



文化課程簡介

2022-2023 Culture Classes' Curriculum

請依據年齡限制選擇一項（文化課班級因師資關係，校方可做必要性班級調整或取消課程。文化課換班限開學後四週內） 歡迎家長報名參加，若是您有子女上文化課，家長文化課收費 **\$130**，否則參照只上文化課學生 (**\$210**) 收費。

Please select one of the following classes (JSCS reserves the right to make class adjustments or cancel culture classes due to teacher availability. Change of class must be requested within 4 weeks after the school year starts.) Parents are welcome, and the fee is \$130 if you have at least one child enrolling in a culture class. Otherwise, you are considered as a culture- class-only student (\$210) fee.

小小舞獅 Little Lion Dance	Age 4 and up
趣味運動 Fun Sports Club	Age 4 and up
扯鈴 Chinese Yo-Yo	Age 6 and up
多媒體藝術 Multimedia Art and Painting	Age 6 and up**
民族舞蹈 (II) Folk Dance (II)	Age 9 and up*
網球 Tennis	Age 9 and up
防身術 Pami Kol Self Defense Martial Arts	Age 9 and up
舞獅 Lion Dance	Age 9 and up

成人文化課 **Adult culture classes**

太極拳 Tai Chi	11:30 AM – 12:30 AM 初級班 Beginne
瑜伽 Gentle Yoga	11:30 AM – 12:30 AM

學費：以下學費為文化班註冊學生未註冊語言班。已註冊語言班文化班費用已包括。成人文化課學費另計

Fee: For students only registered in a culture class. For students who also registered in a language class, the fee for the culture class is included. Adult culture class fee is not included.

Class 課程	Content 課程內容	Teacher 老師	Room 教室	Fee 學費
趣味運動 Fun Sports Club	Students will enjoy different kinds of fun sports, including Tennis, Kung Fu, soccer, basketball, etc. Younger children should be accompanied by parents.	談郡豪 Mr. Scott Tam	Gym	\$210
扯鈴 Chinese Yo-Yo	Chinese yo-yo is a popular kid's folk game. It is also a performing art, sport, and family game. Students will need to buy a yo-yo which can be ordered from the teacher.	TBD	Cafeteria	\$210
多媒體藝術 ** Multimedia Art and Painting	Students learn to paint, draw and model at individual pace and enjoy the beauty of the Chinese art. Materials are provided by the class. Students need to bring scissors and other tools as instructed by the teacher.	陳娟 Mrs. Kuen Birch	Rm. #135	\$210 + \$35 material fee
小小舞獅 Little Lion Dance	Students will learn the traditional Chinese culture and the value of hard work, discipline and team work, while having fun. Student will use the skill taught and perform at the Chinese New Year Festival.	TBD	Cafeteria	\$210
民族舞蹈 II* Folk Dance II	Students learn and practice various types of Chinese folk dances. Please note that JSCS has some costumes, but students may need to buy costumes for performances.	周敏 Ms. Min Zhou	Rm #208	See the Dance Policy
網球 Tennis	Students will learn the basic technique and rules of tennis.	Mr. Paul Dawson	Cafeteria	\$210
防身術 Pami Kol, a Filipino Street Defense Martial Art	This Filipino style, whose grandmaster is an ex-Filipino narcotics officer, combines practical aspects of Chinese and Japanese Martial Arts. Adults and students will be introduced to tactical fighting techniques using practical street weapons (e.g single and double Filipino stickfighting, weapon etc). This form appeals to all to promote self-confidence and to protect themselves and others.	Mrs. Julia Lambert	Gym	\$210

瑜伽 Gentle Yoga	Yogi Annie is a yoga enthusiast and has been practicing yoga for the past few years. She is a certified Yoga Alliance yoga teacher for teaching yoga and meditation. Whether you are new to yoga or have been practicing yoga, feel free to bring your mat or several beach towels to the class. We will practice yoga movement, relaxation and breathing techniques. We will learn different yoga poses such as poses good for digestion and back stiffness due to sitting for too long.	曾安麗 Mrs. Annie O'ROURKE	TBD	\$210
太極拳 Tai Chi	Tai Chi is often associated with the Chinese concept of yin-yang – the notion that one can see a dynamic duality in all things. In Chinese philosophy and medicine, there exists the concept of 'chi', a vital force that animates the body. One of the avowed aims of Tai Chi is to foster the circulation of this 'chi' within the body, the belief being that by doing so the health and vitality of the person are enhanced.	TBD	Gym	\$210
舞獅 Lion Dance	Students will learn the traditional Chinese culture and the value of hard work, discipline and team work. Student will represent school to various community events and perform at the Chinese New Year Festival.	TBD	Cafeteria	\$210

* 民族舞蹈 II 服裝，由老師協調。Dancing dresses are to be coordinated by teachers.

** 選修多媒體藝術須繳交 \$35 材料費。開學兩週內可加退選，全額退材料費。開學兩週後，材料費不退。A \$35 material fee is required for multimedia arts elective. You can add and withdraw within two weeks of the start of the semester, and the material fee will be refunded in full. After two weeks of the start of the semester, the material fee will not be refunded.