2010-2011 Course Description

NCLS Math program (3:40 – 5:00 second class)

Description:

NCLS Math program provides different levels of math courses for students from 4th grade at public elementary schools up to 11th grade at public high schools. These courses cover arithmetic, pre-algebra, algebra I, algebra II, geometry, PSAT and SAT. Instead of pursuing a placement of public school education or gifted students training, NCLS math program primarily focuses on the fundamentals and skills in math learning and problem solving. Studies in this program will help students to understand the basic concepts, theorems, and formulas, help students to gain the knowledge of applications of the math fundamentals, and most importantly, help students to acquire the manipulative skills of analyzing and solving problems.

Suggestions to the parents

When you help your child to choose a class, please read the course syllabus carefully to clearly understand the content in each course, it helps you to find a class that is proper to your child.

The course syllabus:

Class Name	**Math 4**	**Course Name**	**Arithmetic**
Suggested to the students in public school		**Grade 4-5**	
Course Length	**1 year**		
Reference Textbook			
Course Content			
1. Whole Number Addition and Subtraction **2. Whole Number Multiplication and Division** **3. Rounding Numbers** **4. Estimation of Sum, Differences, Products and Quotients** **5. Fraction Basic: Addition and Subtraction with Same Denominator** **6. Fraction Basic: Addition and Subtraction of Mixed Numbers** **7. Compare and Converting Fractions** **8. Decimal Basic: Tenths, Hundredths, Thousandths** **9. Decimal Basic: Addition and Subtraction** **10. Rounding and Compare Decimals** **11. Decimal Multiplication: Thousandths by Tenths** **12. Finding Percent, Calculating and Uses of Percent** **13. Relating Fractions, Decimals and Percent** **14. Basic Measurements: Time and Length** **15. Basic Measurements: Mass and Liquid Volume** **16. Geometry Basic: Points, Lines and Rays** **17. Geometry Basic: Types of Angles, Triangles and Quadrilaterals** **18. Simple Calculation of Perimeter, Area and Volume**			

Class Name	**Math 5**	**Course Name**	**Pre-Algebra**
Suggested to the students in public school		**Grade 5-6**	
Course Length	**1 year**		

Reference Textbook	Pre-Algebra DeMYSTiFieD

Course Content

1. Number theory (rational and irrational number)
2. Fraction basics
3. Operations with fraction (addition, subtraction, multiplication, division)
4. Exponent, absolute value
5. Decimal basics
6. Operations with decimals
7. Ration, proportion, percent
8. Conversion of fractions, decimals and percentage
9. Probability
10. Geometry and measurement (covering and surround)
11. Perimeter, area and volume
12. Integers and equations
13. Introduction on exponent and root
14. Operator evaluation order and basic operation law (associate, commutative, distributive law)
15. Constant convert methods
16. Linear equations
17. Inequality and linear inequality equation

Class Name	Math 6	Course Name	Algebra I, Part 1
Suggested to the students in public school		Grade 6-8	
Course Length	1 year		
Reference Textbook	Algebra I ISBN: 0-395-93776-0 Authors: Larson, Boswell, Kanold, Stiff		

Course Content

1. Review exponents and powers
2. Review rates, ratios, and percent
3. Adding and subtracting matrices
4. Introducing functions
5. Introducing real number line
6. Addition and subtraction of real numbers
7. Multiplication and division of real numbers
8. Solving linear equations
9. Introducing coordinates
10. Slope and intercepts
11. Graphing linear equations
12. Writing linear equations in Slope-Intercept form
13. Fitting a line to data
14. Point-Slope form of a linear equation
15. Standard form of a linear equation
16. Solving linear inequalities
17. Solving absolute-value equations and inequalities
18. Graphing linear inequalities
19. Stem-and-Leaf plots

Class Name	Math 7	Course Name	Algebra I, Part 2
Suggested to the students in public school		Grade 7-8	
Course Length	1 year		
Reference Textbook	Algebra I by Larson, Boswell, Kanold, Stiff ISBN 0395937760		

Course Content

1. Pattern and sequence
2. Solving linear systems by graphing, substitution, and linear combination

3. Application of linear systems **4. Solving systems of linear inequalities** **5. Exponents operations** **6. Scientific notations** **7. Exponential growth and decay functions** **8. Solving quadratic equations by graphing and formula** **9. Graphing quadratic inequalities** **10. Polynomial expansion** **11. Polynomial factoring** **12. Review ratio, proportion, and percents** **13. Direct and inverse variation** **14. Rational expression operations** **15. Rational equations and functions** **16. Probability and odds** **17. Word problems**

