

Yucai 2011 Fall Semester continue offers

Kids Dance Class 儿童舞蹈班



Description:

Students of this class will explore Chinese culture and history while learning Chinese traditional and contemporary dance. The basic ballet element training will also be offered. This will serve as building blocks that will not only benefit Chinese traditional and contemporary dance that this class will focus, but will also benefit all other dance performing arts that students may engage, such figure skating and rhythmic gymnastics.

2011学年重点

在2011学年,我们主要的是基本功的训练,其中包括:软度,能力,及舞蹈的协调性.让孩子们为今后更好的舞蹈打下一个扎实的基础. 同时也训练出一个优美的形体来..

Fee & schedule:

- \$90 per semester (17 weeks per semester)
- 3:00 to 3:50pm, Saturday (Starting September 10)

Adult LifePower Class (成人型体健身班)

Description

Designed for adults of all ages and fitness levels, the LifePower class has the following two critical components:

- **Posture/flexibility training (形体锻炼):** will invigorate your body while refining posture and balance through muscle strengthening, tummy tightening, training of flexibility, range of range of motion and endurance.
- **Fitness training (体格锻炼):** will pump up your energy and lead you experiencing an easy to follow journey of various forms of Chinese dance and rhythmic movement.

This LifePower class will leave you feeling energized and uplifted.

2011学年重点

随着我们年龄的增长,人体的肌肉和皮肤会开始松弛,骨骼开始慢慢的变得僵硬了,大多数的女性会发现,在我们的腰部和大腿部会出现一些多余的肉来. 在2011学年,本课准备针对这些问题来进行训练,有地面的,行进的,舞动的等等. 让它来帮助提升我们的肌肉,灵活我们的关节,使我们的体态健美,青春永在.

Fee & schedule:

- \$60 per semester (17 weeks per semester)
- 2:00 to 2:50pm, Saturday (Starting on September 10)

Instructor

We are proud to have Mrs.Han Wenyin (韩文茵), a professional ballet dancer and instructor, to teach both Kids Dance Class and Adult LifePower Class.

韩文茵女士毕业于北京舞蹈学院,芭蕾系,在中央芭蕾舞团担任过独舞,领舞,双人舞演员;曾在大型芭蕾舞剧中担任独舞,领舞的有: Swan Lake, Giselle, Sleeping Beauty, Don Quixote, Romeo and Juliet, Coppelia, Serenade, Heliotrope, Le Corsaire 和中国芭蕾舞;红色娘子军,祝福. 在担任演员期间随中央芭蕾舞团巡回演出的国家有:美国,苏联,英国,法国,荷兰,比利时,德国,波兰,奥地利,阿尔及利亚,突尼斯,泰国. 1994 至今,在北美任教的学校和团体有: Edmenton Danci company, The Colquitt County Arts Center in Georgia, Lafayette Ballet School, Chinese Community School in Indianapolis. Indiana.

