形体气质。

课程目的: 通过对击剑项目的介绍，使学员初步了解击剑运动，激发学员学习击剑的兴趣和好奇心。通过对规则，基本步法和剑术动作的学习，使学员初步掌握一些实战姿势要领，并得到礼仪方面的培养。

材料费: \$80.

补充信息: 华夏南部击剑课将由来自 American Institute of Fencing 的教练 SHERIF ELBAKRY 任教。该教练曾经 8 年作为运动员代表埃及国家击剑队出战，并 4 次出任埃及奥运代表队教练，参加了包括 2008 年北京奥运会在内的四次奥运会。ELBAKRY 是一位有着丰富教学经验的教练

Student Age Group: No less than seven years old

Course Description: Fencing originated in medieval Europe and was a fashion among the upper class at that time. Now it has evolved into a sports competition.

Fencing training cultivates coordination, flexibility and quick response, which is very suitable for the physique and personality of the Chinese people. It can improve children's concentration, willpower, etiquette and physical temperament.

Course Objectives: Through the introduction of fencing, students will have a preliminary understanding of fencing and stimulate their interest and curiosity in learning fencing. Through the study of rules, basic footwork and swordplay movements, students will have a preliminary grasp of some practical posture essentials and receive etiquette training.

Material Fee: \$80.

Additional Information: The Southern China Fencing Class will be taught by coach SHERIF ELBAKRY from the American Institute of Fencing. The coach has represented the Egyptian national fencing team as an athlete for 8 years and has served as the coach of the Egyptian Olympic team 4 times, participating in four Olympic Games including the 2008 Beijing Olympics. ELBAKRY is a coach with rich teaching experience.

■ 课程名称/**Class Name:** 创意美术课 Kids Creative Art

教师/**Teacher:** 刘荆门 Sophia Liu

教学内容:

- * 手工美劳, 废物利用
- * 综合材料绘画
- * 配合季节时令教材美工

年龄 **Age:** 7 -12岁

材料费: \$50.00 - 每 28 节课

Course content:

1. Introduction basic color, light & distance
2. Composition: shape, space, line of color
3. Painting: crayon, markers, pastels & watercolor
4. Craft project: recycling crafts, clay, paper
5. Creative thinking & free hand drawing style for own way & mix media

Material fee: \$50 for 28 classes

■ 课程名称/Class Name: 青少年羽毛球课 Youth Badminton Course

教练/Coach: 黄雪 Huang Xue

课程内容:

1. 基本技巧: 包括握拍、发球、高远球、吊球、杀球、搓球、推球等。
2. 战术策略: 学习如何根据对手的情况制定战术, 如何在比赛中运用不同的战术。
3. 体能训练: 通过跑步、跳绳、力量训练等方式提高身体素质, 增强耐力和爆发力。
4. 比赛训练: 组织内部比赛, 让学员在实战中提高自己的技术水平和比赛经验。

课程特色:

1. 专业教练: 我们的教练团队由经验丰富的羽毛球教练组成, 他们将根据你的水平和需求为你制定个性化的教学计划。
 2. 小班教学: 我们采用小班教学模式, 确保每个学员都能得到充分的关注和指导。
 3. 先进设备: 我们提供优质的羽毛球场地和设备, 让你在舒适的环境中学习和训练。
 4. 丰富活动: 我们将定期组织内部比赛和交流活动, 让你在学习的同时结交更多的朋友。
-

Course content:

1. Basic skills: including grip, serve, high ball, lob, smash, rub, push, etc.
2. Tactical strategy: learn how to formulate tactics according to the opponent's situation and how to use different tactics in the game.
3. Physical training: improve physical fitness, enhance endurance and explosive power through running, skipping, strength training, etc.
4. Competition training: organize internal competitions to allow students to improve their technical level and competition experience in actual combat.

Course Features:

1. Professional coaches: Our coaching team is composed of experienced badminton coaches who will develop a personalized teaching plan for you based on your level and needs.
2. Small class teaching: We adopt a small class teaching model to ensure that every student can receive full attention and guidance.
3. Advanced equipment: We provide high-quality badminton courts and equipment, allowing you to learn and train in a comfortable environment.
4. Abundant/Plentiful activities: We will regularly organize internal competitions and exchange activities, allowing you to make more friends while learning.

 **课程名称/Class Name:** 青少年篮球课 Youth Basketball Class

教练/Coach: 刘斐 Liu Fei

授课对象: 8 岁以上或经过教练审批的孩子。学习打篮球的基本原理, 从基础出发, 我们将学习如何练球, 如何提高到更好的水平。

教学目的: 这门课是为那些想学习打篮球的基本技巧或者想为自己进入初中或高中篮球队打基础的人而开设的。但主要目的是为那些对篮球感兴趣和想提高自己的水平的人。

教学内容: 球员将学习和锻炼基本技能, 如投球, 运球, 上篮等。球员将学会如何与其他队员配合 并有很多练球机会。

教学方法: 我们将给每人练球的机会, 来提高每一个人的篮球技能, 我们将会有多场 5 比 5 的比赛 以积累我们的临场经验。我们将联系配合和团队合作。

Target: Children from 8 years old or approved by the coach. Learn the basic principles of playing basketball, starting from the basics, we will learn how to practice and how to improve to a better level.

Purpose: This course is for those who want to learn the basic skills of playing basketball or want to lay the foundation for themselves to enter the junior high school or high school basketball team. But the main purpose is for those who are interested in basketball and want to improve their level.

Content: Players will learn and practice basic skills such as shooting, dribbling, layups, etc. Players will learn how to cooperate with other players and have many opportunities to practice.

Teaching method: We will give everyone the opportunity to practice basketball to improve everyone's basketball skills. We will have many 5-5 games to accumulate our on-the-spot experience. We will practice coordination and teamwork.

 **课程名称/Class Name:** 儿童扯铃班 Yo-yo class

教师/Teacher: Brian Lo

时间/Time: 周六 Saturdays 3:30 - 4:20pm

学生年龄组Age: 七岁及以上/ 7 years old and above

课程介绍: 扯铃(Chinese Yoyo)是我国的民俗技艺，也是相传已久的童玩之一。可以配合音乐节拍，结合身体的律动。动作易学，器材简单，方便携带。同时具备竞赛、休闲、教学与亲子活动等功能。适合各年龄层的男女，尤其适合在学校推广，以增进团队合作精神的培养。

课程目的: 学员们将通过课程了解不同种类的扯铃，学习抛、绕、甩、跳、转、缠、上棍等基本动作，根据自身情况，钻研掌握乃至创造出各种高级技巧和招式。

补充信息: 可以自带 Yoyo 或从学校购买，每套\$30。

Course Description: Chinese Yoyo is a folk art in my country and one of the long-standing children's toys. It can be combined with the rhythm of music and the rhythm of the body. The movements are easy to learn, the equipment is simple and easy to carry. It also has the functions of competition, leisure, teaching and parent-child activities. It is suitable for men and women of all ages, especially suitable for promotion in schools to enhance the cultivation of teamwork spirit.

Course Objectives: Through this course, students will learn about different types of Yoyo, learn basic movements such as throwing, winding, throwing, jumping, turning, wrapping, and sticking, and master or even create various advanced techniques and moves according to their own situation.

Additional Information: You can bring your own Yoyo or buy it from the school, each set costs \$30.