Class Name	**Math 8**	**Course Name**	**Algebra II**
Suggested to the students in public school		**Grade 8-9**	
Course Length	**1 year**		
Reference Textbook	**Algebra 2 (McDougal Littell) Authors: Ron Larson, et al.**		
Course Content			
1. Relations, functions, function evaluation and operation, inverse functions **2. Function transformation including translation, reflection and rotation** **3. Linear function, linear inequalities, linear mathematic modeling** **4. Graphing linear functions, linear inequalities** **5. Introducing matrices, matrix operations, Determinants** **6. Solving linear system equations using Cramer's rules and augmented matrices** **7. Quadratic functions, graph, zeros, quadratic modeling, complex number** **8. Solving quadratic equations by factoring, quadratic formula, and complete square** **9. Solving linear and quadratic equations system, quadratic equations system** **10. Polynomial function, operations, graphs, factoring and solving** **11. Rational function, graph, operations, simplification, and solving equations** **12. Power and radical function, simplification, operation, solving equations, and rationalizing the denominators** **13. Exponential and logarithmic functions, graph, transfer between exponential and logarithmic function, properties of logarithms** **14. Solving exponential equations and logarithmic equations** **15. Conic sections, circle, ellipse, parabola, hyperbola, graphs of conics** **16. Probability and statistics**			

Class Name	**Math 9**	**Course Name**	**Geometry**
Suggested to the students in public school		**Grade 9-10**	
Course Length	**1 year**		
Reference Textbook	**Geometry (Glencoe/McGraw-Hill)** **Authors: Jerry Cummins, et al.**		
Course Content			
1. Reasoning in geometry, postulates, conditional statements and their converses **2. Basic geometric concepts, segments, angles, parallels** **3. Triangles and congruence** **4. Pythagorean theorem and triangle inequalities** **5. Proportions and similarity** **6. Circles, arcs, inscribed polygons** **7. Circle relationships, tangents to a circle** **8. Deductive reasoning and two-column proofs**			

9. Circumference and area **10. The coordinate plane , linear equations and equations of circles** **11. Trigonometry, Sine, Cosine and Tangent ratio** **12. Surface area and volume, solid figures**

Class Name	**Math 10**	**Course Name**	**PSAT**
Suggested to the students in public school		**Grade 7-10**	
Course Length	**1 year**		
Reference Textbook	**Barron's SAT Math Workbook** **College board: Official SAT Study Guide**		
Course Content			
Part One: Number and Operations **1. Basic Arithmetic Concepts** **2. Elementary Number Theory** **3. Fraction, Decimal, and Percent** **4. Ratios and Proportions** **5. Sequences and Series** **Part Two: Algebra and Functions** **6. Polynomials and algebraic fractions** **7. Solving Linear Equations and Inequalities** **8. Solving Quadratic Equations** **9. Word Problems** **10, Exponents and Roots** **11. Functions and Graphs** **Part Three: Geometry and Measurement** **12. Lines and Angles** **13. Triangles** **14. Quadrilaterals and Polygons** **15. Circles** **16. Solid Geometry** **17. Coordinate Geometry** **18. Graphs and charts** **19. Counting and probability** **20. Average**			

Class Name	**Math 11**	**Course Name**	**SAT**
Suggested to the students in public school		**Grade 8 to Grade 11**	
Course Length	**1 year**		
Reference Textbook	**1. Barron's SAT Math workbook 2009 edition** **2. College board: Official SAT Study Guide 2009 Edition**		
Course Content			
1. Percent, fraction, ratio and rate problems **2. Mean, mode, median and range** **3. Solving linear equations and inequalities** **4. Solving equations with more than one variable and equation systems** **5. Polynomials, and basic operations of polynomials** **6. Factoring and simplify polynomial by factoring** **7. Solving quadratic equations by factoring, by formula and by graphing** **8. Word problems including rate, percent, mixture and translating words into equations** **9. Angles, triangles, quadrilaterals and polygons** **10. Circles, perimeter, and area** **11. Solid geometry, coordinate geometry** **12. Counting problems including combination and permutation** **13. Probability concept and application**			

14. Sequences and series
15. Graphs and tables
16. Integer and rational exponents
17. Special functions, simple transformations of functions

儿童美术课简介

儿童美术课一直是牛顿中文学校课程中的重要组成部分, 多年来深受学生及家长的欢迎和支持。任教的老师们,更是怀着极大的热情与爱心, 辛勤地耕耘, 无私地奉献。 在新学年开始之际, 我们 希望得到学生和家长更多的关心和支持, 对老师们的辛勤劳动给予更多的理解和尊重, 把我校的美术教育办得更好。

