

2016 Fall TCCLS Extension Education

Schedule: Every Saturday 10/1 - 12/10 (Skip date: 11/26)

(Class dates subject to change based on instructor's schedule)

Fee: \$85 for 10 sessions (\$105 for non-TCCLS family)

- **Chinese Arts** **Instructor: Ms. Jasmine Lu 盧老師 / Ms. Tracy Lin 林老師
/ Ms. Jeanie Huang 黃老師 Age: 5+**

In this class, students will have so much fun on making Chinese art and crafts, such as Chinese knotting, Chinese Calligraphy/painting, etc. Students will also learn the story of Chinese idioms and recite famous Tang poems. The class will conclude with a drama performance.

Time: 11:30 am – 12:30 pm

- **Chinese Dance** **Instructor: Ms. Clara Wong Age: 4-8**

Children (boys and girls) who enjoy music, dance and performing should come to this class. Instructor will teach children how to be self-expressive through the movement of all body parts with different styles of dances and therefore promote their self-confidence and improve flexibility as well as coordination.

Time: 11:30 am – 12:30 pm

Note: Costume rental fee may apply to this class for school performance.

- **Chinese Kung Fu / Adult Tai Chi** **Instructor: Mr. David Yam 任老師 Age: 6+**

Chinese martial art has been shown to provide numerous health benefits. It improves muscle tone, develops coordination and agility, and nurtures positive mental attitude. Students of this program will learn different forms of kicks, punches, stances, and some Kung Fu routines. Tai Chi is an ancient form of Chinese Exercise consisting of slow, beautiful, and relaxed movements that develop a sense of balance and harmony between mind and body. Welcome to join us in experiencing the energy and meditation through the power of movement.

Time: 11:30 am – 12:30 pm

Note: All students require Kung Fu costumes to perform on school events.

- **Erhu for Beginners** **Instructor: Mr. Ron Petit (佩德)** **Age: all**
 All are welcome to learn the ancient and beautiful Chinese instrument called Erhu. The instructor has been a drummer for 35 years, a guitarist for more than 30 years, then bass guitar, mandolin, mandocello and banjo. He has been involved with teaching the erhu for two years.
Time: 11:30 am – 12:30 pm
Note: Erhus will be available for rent (\$15/month) or purchase (quantity limited)
- **Visual Art** **Instructor: Ms. Yu Chia Chen 陳老師** **Age: 4-18**
 This is a great introductory class for students to explore a variety of art materials – water color, art pencil, crayon, ink and more. Students will have the opportunity to try various media, and to create their own masterpieces! The instructor got her master’s diploma at Paris VIII University and has been an art teacher for 16 years.
Time: 11:30 am – 12:30 pm
Note: \$20 material cost
- **Visual Art - Adult** **Instructor: Ms Yu Chia Chen 陳老師** **Age: 16+**
 This is a great introductory class for students to learn basic techniques about art – sketch, water color and Chinese ink painting. The materials we will learn include color pencil, crayon, ink and more. The instructor got her master’s diploma at Paris VIII University and has been an art teacher for 16 years.
Time: 9:30 am – 11:00 am
Note: \$20 material cost
- **Yoga** **Instructor: Mr. David Cheung 張老師** **Age: 12+**
 In this class, staying on the course of non-political, non-spiritual, and non-religious we'll practice Hatha or Ashtanga Yoga. This class will focus on yoga breathing and yoga physical postures which improve body flexibility, reduce leg cramps, reduce finger cramps, reduce stress, and improve the quality of sleep. Some yoga poses, in context of religious traditions, contain no religious meaning. Conflicts of religious and political alignments are absent and non-existent.
Time: 9:30 am – 11:00 am