成人文体课 Adult Culture and Sports Courses

■ 课程名称/Class Name: 成人太极班 Adult Tai Chi Class

教师/Teacher: 张锦鹏 Zhang Jinpeng

时间/Time: 周六Saturdays 1:30-2:20pm

教授内容: 赵堡和式太极拳、杨式太极拳, 和太极拳的运用。

课程目的: 练习和式太极拳能够消除生活紧张, 是强身健体和防身自卫的良好运动, 对体弱和 慢性病者, 若能持久练习都可得到医疗强身效果。

补充信息: 本课程由有十多年武术教学经验且为跆拳道黑带五段, 享誉大纽约区的武术名家张 锦鹏老师主授。张老师出生武术世家, 师从前国家领导人近身保镖世界武术名师纪 昌秀师父, 跆拳道黑带五段, 在新州教授弟子超过 20 年, 教授科目包括传统太极拳, 传统武术套路, 现代武术比赛套路, 自由搏击, 防身自卫术等等。张老师的弟子获得过无数武术大赛奖项。

Teaching Content: Zhaobao He Style Tai Chi, Yang Style Tai Chi, and the Application of Tai Chi.

Course Purpose: Practicing Japanese Tai Chi can eliminate stress in life. It is a good exercise for strengthening the body and self-defense. For those with weak bodies and chronic diseases, if they can practice for a long time, they can get medical and strengthening effects.

Additional Information: This course is taught by Mr. Zhang Jinpeng, a famous martial arts master with more than ten years of martial arts teaching experience and a fifth-degree black belt in Taekwondo, who is well-known in the Greater New York area. Mr. Zhang was born into a martial arts family and learned from Master Ji Changxiu, a world-renowned martial arts master who was a close bodyguard of former national leaders. He is a fifth-degree black belt in Taekwondo and has taught students in New Jersey for more than 20 years. The subjects he taught include traditional Tai Chi, traditional martial arts routines, modern martial arts competition routines, free fighting, self-defense, etc. Mr. Zhang's students have won numerous awards in martial arts competitions.

■ **课程名称/Class Name:** 成人武术 Adult Martial Arts

教师/Teacher: 张锦鹏 Zhang Jinpeng

时间/Time: 周六 Saturdays 2:30-3:20 pm

教授内容: 教授基本功，防身自卫术，传统武术套路，剑术等兵器。

课程目的: 培养对中国武术的认识和爱好，瘦身减肥，强健体魄。

补充信息: 本课程由有十多年武术教学经验且为跆拳道黑带五段，享誉大纽约区的武术名家张锦鹏老师主授。张老师出生武术世家，师从前国家领导人近身保镖世界武术名师纪昌秀师父，跆拳道黑带五段，在新州教授弟子超过 20 年，教授科目包括传统太极拳传统武术套路，现代武术比赛套路，自由搏击，防身自卫术等等。张老师的弟子获得过无数武术大赛奖项。

Teaching Content: Teaching basic skills, self-defense, traditional martial arts routines, swordsmanship and other weapons.

Course Purpose: Cultivate the understanding and interest of Chinese martial arts, lose weight, and strengthen the body.

Additional information: This course is taught by Mr. Zhang Jinpeng, a famous martial artist in the New York area with more than ten years of experience in martial arts teaching and a fifth-degree black belt in Taekwondo. Mr. Zhang was born into a martial arts family and studied under the world-famous martial arts master Ji Changxiu, who was a close bodyguard of former national leaders and a fifth-degree black belt in Taekwondo. He has been teaching students in New Jersey for more than 20 years, and his subjects include traditional Tai Chi, traditional martial arts routines, modern martial arts competition routines, free fighting, self-defense, etc. Mr. Zhang's students have won numerous martial arts competition awards.

■ **课程名称/Class Name:** 成人型体班/综合表演班Adult Body Shape
Class/Comprehensive Performance Class

教师/Teacher: 孙增鑫 Sun Zengxin

时间/Time: 周六Saturdays 1:30-2:20 pm

要求: 软底鞋, 瑜伽垫

教授内容: 成人基本功的动作兼顾到头、颈、胸、腿、和髋等部位。具备有氧运动的效果, 使练习者在提高主肺功能的同时, 达到减肥的目的。在塑形动作协调的基础上我们增加了表演课。综合表演课能带给练习者无尽的吸引力和新鲜感, 带给学生的是丰富的动作、和良好的健身效果。健身舞蹈是“带着笑容去训练”的项目, 在舞蹈课中, 老师更关注的是大家是否愉快和尽兴, 动作是否奔放和潇洒, 因此在心理放松上, 这节课有着非常大的作用, 老师会把动作逐一分解教给大家, 让大家不会有压力!

课程目的: 训练基本功, 塑性, 减肥。表演课增强身体的协调性, 培养良好的节奏感。健身舞蹈一整套动作连贯而流畅, 整齐而有韵律感, 对乐感、灵巧度的锻炼有很大帮助, 同时培养了自信和气质, 让人心情愉悦, 是纾解情绪的好方法。

补充信息: 孙增鑫老师毕业于北京舞蹈学院

Requirements: Soft-soled shoes, yoga mat

Teaching content: The basic movements of adults take into account the head, neck, chest, legs, and hips. It has the effect of aerobic exercise, so that practitioners can achieve the goal of losing weight while improving the main lung function. On the basis of the coordination of shaping movements, we have added performance classes.

Comprehensive performance classes can bring endless attraction and freshness to practitioners, and bring students rich movements and good fitness effects. Fitness dance is a project of "training with a smile". In the dance class, the teacher is more concerned about whether everyone is happy and enjoyable, and whether the movements are unrestrained and chic. Therefore, this class has a very important role in psychological relaxation. The teacher will break down the movements one by one and teach them to everyone, so that everyone will not feel stressed!

Course objectives: Training basic skills, shaping, and weight loss. Performance classes enhance body coordination and cultivate a good sense of rhythm. Fitness dance

The whole set of movements is coherent and smooth, neat and rhythmic, which is very helpful for the training of musicality and dexterity.

At the same time, it cultivates self-confidence and temperament, makes people feel happy, and is a good way to relieve emotions.

Additional information: Teacher Sun Zengxin graduated from Beijing Dance Academy.

■ **课程名称/Class Name:** 成人舞蹈 Adult Dance

教师/Teacher: 孙增鑫 Sun Zengxin

时间/Time: 周六Saturdays 2:30-3:20 pm

要求: 有强烈的集体责任心, 有热情和意愿付出时间和精力参加排练和演出。

教学内容:

- 1) 以形体梳理为主的基本功训练, 着重进行肩背的拉伸及四肢的软开训练。
- 2) 一学期计划教授一支民族舞和一支当代舞。

教学目地: 通过软开及拉伸方面训练, 使身体更为柔软舒展, 气质得到提升。通过舞蹈来训练身体的灵活性以及手、眼、身、法、步的协调统一。

教学要求: 根据自身状况循序渐进, 避免训练中的过快过猛。、

补充信息: 孙增鑫老师毕业于北京舞蹈学院。

Requirements: Have a strong sense of collective responsibility, and be enthusiastic and willing to devote time and energy to rehearsal and performance.

Teaching content:

- 1) Basic training based on body shape, focusing on shoulder and back stretching and limbs soft training.
- 2) Plan to teach one folk dance and one contemporary dance in one semester.