下个学期, 中文学校将开设十一个不同年龄段的儿童绘画课程。如无特殊说明, 儿童美术安排在第二节课。

绘画一甲 蜡笔 (4-5 岁) Art 1 Crayon (age 4-5) (2:00 – 3:30 first class)

任课教师: 高虹

高虹老师毕业于 Eastern Illinois University，获 Studio Art 硕士学位。 高虹老师从事图象和网页设计多年, 并于 2003 年建立了自己的 “彩虹美术设计室”, 目的在于更好地从事儿童美术创作、鉴赏和教育活动。高老师的蜡笔绘画课将绘画基础知识与儿童丰富的想像融为一体，生动有趣。高老师网站 http://www.rainbowartstudio.net

绘画一乙 蜡笔 (4-5 岁) Art 1 Crayon (age 4-5)

任课教师: 王泉海 （介绍文字暂缺）

绘画二 卡通/基础 甲/乙 (5-6 岁)Art 2A & B Cartoon/Basics (age 5-6)

任课教师:沈亚虹

沈老师毕业于哈佛大学设计研究生院(Graduate School of Design, Harvard University)，获设计博士学位。沈老师的卡通/基础绘画课, 取材于笔法简练、形象夸张、特点鲜明、幽默可爱的卡通动物和人物形象, 由浅入深, 对学生进行线条、基本几何形状以及色彩的基础训练。力求在训练儿童基本的造型能力和对色彩的基本认识的同时, 培养、保持和提高儿童对绘画的兴趣。请登陆沈老师网站 http://www.inkfun.net，浏览沈老师的作品。

绘画三 (工艺彩绘, 5-8 岁) Art C: Art & Craft (age 5-8)

任课老师: 朱伟忆

工艺彩绘课程适合五至八岁的儿童。与其它单纯绘画课略有不同的是，此课程将采用绘画与手工美劳结合的方式，不仅教学生色彩形状构图等绘画基本知识，也练习剪贴粘折塑等工艺美术技巧，结合中美节庆, 传授多元文化及制作装饰品。旨在开发学生的创造力和想象力，并培养孩子灵巧的动手能力。

绘画四甲 (素描 6-7 岁) Art 4A (Sketching：age 6-7)

任课教师: 吴富民 介绍文字暂缺

绘画四乙 (彩绘 6-7 岁) Art 4B (Drawing/Painting age 6-7)

任课教师: 何瑞萍 介绍文字暂缺

绘画五 彩绘 (7-9 岁) Art 5: Drawing/painting (age 7-9)

任课老师: 郑玥

郑玥老师毕业于中国南京艺术学院设计艺术系。原在国内任美术重点中学美术教师。来美后开办了“Luckie art studio(大阿福娃娃艺术画屋)”，专门从事少儿美术教育，多年来很多学生获得了美国州、全国以及国际奖项。具有丰富的儿童美术教学经验。

郑老师的彩绘课适合有一定绘画基础的 7-9 岁的孩子。主要教授彩绘的多种工具和方法的运用, 主要分两个阶段(第一学期：油画棒+水粉颜料的运用方法；第二学期：彩色铅笔、马克笔 、黑色记号笔的绘画方法)。多以孩子熟悉喜爱的自然风景、拟人化的动物以及简单的人物为主，并每次具有一个新鲜的题材，以提高孩子的绘画兴趣。让孩子有事可想，有物可画，并有兴趣将自己的作品变成一个生动有趣的故事。鼓励孩子拥有自己的想象空间，添加并改造一些自己喜爱的事物。目的在于训练儿童基本的造型能力和对色彩的认识、运用和敏感度。同时训练儿童的综合能力，使想象能力、动手能力、创作能力以及绘画表现能力融于一体，让儿童在想与画中得到多方面能力的提高。

绘画六 素描(8-10 岁) Art 6 Sketch (age 8-10)

任课教师: 高虹 (介绍文字暂缺)

绘画七 彩绘(8-10 岁) Art 7 Water Color (age 8-10)

任课老师: 吕明

吕明老师毕业于鲁迅美术学院，获美术硕士学位。吕老师的彩绘课以水彩为主

绘画八 国画(8-10 岁) Art 8 Chinese Brush Painting (age 8-10)

任课老师: 汪庆

汪庆老师在牛顿中文学校教幼儿国画已有数年。这个课程主要是为八至十岁，对中国画有兴趣，但 没有学过或只学过不长时间国画的孩子设置的。注册上这堂课的孩 子，包括并无国画基础的新生和在这个班上学了几年的学生. 汪老师授课内容包括国画基本知识：毛笔的持笔和运用, 墨的浓淡与国画颜色的调配; 国画的练习：以小写意为主要授课内容，习画的内容包括兰花、竹、松、 菊、牡丹、水仙、鸡、鱼、山水等。授课内容由浅入深，逐步培养孩子们对国画欣赏知识和能力，以及对描绘对象化繁为简, 色彩提炼概括的能力。

绘画九(素描, 10 岁以上) Drawing 9: Sketch (age 10+)

任课老师: 王社林

王社林老师的儿童素描高级班对象为十岁以上有一定绘画基础的儿童, 课程以静物, 人物, 风景素描写生为主, 以提高学生写实造型能力为目的.

