



| | <u>Time</u> | <u>Tuition</u> |
|--|----------------|----------------|
| Basketball - Informal basketball drill/play. | 2:00 – 3:50 pm | \$30 |
| Flower Arrangement - This course offers an introduction to flowers and floral arrangement. Techniques for fresh and silk flower care and handling will be covered. Several different styles of arrangement will be introduced. A flower set will be finished for taking home by the end of every class. Students need to bring own scissors and vase. Materials fee: \$10 - \$15 for flower materials every class (paid to the instructor). | 2:00 – 3:50 pm | \$100 |
| Line Dance - Line dance is a choreographed dance where a group of people dance in one or more lines usually facing the same direction. Line dance has similarities to folk dancing. Some dances are danced in pairs or a line formed into a circle. Line dancing is not only associated with country-western music and dance. Many line dances have accompanied many popular music styles like modern pop, Irish and Latin. Students will learn line dance steps and ballroom steps. Line dancing is a healthy, therapeutic, social and interactive pastime and fun workout for everyone. | 2:00 – 4:50 pm | \$30 |
| Mulan Boxing / Kung Fu Fan - Mulan Boxing is a combination of Tai Chi, Qi Gong, and gymnastics. It is a slow motion exercise developed for women. Kung Fu Fan is another variation of Tai Chi. It combines the movements and techniques of Tai Chi Sword and Knife with the speed, power, and dexterity of Long Quan and Ba Gua. Students must buy their own costumes and props from the teacher. For more information about the instructor, visit http://kracc.com/mulanandtaichi . | 3:00 – 4:30 pm | \$130 |
| Ping Pong (Table Tennis) - Informal ping pong drill/play. Bring your own paddle and balls. | 2:00 – 3:50 pm | \$30 |
| Tai Chi - Tai Chi is a traditional Chinese form of martial arts many centuries old. The students will learn short form (8, 16, 24, 32, 42, 48 forms), and boxing and sword. For more information about the instructor, visit http://kracc.com/mulanandtaichi . | 2:00 – 2:50 pm | \$90 |



| | <u>時間</u> | <u>的學費</u> |
|---|----------------|------------|
| 籃球 - 籃球比賽。 | 2:00 – 3:50 pm | \$30 |
| 花藝設計 - 西洋花藝設計, 有基本型教起, 漸漸深入介紹如何使用顏色, 花型, 及家居擺設。包含鮮花和假花的處理。每一堂課會有一盆花帶回家。必須帶自己的剪刀和花盆。每次上課付給老師的材料費是\$10 - \$15. | 2:00 – 3:50 pm | \$100 |
| 排舞 - 排舞是一組人在編排成一行或多行的舞蹈, 通常面對著同樣的方向。排舞和民間舞蹈有很多相似之處。有些舞蹈是成對地跳, 有些是排成一個圓圈。排舞與西部鄉村音樂有很大的關係。許多排舞配合現代流行音樂, 愛爾蘭和拉丁美洲的許多流行音樂風格。學生將學習線形舞步和宴會廳的舞步。排舞是一個健康, 有治療性, 社交和互動的消遣活動。它可以讓大家鍛煉身體及增加日常樂趣的運動。 | 2:00 – 4:50 pm | \$30 |
| 木蘭拳、中國功夫扇 - 木蘭拳是將太極拳、氣功、武術技擊、體操結合在一起的一套女性的武術拳種。中國功夫太極扇結合扇子的揮舞和太極拳的運動, 并揉合了太極拳和長拳、八卦等動作, 力量 和速度。學生須另外向老師購買道具(扇子)和服裝。想進一步了解老師, 可以到網站 http://kracco.com/mulantaichi 查詢。 | 3:00 – 4:30 pm | \$130 |
| 乒乓 - 乒乓球對打。需自備球拍、球。 | 2:00 – 3:50 pm | \$30 |
| 太極 - 太極拳是一種古老的健身與技擊並重的拳術。學員從短套路8式、16式、24式、32式、42式、48式逐步升級學習太極拳、太極劍。想進一步了解老師, 可以到網站 http://kracco.com/mulantaichi 查詢。 | 2:00 – 2:50 pm | \$90 |