Teaching purpose: Through soft opening and stretching training, make the body more flexible and stretchable, and improve temperament. Through dance to train the flexibility of the body and the coordination and unity of hands, eyes, body, method and steps.

Teaching requirements: proceed step by step according to your own situation, and avoid too fast or too intense training.

Additional information: Teacher Sun Zengxin graduated from Beijing Dance Academy.

■ **课程名称/Class Name:** 成人拉丁舞 **Adult Latin Dance Class**

教师/Teacher: 刘轶敏(Amy) Liu Yimin

时间/Time: 周六Saturdays 2:30-3:20 pm/3:30-4:20 pm

要求: 拉丁舞鞋, 软底鞋

教授内容: 一班)学习 Samba,提高 Rumba; 二班) 学习 Jive,提高 Cha Cha。无需基础, 无需舞伴, 将根据大家学习的兴趣和进度穿插学习不同的舞种。

课程目的: 让拉丁舞给我们一个年轻健美的身材, 在生活中展现自己的魅力。随着音乐, 享受每一刻, 你会发现它会给我们身体, 生活带来很大变化。

补充信息: Amy 师从于前全美职业拉丁舞冠军 Andrei Gavriline。她和现在的拉丁舞舞伴 Delyan Terziev 一起在多个国际比赛中获得第一, Amy 和她的国标舞伴 Igor Mikushov 在 2019 年世界顶级赛事英国黑池比赛中获该年龄组的世界第二, 在多个比赛中荣获第一。

Requirements: Latin dance shoes, soft-soled shoes

Teaching content: Class 1) Learn Samba and improve Rumba; Class 2) Learn Jive and improve Cha Cha. No foundation is required, no dance partner is required, and different dance styles will be learned according to everyone's learning interests and progress.

Course purpose: Let Latin dance give us a young and fit body, and show our charm in life. With the music, enjoy every moment, you will find that it will bring great changes to our body and life.

Additional information: Amy studied under the former US professional Latin dance champion Andrei Gavriline. She and her current Latin dance partner Delyan Terziev won first place in many international competitions. Amy and her national standard dance partner Igor Mikushov won the world's second place in the age group in the 2019 world's top event Blackpool Competition in the UK, and won first place in many competitions.

■ 课程名称/**Class Name:** 瑜伽班 **Yoga class**

教师/Teacher: 姜昆玲 Jiang Kunling

时间/Time: 周六 Saturdays 2:30-3:20 pm

教授内容: 一堂是初级基础课（没有学过 yoga）课的学生。另一堂中级班（有基础的朋友）。

课程目的: 增加免疫力，改善血循环，促进内分泌平衡，减压美容。长期坚持练习瑜伽可以加强身体整体的平衡力及协调力，有效地改善和排解抑郁情绪，帮助摆脱自闭，舒缓压力，瘦身减肥，让僵硬的身体慢慢放松，变得轻盈，心底干净没有负担，生活的激情由此一并点燃。

补充信息: 姜昆玲老师有美国 yoga 认证的瑜伽教练执照。姜老师的瑜伽课简单易学。

Contents: One is a basic course (for students who have never learned yoga). The other is an intermediate class (for friends with a basic knowledge).

Purpose of the course: Increase immunity, improve blood circulation, promote endocrine balance, and reduce stress and beauty. Long-term practice of yoga can strengthen the body's overall balance and coordination, effectively improve and relieve depression, help get rid of autism, relieve stress, lose weight, let the stiff body slowly relax, become light, clean and free of burden in the heart, and ignite the passion for life.

Additional information: Teacher Jiang Kunling has a certified yoga instructor license from the United States. Teacher Jiang's yoga classes are simple and easy to learn.

■ 课程名称/Class Name: 成人书法国画一班

Adult calligraphy and Chinese painting class level1

教师/Teacher: 姜华 Jiang Hua

时间/Time: 周六Saturdays 1:30-2:20 pm

要求: 学生自备毛笔, 墨汁、颜料和纸

教授内容: 课程的安排由书法和国画两部分组成, 秉承书画同源的理念, 将根据大家学习的兴趣和进度, 书法和国画课程穿插进行

课程目的: 丰富文化生活、修养心性, 传扬中华文化, 对于中国书画有更深入的了解和探究。

补充信息: 姜华老师, 南京艺术学院书法篆刻专业本科和中国画专业硕士

Requirements: students must bring their own brushes, ink, paint and paper

Teaching content: The course consists of two parts: calligraphy and Chinese painting. Adhering to the concept that calligraphy and painting have the same origin, calligraphy and Chinese painting courses will be interspersed according to everyone's interest and progress in learning

Course objectives: Enrich cultural life, cultivate character, spread Chinese culture, and have a deeper understanding and exploration of Chinese calligraphy and painting.

Additional information: Teacher Jiang Hua, undergraduate degree in calligraphy and seal carving and master degree in Chinese painting from Nanjing University of the Arts

■ **课程名称/Class Name:** 成人书法国画二班

Adult calligraphy and Chinese painting class Level 2

教师/Teacher: 姜华 Jiang Hua

时间/Time: 周五Fridays 7:00pm - 9:00pm Online

要求: 学生自备毛笔, 墨汁、颜料和纸

教授内容: 课程的安排由书法和国画两部分组成, 秉承书画同源的理念, 将根据大家学习的兴趣和进度, 书法和国画课程穿插进行

课程目的: 丰富文化生活、修养心性, 传扬中华文化, 对于中国书画有更深入的了解和探究。

补充信息: 姜华老师, 南京艺术学院书法篆刻专业本科和中国画专业硕士

Requirements: students must bring their own brushes, ink, paint and paper

Teaching content: The course consists of two parts: calligraphy and Chinese painting. Adhering to the concept that calligraphy and painting have the same origin, calligraphy and Chinese painting courses will be interspersed according to everyone's interest and progress in learning

Course objectives: Enrich cultural life, cultivate character, spread Chinese culture, and have a deeper understanding and exploration of Chinese calligraphy and painting.

Additional information: Teacher Jiang Hua, undergraduate degree in calligraphy and seal carving and master degree in Chinese painting from Nanjing University of the Arts

■ 课程名称/Class Name: 钢琴网课: 初级班/中级班/高级班

Piano Online Class (Beginner/Intermediate/Advanced)

教师/Teacher: 孙增鑫 Sun Zengxin

时间/Time: 周六Saturdays 8:30pm/周四Thursdays 7:00pm/周六Saturdays 7:00pm

教授内容: 钢琴课以网课为主因地制宜, 老师每周会录制练习曲, 在课堂上讲解指法和乐谱, 制定课后练习计划, 边弹边学, 在弹奏中学习方法, 掌握钢琴弹奏技巧, 轻松而有效地学会钢琴弹奏。学生可以自带琴谱, 同时我们也准备了耳熟能详的古典、流行曲目: 如梦中的婚礼、致爱丽丝、以及流行歌曲月亮代表我的心等等。

课程目的: 学习钢琴贵在持之以恒, 需要每天保持正确的指法训练和乐谱理解, 循序渐进, 最终使手指和大脑互相协作渐入佳境。对于喜欢音乐的爸爸妈妈们年龄也不是问题, 有一天或轻松自在地自娱自乐, 或在聚会上一展才艺已经不再是梦想。钢琴班将会推出针对成人的钢琴实用学习方法和课程, 由钢琴老师帮助制定钢琴练习计划, 选择合适的钢琴练习曲目, 无需压力, 带着大家逐步学习和练习钢琴弹奏, 让大家喜欢的曲子在指间自由流淌。

补充信息: 孙增鑫老师, 有丰富的钢琴教学经验, 指导的学生在钢琴比赛中获奖

Teaching content: Piano lessons are mainly online and adapted to local conditions. The teacher will record exercises every week, explain fingering and music scores in class, and make after-class practice plans. Students can learn while playing, learn methods while playing, master piano playing skills, and learn to play the piano easily and effectively. Students can bring their own music scores. At the same time, we have also prepared well-known classical and popular songs: such as Wedding in a Dream, To Alice, and the popular song The Moon Represents My Heart, etc.