绘画十 国画(10 岁以上) Art 10 Chinese Brush Painting (age 10+)

任课老师: 谭嘉陵

谭嘉陵老师是牛顿中文学校任教时间最长的老师之一， 担任本校国画教师已 25 年。为弘扬中华传统文化, 谭老师不仅多次举办个人或集体画展和国画作画演示, 并于 1989 年创办中华表演艺术基金会 (Foundation for Chinese Performing Arts, 详见 http://www.ChinesePerformingArts.net)。每年定期举办各种音乐会、胡桃山音乐营、及全美中文学校国画书法比赛等活动。谭老师对中西方文化交流所做的贡献, 多次受到波士顿市长的嘉奖。

谭老师的国画班,招收十岁以上略有国画基础的学生。学生大多为绘画 8 班升上来或是已在本班学过几个学期的学生。以小写意花鸟画为主,兼攻山水。授课内容包括国画基本技法,习画题材达近二十种之多。目的在于让孩子们继续深造, 领会国画的奥秘。谭老师绘画班的学生曾多次参加全美中文学校的中国画比赛并获奖。

绘画十一 国画(10 岁以上) Art 11 Chinese Brush Painting (age 10+)

任课老师: 林浩宗

林浩宗老师曾任广东省书画家协会主席, 几年前移居坡士顿。林老师过去专攻工笔画，现在则工笔、写意双笔齐下，相得益彰。因此他的画尤其精彩。我校资深绘画老师谭嘉陵女士表示：“我们十分荣幸林先生答应在百忙之中抽出时间来牛顿教画。我自己都很希望有机会去上他的课。”她倡议学校国画基础扎实的学生们，可别错过这个大好的机会。

SAT: CRITICAL READING (2:00 – 3:30 first class)

任课教师**:** 王命全

COURSE DESCRIPTIONS:

The primary goal of this course is to help students prepare for and score higher on the critical reading section of the new **SAT**. The course consists of 16 80-minute sessions. Topics covered include:

- Introduction to the new **SAT**;
- Building vocabulary skills;
- Sentence Completions;
- Reading Comprehension;
- Grammar and Usage; and
- College preparation and admission.

Throughout the course, students will take many mini practice quizzes and several full-length critical reading practice tests. These quizzes and tests, along with discussions, presentations, and video clips, will help students review and reinforce the skills acquired in the course. Students who complete the course successfully will be more confident and score higher on the critical reading section of the new **SAT** test. They will also be better prepared for college.

SAT II & AP CHINESE (3:40 – 5:00 second class)

任课教师**:** 王命全 (Chinese Language Coordinator at Tufts University)

NCLS is offering a class on ***SAT II & AP Chinese*** during the second period this year. The following information may help students and their parents decide whether the course is appropriate for the students.

What is *SAT II: Chinese*?

SAT II: Chinese is one of many SAT II: Subject tests taken by college applicants, formerly known as the College Board Achievement Tests. It is a one-hour test with 20 minutes of listening and 40 minutes of usage and reading. The test measures students' understanding of Mandarin Chinese and their ability to communicate in the context of contemporary Chinese culture. The test is appropriate for students who have studied Mandarin Chinese as a second or foreign language for two, three, or four years in high school or the equivalent. The test is offered in November by the College Board.

What is *AP Chinese*?

The AP Chinese Language and Culture course is comparable to a fourth semester college course in Mandarin Chinese. ***The AP Chinese Language and Culture exam*** is approximately two hours and 15 minutes in length, with a multiple-choice section on listening and reading, and a free-response section on writing and speaking. Most colleges and universities in the United States will grant students credit, placement, or both on the basis of their AP Exam grades. Students do not have to take the AP Chinese course at their high school in order to take the AP Chinese exam. The exam is offered in May by the College Board.

What does the *SAT II & AP Chinese* course do?