Course Purpose: Learning piano requires perseverance. You need to maintain correct fingering training and understanding of music scores every day, step by step, and eventually make your fingers and brain work together to get better. For parents who like music, age is not a problem. One day, they can entertain themselves easily or show off their talents at a party. It is no longer a dream. The piano class will launch practical piano learning methods and courses for adults. The piano teacher will help to develop a piano practice plan and choose the appropriate piano practice repertoire. There is no pressure. Let everyone learn and practice piano step by step, so that everyone's favorite songs can flow freely between their fingers.

Additional information: Teacher Sun Zengxin has rich experience in piano teaching, and his students have won awards in piano competitions.

■ **课程名称/Course Name: 戏曲表演艺术综合艺术班**

Comprehensive Arts Class of Chinese Opera Performance Arts

教师/Teacher: 宋杨 Song Yang

时间/Time: 周六Saturdays 3:30-4:20 pm

教授内容:

- 1.了解并系统学习中国戏曲艺术的化妆造型及服饰的运用。
- 2.学习并认识中国戏曲艺术中之四功五法。四功：即指“唱，念，做，打”五法：即指“手，眼，身，法，步”。
- 3.学习戏曲艺术的基本发声方法及学习一些经典艺术片段的唱，念，做，舞等。
- 4.学习运用舞台道具，如：水袖，扇子，刀枪剑。
- 5.结合戏曲艺术的妆容，表演及华丽服饰，头饰来让学生们展示中国国粹之美。

课程目的:通过让学生们系统的学习中国京剧，昆曲及各个地方剧种戏曲表演艺术中的四功五法，来让更多各族裔的人们了解和认识我们中国戏曲艺术之美之雅。舞台上展演的戏曲服饰、头饰以及所有道具均由中兴国剧社提供

补充信息: 宋扬，旅美戏剧艺术家，宋扬七岁开始随姑姑学艺练功，先后入辽宁省戏剧学校、中国戏曲学院学艺，学习中国传统戏曲表演艺术，大学毕业于中国戏曲学院，师承众多艺术名家名师，先后学习演出了《霸王别姬》《女杀四门》《天女散花》《白蛇传》、《改容战父》《辛安驿》《梁红玉擂鼓战金山》《扈家庄》《昭君初》《穆桂英》《雏凤凌空》等数十出京剧、昆曲经典传统剧目，先后在北京职业艺术学院、北京京剧院工作，长期从事舞台演出、创作、教学等工作，曾获全国性各种艺术奖项。同时还兼任文化艺术公司艺术总监一职，从事策划、编导、制作、演出、推广等方面工作。

1999年应美国林肯艺术中心邀请赴美国访问至今，开始了赴世界各国进行跨文化的艺术交流、创作演出、讲学授课十几年的文化交流工作，先后参加了美国、德国、法国、意大利、奥地利、丹麦、比利时、日本、澳大利亚、葡萄牙、新加坡、印度尼西亚等十几个国家的艺术节演出，并受邀于一些大学、艺术机构、剧院、舞团、中小学进行讲学授课、艺术交流工作。与旅美音乐家谭盾合作创作排演了多媒体歌剧《门》在法国、比利时、葡萄牙、新加坡、中国等国家多个城市地区巡演，与旅美舞蹈家沈伟合作创作排演现代舞剧《二进宫》，在纽约林肯中心首演，并参加诸多国际舞蹈节演出，与戏剧家陈士争等多位国际艺术家合作创作演出，先后创作、编导、演出了昆曲《牡丹亭》、话剧《赵氏孤儿》、音乐剧《桃花扇》、《安徒生》实验戏剧《六月雪》、小剧场戏曲《还魂三叠》等不同戏剧形式的艺术作品。宋扬旅美二十多年来，频繁来往于中、美两国之

间，一直致力于中国传统文化艺术的推广、传播，以及推动东西方文化的合作与交流等工作，在业内业外有着广泛的影响。

Teaching Content:

1. Understand and systematically learn the makeup and costumes of Chinese opera art.
2. Learn and recognize the four skills and five methods in Chinese opera art. The four skills refer to "singing, reciting, acting, fighting" and the five methods refer to "hands, eyes, body, method, and steps".
3. Learn the basic vocalization methods of opera art and learn the singing, reciting, acting, and dancing of some classic art fragments.
4. Learn to use stage props, such as water sleeves, fans, swords and spears.
5. Combine the makeup, performance, and gorgeous costumes and headdresses of opera art to let students show the beauty of China's national quintessence.

Course Objective: To allow students to systematically learn the four skills and five methods of Chinese Peking Opera, Kunqu Opera and various local opera performances, so that more people of all ethnic groups can understand and recognize the beauty and elegance of our Chinese opera art. The opera costumes, headdresses and all props performed on the stage are provided by Zhongxing National Opera Society

Additional information: Song Yang, a theater artist living in the United States, began to learn from her aunt at the age of seven, and successively studied at Liaoning Provincial Theater School and Chinese Academy of Traditional Chinese Opera, learning Chinese traditional opera performance art. She graduated from the Chinese Academy of Traditional Chinese Opera and studied under many famous artists and teachers. She has studied and performed dozens of Peking Opera and Kunqu Opera classic traditional repertoires such as "Farewell My Concubine", "The Female Killer of Four Gates", "The Heavenly Girl Scattering Flowers", "The Legend of White Snake", "The Change of Appearance to Fight Father", "Xin'an Station", "Liang Hongyu Beats the Drum to Fight Jinshan", "Hujia Village", "Zhaojun Chu", "Mu Guiying", "Young Phoenix Flying in the Sky", etc. She has worked in Beijing Vocational Art College and Beijing Peking Opera Theater, and has been engaged in stage performances, creation, teaching and other work for a long time. She has won various national art awards. At the same time, he also serves as the artistic director of the cultural and art company, engaged in planning, editing, directing, production, performance, promotion and other aspects of work. In 1999, he was invited by the Lincoln

Center for the Performing Arts to visit the United States. Since then, he has been engaged in cross-cultural art exchanges, creative performances, lectures and teaching in various countries around the world for more than ten years of cultural exchange work. He has participated in art festivals in more than a dozen countries including the United States, Germany, France, Italy, Austria, Denmark, Belgium, Japan, Australia, Portugal, Singapore, Indonesia, etc., and has been invited to give lectures and art exchanges in some universities, art institutions, theaters, dance troupes, primary and secondary schools. He collaborated with American musician Tan Dun to create and stage the multimedia opera Door, which toured in many cities in France, Belgium, Portugal, Singapore, China and other countries. international artists to create and perform. He has created, directed and performed art works in different theatrical forms, such as Kunqu Opera Peony Pavilion, drama Orphan of Zhao, musical Peach Blossom Fan, Andersen's experimental drama Snow in June, and small theater opera Three Repetitions of Resurrection. He collaborated with American musician Tan Dun to create and stage the multimedia opera Door, which toured in many cities in France, Belgium, Portugal, Singapore, China and other countries. He collaborated with American dancer Shen Wei to create and stage the modern dance drama Second Visit to the Palace, which premiered at the Lincoln Center in New York and participated in many international dance festivals. He collaborated with dramatist Chen Shizheng and many other international artists to create and perform. He has created, directed and performed art works in different theatrical forms, such as Kunqu Opera Peony Pavilion, drama Orphan of Zhao, musical Peach Blossom Fan, Andersen's experimental drama Snow in June, and small theater opera Three Repetitions of Resurrection. Song Yang has been in the United States for more than 20 years. He has frequently traveled between China and the United States and has been committed to promoting and disseminating Chinese traditional culture and art, as well as promoting cooperation and exchanges between Eastern and Western cultures. He has a wide influence in the industry and beyond.

■ **课程名称/Class Name:** 成人古典吉他提高班 Adult Classical Guitar Advanced Class

教师/Teacher: Ashley Shen

时间/Time: 周六Saturdays 9:00-9:50 am 网课Online Class

要求: 古典吉他, 其次民谣吉他

教授内容: 吉他的学习过程, 和其他乐器比如钢琴, 弦乐, 管乐一样, 是漫长而渐进的过程。这是一般乐器学习的自然规律。任何吉他学习者在刚开始吉他的学习时, 都必须经受一段时间的正规吉他演奏技巧训练。因为吉他没有速成, 而这个阶段总是被忽略。成人古典吉他班的开始目的就是帮助学生先掌握正规的古典吉他演奏技法, 打下良好的基础。当有一定基本功后, 再穿插大家喜爱的弹唱风格的曲目教学。

基本功包括: 持琴姿势、正确手型、放松手臂、放松手腕、放松运指、揉音揉弦、音色控制、右手触弦、左手发力、拨弦扫弦、推弦拨弦、拨弦角度、过弦速度、轮指方法、消音技巧、把位音阶、熟悉和弦、节奏旋律、视奏能力(三种琴谱的阅读: 五线谱, 简谱和 TAB 谱)、乐理知识。

补充信息: Ashley 老师有多年的网络课程教学经验, 指导的学生考入过新泽西州立古典吉他荣誉团, 美国国家古典吉他荣誉团, 入选美国古典吉他协会全球甄选的青少年 Mentorship 项目, 等等。

Requirements: Classical guitar, secondarily folk guitar

Teaching content: The learning process of guitar, like other instruments such as piano, string instruments, and wind instruments, is a long and gradual process. This is the natural law of learning general instruments. Any guitar learner must undergo a period of formal guitar playing skills training when he or she first starts learning guitar. Because there is no quick success in guitar, and this stage is always ignored. The purpose of the adult classical guitar class is to help students master the formal classical guitar playing techniques and lay a good foundation. When they have a certain basic skill, they can then teach the repertoire of everyone's favorite playing and singing style.

Basic skills include: holding the instrument, correct hand shape, relaxing the arm, relaxing the palm, relaxing the finger movement, vibrato and string vibrato, timbre control, right hand touch, left hand force, plucking and sweeping, pushing and plucking, plucking angle, string crossing speed, finger rolling method, muting technique, position scale, familiarity with chords, rhythm and melody, sight-reading ability (reading three types of music scores: five-line score, simplified score and TAB score), and music theory knowledge.

Additional information: Ms. Ashley has many years of experience in teaching online courses. Her students have been admitted to the New Jersey State Classical Guitar Honor Corps, the American National Classical Guitar Honor Corps, and have been selected for the American Classical Guitar Association's global youth mentorship program, etc.

■ **课程名称/Class Name:** 成人篮球俱乐部 Adult Basketball Club

时间/Time: 周六 Saturdays 2:30 - 3:20 pm

教学目的: 这门课是为那些想学习打篮球的基本技巧或者想锻炼体质为目的的成人而开设的。但主要目的是为那些对篮球感兴趣和想提高自己的水平的人。

教学内容: 球员将学习和锻炼基本技能，如投球，运球，上篮等。球员将学会如何与其他队员配合并有很多练球机会。

教学方法: 我们将给每人练球的机会，来提高每一个人的篮球技能,我们将会有多场 5 比 5 的比赛以积累我们的临场经验。我们将联系配合和团队合作。

Opening time: Every Saturday from 2:30pm to 3:20pm throughout the school year

Purpose: This course is for adults who want to learn the basic skills of playing basketball or want to improve their physical fitness.

But the main purpose is for those who are interested in basketball and want to improve their level.

Course Content: Players will learn and practice basic skills such as shooting, dribbling, layups, etc. Players will learn how to cooperate with other players and have many opportunities to practice.

Teaching method: We will give everyone the opportunity to practice basketball to improve everyone's basketball skills. We will have many 5-on-5 games to accumulate our on-the-spot experience. We will practice coordination and teamwork.

■ **课程名称/Course Name:** 成人羽毛球课 Adult Badminton Course

教练/Coach: 黄雪 Huang Xue

课程内容:

1. 基本技巧: 包括握拍、发球、高远球、吊球、杀球、搓球、推球等。
2. 战术策略: 学习如何根据对手的情况制定战术, 如何在比赛中运用不同的战术。
3. 体能训练: 通过跑步、跳绳、力量训练等方式提高身体素质, 增强耐力和爆发力。
4. 比赛训练: 组织内部比赛, 让学员在实战中提高自己的技术水平和比赛经验。

课程特色:

1. 专业教练: 我们的教练团队由经验丰富的羽毛球教练组成, 他们将根据你的水平和需求为你制定个性化的教学计划。
2. 小班教学: 我们采用小班教学模式, 确保每个学员都能得到充分的关注和指导。
3. 先进设备: 我们提供优质的羽毛球场地和设备, 让你在舒适的环境中学习和训练。
4. 丰富活动: 我们将定期组织内部比赛和交流活动, 让你在学习的同时结交更多的朋友。

Course content:

1. Basic skills: including grip, serve, high ball, lob, smash, rub, push, etc.
2. Tactical strategy: learn how to formulate tactics according to the opponent's situation and how to use different tactics in the game.
3. Physical training: improve physical fitness, enhance endurance and explosive power through running, skipping, strength training, etc.
4. Competition training: organize internal competitions to allow students to improve their technical level and competition experience in actual combat.

Course Features:

1. Professional coaches: Our coaching team is composed of experienced badminton coaches who will develop a personalized teaching plan for you according to your level and needs.
2. Small class teaching: We adopt a small class teaching model to ensure that every student can get full attention and guidance.
3. Advanced equipment: We provide high-quality badminton courts and equipment, allowing you to learn and train in a comfortable environment.
4. Rich activities: We will regularly organize internal competitions and exchange activities, allowing you to make more friends while learning.