The two primary objectives of the course are:

I. Improving students' proficiency in the Chinese language and culture.

Students will improve their language skills (listening, speaking, reading and writing) through studies of various aspects of contemporary Chinese society, including geography and population, ethnic and regional diversity, travel and transportation, climate and weather, holidays and food, sports and games, and current affairs.

II. Preparing students for the two tests.

The course will provide information on the tests, offer advice and guidance on preparing for the tests, and administer practice tests.

While this is a special course to help students prepare for the SAT II and AP Chinese tests, the ultimate goal of the course is to improve students' proficiency in the Chinese language and culture.

Why is NCLS offering the *SAT II & AP Chinese* course?

While colleges do not require ***SAT II: Chinese*** or ***AP Chinese*** as an admission requirement, a good score on these tests will give students an advanced placement in Chinese, exempt them from some or all of the language requirements, and give them college course credits. There are many students at NCLS who have the potential to do really well on these tests if they are properly prepared. The ***SAT II & AP Chinese*** course aims to provide such preparation, which will enable these students to achieve their potential. The course also helps students maintain and improve their proficiency in the Chinese language and culture.

Who should take the *SAT II & AP Chinese* course?

High school students who have completed their 10th grade Chinese at NCLS or its equivalent.

成人声乐班 (2:00 – 3:30 first class)

任课教师：朱福蓉

教学对象：18-55 岁的成人

朱福蓉老师毕业于上海音乐学院，在上海歌剧院任专业声乐演员多年，同时在上海音乐学院任教。她来美十几年继续从事声乐教学。成人声乐班教授 18-55 岁的成年人声乐的基础知识。内容涉及歌唱的呼吸、运气等正确的发声技巧。引荐并教授中外艺术歌曲。是普及音乐知识, 有趣和实用的一门课程。欢迎喜爱音乐，特别是声乐艺术的各界人士报名参加。

少儿声乐班 (3:40 – 5:00 second class)

任课教师：朱福蓉

教学对象：7-9 岁的儿童

招收 7-9 岁的儿童。课程根据儿童的年龄特点加以设计。利用孩子们学习乐器的经验，进一步介绍基础的音乐知识。用孩子感兴趣的方法教授传统和现代的中外儿童歌曲。主要以合唱的形式进行教学并参与学校节庆表演。

幼儿学儿歌班 (3:40 – 5:00 second class)

任课教师：冯怡丽

教学对象：4-6 岁的儿童。

教学内容：适合幼儿的简单易学的儿歌。大部分儿歌同时又是一首幼儿歌曲，孩子们既学会了儿歌，也学会了歌曲。

认读一些基本的字和词，每次上课学一首儿歌。每学期共教十五首歌，

孩子们在学会儿歌的过程中，中文听说能力自然而然得到了提高。

教学方法：学习的过程中，孩子们可以把与儿歌相关的内容用简单的图画表达出来，也可以加上动作表演出来。上课的过程中，根据这个年龄段孩子的特点带他们做一些游戏，使孩子们轻松愉快地学习。

本课程是帮助幼儿具备基本的中文听说能力，为他们进入学前班和一年级打下一个良好的听说基础。老师采用标准的普通话教学，让孩子们一开始接触中文就学会说标准普通话。为了鼓励孩子们学好儿歌，老师准备了小奖花和小奖品，对孩子们的进步即时给予奖励，激发他们的学习热情。

快乐阅读班(3:40 – 5:00 second class)

任课教师：李屏

Time: 3:40 – 5:00 (second class)

教学教材：以“HSK 快乐阅读”为主，配合其他的知识性阅读教材。

教学目的：注重趣味与品位的结合，知识与文化的结合，读与练的结合。通过快乐阅读提高阅读兴趣，扩大词汇量，提高阅读理解能力和语言运用能力。从而达到提升汉语水平，使学生开阔视野，扩大知识面，了解中国的传统。

教学对象：适合已经掌握 500-1000 左右汉字词语的高年级学生。考虑到高年级的学生各方面功课负担较重，因此，绝大多数练习将在课上完成，将不会给学生留过多的作业。课后最主要的是掌握生字卡片。

少儿健美操 Children Fitness (2:00 – 3:30 first class and 3:40 – 5:00 second class)

指导老师：何振英

教师简介：

何振英毕业于浙江师范大学小学教育专业，来美国前一直从事小学体育教学工作（12 年），是小学高级教师，有丰富的教学经验，个人爱好健美操运动，曾多次参加过省，市及全国健美操比赛，获得优异成绩。