■ **课程名称/ Class Name:** 摄影基础和提高班 **Photography Basics and Advanced Course**

教师/ Teacher: 王剑 Jeff Wang

时间/Time: 周六 Saturdays 1:30 - 2:20 pm

要求: 学生自带照相机

学生年龄组: 十二岁及以上

课程内容: 摄影理论, 基础和实际操作以及后期处理。

课程目的: 提升摄影技巧与创作能力, 促进摄影技巧交流

补充信息: 王剑, 新州著名摄影人, 三十多年的摄影资历, 新泽摄影协会(PSNJ)理事。

网页: jeffwangstudio.com

Requirements: Students bring their own cameras

Student age group: 12 years old and above

Course content: Photography theory, basics and practical operations, and post-processing.

Course purpose: To improve photography skills and creative ability, and promote the exchange of photography skills

Supplementary information: Jeff Wang, a famous photographer in New Jersey, has more than 30 years of photography experience and is a director of the New Jersey Photography Association (PSNJ).

Webpage: jeffwangstudio.com

■ **课程名称/Course Name:** 脸部瑜伽 / 脸部健身Face Yoga/Face Fitness

教师/Teacher: Katie Ou

时间/Time: 周日Sundays 9:00-9:50 pm

课程介绍: face yoga 脸部瑜伽，是一套面部肌肉训练项目，其理论基础建立在运动解剖学，肌肉生理学。运动康复学，面部美学上。

脸部瑜伽认证教练执教。

自然提升面部轮廓

- 改善面部下垂松弛
- 淡化细纹和皱纹
- 减轻眼袋和黑眼圈
- 提亮肤色，恢复面部红润

脸部瑜伽：让时光更懂得珍惜你

Course description: Face yoga is a facial muscle training program, and its theoretical basis is based on sports anatomy, muscle physiology, sports rehabilitation, and facial aesthetics.

Taught by a certified face yoga instructor.

Naturally enhance facial contours

- Improve facial sagging
- Reduce fine lines and wrinkles
- Reduce eye bags and dark circles
- Brighten skin tone and restore facial rosiness

Face yoga: Let time cherish you more

TA 俱乐部介绍TA Class Club

中文阅读, 数学, 英文阅读, Python 编程, Robotics, 辩论课, 钩针编织课 等俱乐部

教师: 详见 TA 介绍

时间: 周六 3:30pm (根据需要安排网课)

要求: 参考各门课程要求

学生年龄组: 高中, 初中, 小学

教授内容:

1. 中文阅读是面向 2-3 年级的学生, 通过小故事和手工的方式让中文更有趣和好玩, 以提高学习中文的兴趣。
2. 初中和小学数学俱乐部由数学好的高中生带领, 帮助学生提高代数几何概率数论, 寓教于乐。
3. 英文阅读俱乐部通过教授学生不同的阅读材料, 结合游戏方式, 阅读分析理解文章, 帮助学生初步打下扎实的语法基础, 提高阅读理解能力, 从而爱上阅读。
4. 初级编程俱乐部培养学生的编程能力和技巧, Python, Alexa 应用, USACO 奥赛等。
5. 高级初级编程俱乐部: 去年的初级班学生将会进入高级班。
6. 欢迎 TA 开展新的俱乐部。
7. 高中数学俱乐部由 Marlboro Learning Center 提供教学经验丰富的数学老师为高中同学补习, 提高数学水平。

课程目的: 兴趣第一, 我们把喜欢数学, 英文, 和计算机编程等的学生们聚集在一起, 帮助他们成长和提高。

Chinese reading, mathematics, English reading, Python programming, Robotics, debate class, crochet class, etc.

Teacher: See TA introduction for details

Time: Saturday 3:30-4:20pm or online class

Requirements: see each course for details

Student age group: high school, junior high school, elementary school

Teaching content:

1. Chinese reading is for students in grades 2-3. It makes Chinese more interesting and fun through small stories and handicrafts to improve interest in learning Chinese.
2. Junior high school and elementary school math clubs are led by high school students who are good at math, helping students improve their algebra, geometry, probability and number theory, and making learning fun.
3. The English reading club teaches students different reading materials, combines games, and helps them read, analyze and understand articles, helping them to initially lay a solid foundation in grammar, improve their reading comprehension skills, and thus fall in love with reading.
4. The elementary programming club cultivates students' programming skills and techniques, such as Python, Alexa applications, and USACO Olympiads.
5. Advanced elementary programming club: students in last year's elementary class will enter the advanced class.
6. TA is welcome to start a new club.
7. The high school math club is led by Marlboro Learning Center provides math teachers with rich teaching experience to tutor high school students and improve their math level.

Course Purpose: Interest comes first. We bring together students who like mathematics, English, and computer programming to help them grow and improve.

Course Purpose: Interest comes first. We bring together students who like mathematics, English, and computer programming to help them grow and improve.

■ **课程名称/Course Name:** 棋类俱乐部 Chess Club

教师/Teacher: TA

时间/Time: 周六 Saturdays 3:30-4:20 pm onsite

棋艺水平要求Chess Skill Level Requirement: 无 none

学生年龄组: 4 岁以上

授课方式: 象棋俱乐部活动和象棋培训班上课将在同一时间进行，学生可以选择听象棋课或在俱乐部下棋。棋艺课根据听课人数多少选择挂大棋盘或摆普通棋盘讲棋。

教授内容: 从棋艺入门基础开始，交替讲授开局、中局、残局；注重讲解棋艺理论、思考方法及如何提高实战水平；教师观察学生不同个性和水平，因材施教，在现场指导下棋；随时接受学生和家长的提问和咨询，给予棋艺方面的辅导。另外，教师除讲授中国象棋课外，还讲授国际象棋课，以满足学生的不同需要。

课程目的: 学下象棋可培养小孩良好的逻辑思维；训练小孩缜密的计算能力；培养小孩独立思考的能力；培养小孩静心专注的学习习惯；让小孩面对困难与挫折，从小磨练顽强的意志；培养小孩胜不骄，败不馁的修养；培养小孩良好的社交能力；较快提高象棋技、战术水平。

补充信息: 在本校举办象棋培训班，培养不同年龄段的象棋爱好者，让学生学习博大精深的象棋文化。鼓励并训练学生，参加新泽西、纽约举办的青少年象棋赛，参加华夏杯智力运动会。

Teaching Method: Chess Club activities and chess training classes will be held at the same time. Students can choose to attend chess classes or play chess in the club. Chess skills classes will choose to hang a large chessboard or set up a normal chessboard to teach chess according to the number of students.

Teaching content: Starting from the basics of chess, alternately teaching the opening, middle game, and end game; focusing on explaining chess theory, thinking methods, and how to improve practical skills; teachers observe the different personalities and levels of students, teach students in accordance with their aptitude, and guide them in playing chess on the spot; accept questions and consultations from students and parents at any time, and provide guidance on chess skills. In addition, in addition to teaching Chinese

chess classes, teachers also teach international chess classes to meet the different needs of students.

Course Objectives: Learning to play chess can help children develop good logical thinking; train children's careful calculation ability; cultivate children's ability to think independently; cultivate children's habit of studying quietly and attentively; let children face difficulties and setbacks, and hone their tenacious will from an early age; cultivate children's cultivation of not being arrogant when they win and not being discouraged when they lose; cultivate children's good social skills; and quickly improve their chess skills and tactical levels.

Additional information: We hold chess training classes in our school to cultivate chess enthusiasts of different ages and let students learn the profound chess culture. We encourage and train students to participate in youth chess competitions held in New Jersey and New York, and participate in the Huaxia Cup Intellectual Games.

■ **课程名称/Course Name:** 儿童 K-POP 班 K-Pop Dance Class

教师: TA

时间: 周六 3:30PM – 4:20PM

学生年龄组: 8-12 岁, 总人数不超过 9 人。

教学目的: 通过学习 K-POP 舞蹈, 激发学生的舞蹈兴趣, 提升学生的舞蹈步法, 音乐节凑感及 身体协调性。 学生通过舞蹈学习表达自己的情感。

教授内容: 第一和第二学期各教授一支不同的 K-POP 舞蹈

TA 老师简介: 10+年的舞蹈经验, 教授过两个年龄在 7-11 岁的舞蹈班。现在 Hightech High School

■ **Class Name:**

Ages 8-12,

Maximum 9 students

Class time: third class period

Teaching 2 kpop dances to learn dance

First semester: dance 1

Second semester: dance 2

While having fun, students will learn:

Basics of dance (including footwork)

Expressing emotions through dance

About the teacher: Previously taught two classes (students aged 7-11)

10+ years of dance experience

Student at High Technology High School

 **课程名称/Course Name:** 科学俱乐部 **Science Club**

教师/Teacher: 黄浩 Jerry Huang (Grade11), Ariana Li (Grade 11), Duo Zheng (Grade 12), Lillian Chen (Grade 11)

时间/Time: 周六Saturdays 3:30 - 4:20pm

学生年龄组Grade Level: 2- 7 年级 (grade)

课程目的: 科学俱乐部旨在培养孩子对各个科学领域的好奇心和兴趣

教授内容: 科学俱乐部将探索包括化学、物理和生物学在内的各个科学领域。俱乐部将通过各种有趣的实验帮助学生来获得各类科学主题，从而激发学生对各类科学的兴趣，深入了解世界的内部运作，并对各类科学原理和表象有初步的了解。

Course Objectives: The goal of the science club is to foster curiosity and interest in various scientific areas.

Course Description: The science club will explore the various fields of science, including chemistry, physics, and biology. The science club will help students learn scientific topics through a variety of experiments; students will gain insight into the inner workings of the world and a preliminary understanding of scientific concepts.

■ **课程名称/Course Name:** 数字艺术 Digital Art

老师/Teacher: Jenna Lin

时间/Time: 周六Saturdays 8:00-8:50 pm (Google Meet)

要求: 一般用于数字艺术的数字设备和应用软件均可。设备类型可以有所不同（例如，iPad、笔记本电脑、平板电脑等）。

年龄Age: 8-14

学习目标: 学生将学习掌握基本的数字艺术工具，技巧，和原理，同时提升他们已有的数字艺术技能。

教学内容: 在课程期间，学生将熟悉基本的数字艺术工具，如选择、转换和填充。他们还将学习如何自如运用数字艺术技巧，如线条艺术、阴影处理和有效利用图层。授课老师将通过展示各种艺术风格的画作来示范这些技巧，同时也会留出时间让学生亲自尝试这些技巧。每周的课程可能包括来自学生的主题建议或其他特定的数字艺术相关主题。学生可以通过屏幕共享他们的作品，以便老师提供反馈评价或展示他们的创作。

关于老师: 本位授课老师在传统和数字艺术领域拥有超过11年的丰富经验，曾荣获“美国学乐艺术奖”(Scholastic Art Award) 和“华夏杯艺术竞赛”的多个奖项。其作品涵盖丙烯彩绘，铅笔绘画，以及其他媒介的绘画创作。授课老师还是NAHS（美国国家艺术荣誉学会）的活跃成员，并且是CoCAB艺术工作室的创始人。

Requirement: Digital device and application for digital art. Devices may vary (i.e., iPad, laptops, tablets, etc.).

Learning Objective: Students will learn basic digital art tools and principles as well as improve on their preexisting digital art skills.

Teaching Content: During the course, students will gain familiarity with essential digital art tools such as selecting, transforming, and filling. They will also explore how to comfortably apply digital art techniques such as line art, shading, and effective usage of layers via teacher-demonstrated drawings in various art styles as well as have their own time to try out the techniques. Weekly lessons may include topic suggestions from students or other specific desired subjects for digital art. Students may screen share their pieces for teacher feedback or to show off their creations.

About the Teacher: With over 11 years of experience in a mix of both traditional and digital art, the instructor won Scholastic Art Awards and HuaXia Cup Art Competition awards for original works in acrylic paint, pencil, and other mediums. The instructor is an active member of NAHS (National Art Honors Society) and is the founder of CoCAB Studios.

■ **课程名称/Course Name:** 创意机器人编程俱乐部; Arduino: Digital Electronics Club

教师/Teacher: 谭美祺/ Meiqi Tan (Grade 12)

时间/Time : 周六/SAT 3:30–4:20pm EST

要求: 有一台私人电脑和一个 Arduino kit (最好: ELEGOO UNO super starter kit, 亚马逊售价 \$44.99) 和 USB 电缆; a laptop capable of accessing the internet & Arduino board (Preferred: ELEGOO UNO super starter kit, \$44.99 on Amazon) with USB cable. 每台笔记本电脑都需要一次性下载 Arduino IDE。

学生年龄组/ Age group: 9+

授课方式: 每节课都会介绍或阐述电气工程的新概念, 并通过一个小项目对其进行扩展。在每个项目中, 助教将指导学生使用各种电气元件(跳线、面包板等)从头开始连接自己的电路, 并编写代码来运行某些行为。

教学目的: 学生将学习基础电路、电子元件和 C++ 编码; 培养创造性解决问题的能力; 运用工程设计流程; 识别并解决错误; 学习如何使用 Arduino IDE 中的库、串口监视器和绘图工具; 并掌握研究技能, 从而识别工程问题并提出创新解决方案。

教授内容: 学生将首先在个人笔记本电脑上安装和浏览 Arduino IDE, 学习应用程序的基本选项卡和功能。通过演示、视频、电路图和简短讲座, 学生将学习和探索基础物理和编码逻辑以及电子学。通过使用 Arduino 初学者套件中的组件, 学生将了解电路回路、电压、电流和电阻值。

补充信息: 谭美祺: Biotechnology HS Science Olympiad 团队成员

Requirement : A personal laptop and an Arduino kit (preferred: ELEGOO UNO Super Starter Kit, \$44.99 on Amazon) with a USB cable are required. Each laptop will need to make a one-time download of the Arduino IDE.

Teaching Methods: Each class will introduce or elaborate a new concept of electrical engineering and expand on it with a small project. In each project, the TAs will guide students with wiring their own circuits from scratch with various electrical components (jumper wires, breadboards, etc.) as well as programming code to run certain behaviors.

Course Objectives:

- Students will learn about basic circuitry, electronic components, and C++ coding; promote creative problem solving; apply the engineering design process; identify and resolve errors; learn to navigate through libraries as well as serial plots and

monitors in the Arduino IDE; and learn research skills to identify engineering problems and propose creative solutions to address them.

- Students will learn about basic circuitry, electronic components, and C++ coding in this class. The alongside creatively problem solving through the engineering design process. By the end of this course, the students should be proficient at designing and building a microcontroller-based device themselves and implementing commands and unique functions in C++ to control it.