比赛成绩：

2001 年江苏南京全国健美操竞标赛大众组六人操三等奖

2000 年浙江省大众健美操比赛六人操第一名

2001 年浙江省大众健美操比赛六人操第一名

2003 年浙江省全运会健美操比赛大众组六人操第四名

课程介绍：

现代健美操以融体操之健与舞蹈之美和音乐之韵于一体而令人耳目一新，它以动作创编科学，姿态优美以及对人体的健身、健体、健美和健心有益而吸引着人们。当今健美操在全世界范围内蓬勃发展，显示出它具有强大的生命力。练习健美操有很多的好处，它的节奏很快，跳起来活力十足，而且长时间练习身体姿态也会变得越来越优美，身体比例也会变得特别的好，性格也会变得活泼开朗，孩子会特别的喜欢。

少儿健美操，通过对健美操基本功及动作组合的学习，来塑造良好的形体和气质，提高力量，柔韧，耐力等身体素质，提高身体协调性，培养丰富的表现力，塑造积极的性格。

课程内容及安排：

健美操基本常识（项目介绍　项目特点）

健美操基本技术（基础形体　基本步伐　基本手型　基本手位　基本方位）

少儿健美操组合动作

少儿健美操套路学习（最新）

身体素质训练（力量，柔韧，耐力）

少儿表演艺术班(3:40 – 5:00 second class)

指导老师：陈丽嘉

教师简介：

陈丽嘉老师持有美国儿童教育学位，现任 Brookline 和波士顿公立学校中文教师，Head Start 音乐、舞蹈教师，牛顿中文学校和麻州中文学校中文、音乐和舞蹈及表演艺术教师。曾任 Newton 和 Sharon 公立学校中文教师，波士顿儿童艺术团声乐、舞蹈教师，Rhode Island 华人协会中国舞蹈教师，以及牛顿多所学校的中国传统舞蹈及表演艺术教师。

陈丽嘉老师教学经验丰富，教学认真，其教学目的是：配合中文教学，与中文教学相结合，让学生接受音乐、艺术、表演、舞蹈等多方面的基础启蒙训练。教学训练包括：声乐、节奏、音节、舞台表演、儿歌、朗诵、不同背景的音乐鉴赏，中国民族舞和民间舞的基础训练以及一些其他国家的民族舞蹈，例如希腊、日本、非洲等的舞蹈基础训练。

教学方法中西结合，着重培养学生的自信心和表演能力。教学内容丰富多彩，形式活泼多样，孩子们一定能够受益其中，乐在其中。

儿童民族舞(3:40 – 5:00 second class)

指导老师：黄语红

黄语红老师具有多年教授儿童民族舞的经验。她的民族舞班系三级复式教学。配有多名助教协助教学。根据各级的实际水平安排适当的授课内容。每学期教授各组两个舞蹈。通过这些舞蹈的学习，让孩子掌握和了解中国民族舞蹈的基本技巧并从中学习中国文化。

儿童劳作 Children Crafts(3:40 – 5:00 second class)

指导老师：杨宜芳

主要教授学生学会利用各种图形,不同色彩的纸拼剪贴画出儿童喜爱的动物，植物以及用品等。也会利用一些包装用瓶子，盒子等制作手工作品。在学习和创作作品中锻炼学生的动手能力，以及观察事物认识事物的能力。

儿童折纸艺术班 Children Paper Folding Class (3:40 – 5:00 second class)

指导老师：陈励

Time: 3:40 – 5:00 (second class)

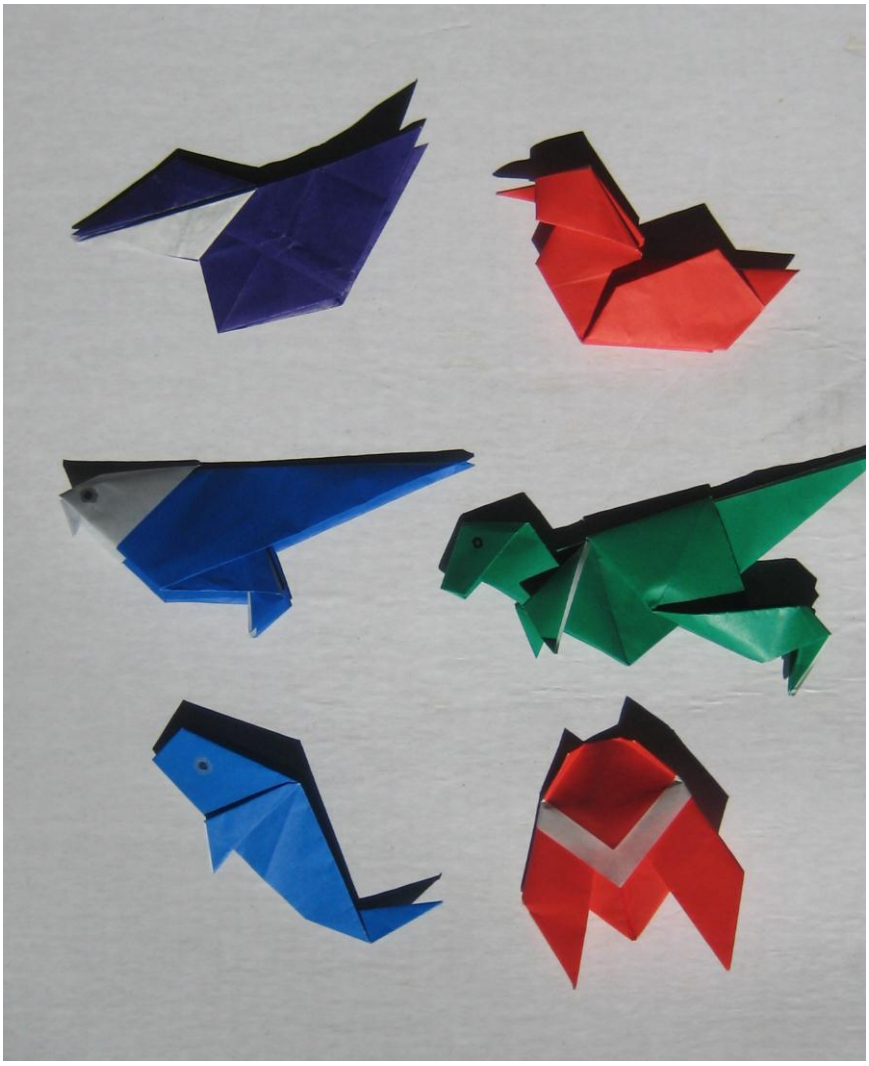
折纸是一种风格多样的艺术形式，可以让学生在较短的时间内，用一张张纸片创造出复杂而又栩栩如生的折纸作品。

通过折纸可以启发学生的创造力和逻辑思维，更可促进手脑的协调，同时折纸还具有挑战性和启发思维的功效。

学生年龄：5 岁以上

学生人数：10 人

学生需支付 $5 的消耗材料费 给任课 老师。



围棋 (初中级) GO (begin/intermediate level) (3:40 – 5:00 second class)

指导老师：卢珂

中国古代的四大艺术，琴棋书画，历史悠久，源远流长。 其中的棋，说的就是围棋。围棋艺术，千变万化，具有经久不衰的魅力，这是它流传几千年至今受到人们喜爱的原因。围棋

作为一种智慧体操，它可以最大限度地开发智力，启迪思维，锻炼头脑，陶冶情操。在围棋的对弈中，包含着形象思维、逻辑思维的创作。它能增强机械记忆和理解记忆，它能提高人们的计算本领。

教学重点是死活和手筋。课堂上以实战为基础，适当讲解理论。课后上网实战练习。掌握围棋的基本规则和基本技巧，了解围棋术语，礼仪与弈德。激发学生对围棋的兴趣，为今后自学打好基础。提高逻辑思维能力和修养。

国际象棋(初级) Chess (Beginner Level) (3:40 – 5:00 second class)
指导老师：贺极苍

国际象棋初级班教授学生国际象棋的基本规则和中局杀王的简单技巧。通过学生相互之间的比赛，训练竞赛心理，提高棋艺水平。

国际象棋(高级) Chess (Advanced Level) (3:40 – 5:00 second class)
指导老师：朱丽萍

国际象棋高级班要求学生已经懂得基本规则和基本杀王水平，并有对国际象棋的爱好。教授的方法主要从大棋盘讲解，结合学生相互之间实战锻炼，配合一些习题练习来提高学生的棋艺水平。开局教授不同类型的风格；中局的战术组合和王兵残局的处理。另外每年学期结束会举办一个比赛。

篮球(初级) Basketball (beginner) (3:40 – 5:00 second class)
指导老师：李威

教学内容： 本课程是为六岁以上蓝球初学者所设。学生将学习传球，带球，切入，投篮等基本蓝球技巧。在分组对抗中熟习并运用比赛规则，在培养蓝球兴趣的同时又增强了体质。

教学特点： 1) 小班上课
2) 教练与学生同场练习
3) 将娱乐于运动之中

篮球(中级) Basketball (intermediate) (3:40 – 5:00 second class)
指导老师：钟瑜

教学内容： 本课程是为具有一定蓝秋基本技巧的爱好者所设。学生除了攻固基本技能外，着重提高对抗技巧， 运用基本战术提高比赛意识。

教学特点： 1) 引导学生，配合其正常发挥
2) 组建团队意识
3) 竞赛，娱乐并进

少儿抖空竹 (七岁以上) (Chinese Yoyo)
指导老师：陈望菊

空竹是民间杂技中的一项运动。本课程将重点训练肢体协调，手眼配合及反应能力。请家长们从陈老师处购买空竹。

乒乓球 Ping-Pong (3:40 – 5:00 second class)