Contents of this Course: Students will begin by installing and navigating the Arduino IDE on a personal laptop, learning basic tabs and functions of the application. Using presentations, videos, circuit diagrams, and short lectures, students will learn about and explore elementary physics and coding logic alongside electronics. Working with components in a beginner Arduino kit, students will learn about circuit loops, voltages, currents, and resistance values.

Additional Info:

Tan Meiqi: Biotechnology HS Science Olympiad team member

■ **课程名称/Class Name:** Python 编程入门 Intro to Python

老师/Teacher: Andy Wu, Jerry Huang

关于老师/About the Teacher: High Tech High School高中生High Tech students proficient in coding Python, C++, and Java.

时间/Time: 星期日9:00AM - 9:50 AM (Google Meet)

要求/Requirement: 电脑可以联网的 computer able to access the internet

年龄/Age: 9 +

学习目标: 学生将学习 Python 的基础知识，并通过练习掌握编码、结构化和调试代码的技能。

教学内容: 在整个课程中，学生将接触到基本的编程概念，如数据结构、条件语句、循环、变量和函数。他们将通过互动课堂练习使用各种 Python 编码功能和工具。课堂上鼓励学生分享和讨论他们的代码，以增强合作学习。

Learning Objective: Students will learn the basics of Python and gain hands-on experience in coding, structuring, and debugging code.

Teaching Content: Throughout the course, students will be introduced to fundamental programming concepts such as data structures, conditionals, loops, variables, and functions. They will practice various coding functions and tools in Python through interactive class exercises. Students will be encouraged to share and discuss their code to enhance collaborative learning.

■ **课程名称/Class Name:** 机器人俱乐部 – 机器人搭建与编程

Robotics Club – Robot Building and Coding

授课老师/Teachers: Andy Teng, Leon Du, Siuming Jiang

设备要求: 需要一台无家长限制的 Windows 电脑，并在第一节课前安装 **EV3 Classroom** 软件

学习目标:

本课程面向机器人入门学生，教授基础的工程、设计与编程知识。学生将使用 **CAD** 软件和 **LEGO Mindstorms** 套件，搭建各种功能各异的机器人，并通过图形化编程进行控制。课程中还将学习并应用多种传感器，理解其在现实生活中的应用。课程结束时，学生将动手设计并完成属于自己的原创机器人。

关于老师: 任课老师来自 High Technology High School 和 Holmdel High School，拥有 FTC 和 VEX 机器人比赛经验。

Requirements: A Windows laptop without parental restrictions. Please download **EV3 Classroom** before the first class.

Learning Objectives:

In this beginner-level robotics class, students will learn the fundamentals of engineering, design, and coding. Using CAD (computer aided design) and LEGO Mindstorms kits, they will build a variety of robots and control them through block-based programming. Students will explore different sensors and understand their real-world applications. By the end of the course, they will design and build their own custom robots.

About the Teachers: High school students from High Tech and Holmdel High with hands-on experience in FTC and VEX robotics competitions.

■ **课程名称/Course Name:** 辩论俱乐部

授课老师: 刘黎蔚Lily Liu, 刘黎城Lionel Liu

学习目标:

- 提升学生们的自信
- 帮助学生们的语言组织能力
- 帮助学生中英文转换沟通流畅
 - ✓ 在用英文想观点的同时, 可以用中文去理解和表达
 - ✓ 提升双语能力
- 提高逻辑思维技能
 - ✓ 独立思考 / 扩展空间
 - ✓ 用不同角度看问题

课程安排:

- 让学生们选择讨论度高的话题, 说出自己的想法, 做一个即兴演讲, 他们对这个问题的理解和看法
- 接着教授辩论赛常用的技巧, 比如回答问题、提问问题、和陈述自己观点
- 教授演讲写作的技巧, 比如如何吸引听众, 并认同或对你的观点产生共鸣
- 在模拟演讲中观察并训练公众演讲的关键要素, 比如身体动作、眼神交流、说话语速、语调起伏等
- 我们将进行演讲、辩论、模拟经典赛式。

关于老师:

刘黎蔚: 去年(2024)以总校优秀毕业生身份毕业。在校期间, 参加过一次演讲比赛和三次辩论比赛。在今年(2024)辩论赛中获得最佳辩手。

刘黎城: 新学期将升入11年级, 曾参加过两次辩论比赛。

Purpose:

- Build students' confidence
- Help students with organizing their thoughts and expressing themselves clearly
- Help students become more fluent in switching between English and Chinese
 - While forming ideas in English, they can also understand and express in Chinese
 - Improve bilingualism
- Enhance logical thinking skills
 - Encourage independent thinking and creative expansion
 - Explore different perspectives

Class Plans:

- Start with popular debatable topics and students will give impromptu argumentative speeches based on their perspectives
- Then, techniques commonly used in debates will be taught

- Such as answering questions, asking questions, and stating viewpoints, Speech writing techniques will also be introduced
- For example, how to attract the audience and create resonance with your ideas
- Key features of public speaking will be demonstrated and monitored during mock presentations. Such as body movement, eye contact, speaking pace, vocal variety, etc.
- We will do public speaking, debates, and mock competitions.

About the instructors:

Lily Liu: Graduated in 2024 as an outstanding student of the main school. Participated in one speech contest and three debate competitions. Named Best Debater in the 2024 debate.

Lionel Liu: Entering 11th grade this fall. Participated in two debate competitions.

■ **课程名称/Class Name:** 航模入门课程 Intro to RC Aircraft

老师/Teacher: Ian Zeng

时间/Time: 网课 online class (TBA)

要求/ Requirement: 电脑可以联网的/ computer able to access the internet

年龄/Age: 8 岁 +

学习目标: 学生将学习飞行器飞行原理，飞机各个部件，如何编程并操控RC plane。

教学内容: 飞机飞行原理，飞机各种零部件的功能，飞机操控原理。可以带领学员实操。

关于老师: MAST九年级学生； 美国模型航空学会（Academy of Model Aeronautics）会员； 美国空军辅助部队-民用航空巡逻队(Civil Air Patrol)成员； 驾驶过 Cessna 172 飞机，专业背景非常扎实，知识和实践经验都很强。

Learning Objectives: Students will learn the principles of aircraft flight, the components of an airplane, and how to program and operate an RC plane.

Teaching Content: Principles of aircraft flight, functions of various aircraft components, and aircraft control principles. Students can be guided through hands-on experience.

About the Teacher: MAST 9th grade student; Academy of Model Aeronautics member; Piloted Cessna 172; Civil Air Patrol Air Force auxiliary member

■ **课程名称/Class Name:** 钩织课 Crochet Club

老师/Teacher: Sophia Huang & Cynthia Xie

要求/ Requirement: 电脑可以联网的/ computer able to access the internet

年龄/Age: Grade 5+

学习目标: 基本的钩针针法与技巧

手工制作: 毛绒玩偶、包、帽子等

公益: 可选择捐赠作品并获得志愿服务时数

关于老师: 拥有5年钩针经验，擅长高阶钩针作品，具备与儿童合作的经验

Learning Objectives: basic crochet stitches & techniques

Create: stuffed animals, bags, hats & more

Donate: creations & earn service hours (optional)

About the Teacher: 5 years of combined crocheting experience, proficiency with advanced crochet projects, experience working with children