指导老师：汪自强，崔国强，黄少君

本课以训练乒乓球基本功为主， 提高同学们对乒乓球运动的爱好， 建立对乒乓球比赛规则和比赛环节的认识。 教学重点为正手进攻，反手攻球，推挡，搓球，发球和接发球。本课程不受年龄限制， 只需身高够长即可报名。 同学们将按身高分组后在三张球台上练习。每年秋季将组建少年队参加北美体协乒乓球友谊比赛。

成人瑜珈 Adult Yoga (3:40 – 5:00 second class)

指导老师：鲁文澜

I have been practice Yoga for over 15 years. The love towards Yoga, I become an Instructor and a certified Lifestyle coach. By years of practicing, I have been benefit from all different area.
At the physical level, yoga has proven to be extremely effective in many different areas, such as:

- Increasing Flexibility
- Increasing lubrication of the joints, ligaments and tendons
- Massaging of ALL Organs of the Body
- Complete Detoxification
- Excellent toning of the muscles
- Improving concentration, alertness

Yoga can promote both cardiovascular, and muscular stamina. Through the continuity of action, cardiovascular stamina is developed. Through contraction of the muscles while holding the postures, muscular stamina is developed. Yoga while not intentionally aerobic can increase the heart rate at certain points until greater fitness is developed.
Yoga goes beyond muscular strength. Muscles will lengthen, as opposed to contracting. And, a deep strength will become apparent.
Yoga affects the mind as much as the body. It improves concentration, increases alertness, rational clarity develops equanimity and instills confidence. These benefits all depend on presence of mind during practice.

成人瑜珈 Adult Yoga B (3:40 – 5:00 second class)

指导老师：陈静

I have been practicing Yoga over 12 years. I am a certified yoga instructor. I teach group classes and private yoga sessions. My goal as a yoga instructor is to bring yoga to people of all ages in a fun and non-intimidating manner. I bring my calm and nurturing spirit to my students so that they might find peace and balance of mind and body, thereby improving their overall wellness.

I'm teaching mainly most popular yoga styles:
Hatha (meaning physical) is based on the ancient form of movement that promotes balance, flexibility, strength and relaxation through various asanas (postures) and breathing techniques. Providing tools for

everyday stress, aims to clear the mind, improve concentration, enhance your overall well-being, and experience inner peace. Hatha allows one to calm the mind, body and soul and to experience deep relaxation.

Vinyasa: Combines a series of smooth, flowing yoga postures that move fluidly, with the breath, from one to the next. Linking the poses in a way creates strength, flexibility, endurance, and balance for greater health and mental awareness.

Power yoga: A sweaty, vigorous form of yoga, power yoga is characterized by the practice of a series of yoga poses without stopping and accompanied by Vinyasa or riding the breath in order to flow from one pose to another. It is a vigorous exercise that physically and mentally challenges you in order to help you connect to your inner power.

Benefits of Yoga

- Increasing Flexibility
- Stronger muscles
- Better body tone
- A naturally define physique
- A relaxed and clear mind
- Reduced stress
- Increased body awareness
- Natural weight loss.
- Improved posture
- A strengthened immune system
- Decreased physical effects of aging for the brain and body

I also teach Core Conditioning and Advanced Pilates.

Pilates is an exercise method whose focus is on strengthening the "powerhouse", largely the abs, buttocks and muscles of the back. The exercises are designed to increase flexibility, strengthen muscles and improve posture balance development. Pilates requires a great deal of concentration, coordination of breath and movement, thereby helping to balance mind and body.

One of the many benefits of Pilates is that its emphasis on strengthening and proper alignment promotes good posture — the key to graceful and efficient movement. Not surprisingly, then, the exercises themselves have a certain photogenic beauty and elegance in and of themselves.

书法 Chinese Calligraphy (3:40 – 5:00 second class)

任课教师**:** 杜玮

书法课以帮助习者入门为主，包括执笔运笔的方法。初由隶书、楷书入手，过渡到行草书，辅以介绍书法史和书法美学。练习书体因人而异，所以报名者不限年龄和程度。 学习有成者亦可接替书法班教职。

此教师会讲中文，英文亦可，态度和蔼，并有附带解答医学咨询的功能。