



BALLERINA

纖體美韻芭蕾舞推介



BALLERINA

任導師：陳思穎老師 Miss Pinky Chan

優美芭蕾舞基訓課程 (成人)

Ballet - Beginner Ballet

(適合16歲或以上，初學者或有興趣之人士)
(Suitable for aged 16 or above, beginners are welcome)

課程內容：課程以輕鬆及創新的教學方式，讓成人學員從優美的芭蕾舞及音樂裡舒展身心，深入淺出地教授芭蕾舞技巧通過藝術與運動結合，從而改善動作協調及身體線條。

If you've dreamed of learning ballet, but thought it was too late, it's not! This is the class to attend if you've had no prior ballet experience (or very little), and want to begin at the beginning! The classes provide a welcoming and friendly environment which covers basic ballet technique and fundamentals that will make you stronger and more flexible, with improved coordination, body awareness and balance.

日期：2018年1月3日-3月7日 (逢星期三，1小時/堂，共8堂)

Date: 3 Jan 2018 - 7 Mar 2018 (Every Wednesday, 1hour/session, 8 sessions)

時間：晚上7時至8時

Time: 19:00 - 20:00

下期：2018年3月21日

Next class: 21 Mar 2018

費用：會員/家屬 \$700 非會員 \$800

Price: Members: \$700 Non-members: \$800

註：學員須穿芭蕾舞服裝及舞鞋或緊身上衣緊身練功褲

Dress code: We do encourage students to wear a leotard, tights and ballet slippers, but students are welcome to wear clothing that is comfortable and allows easy movement. Hair should be pulled back from the face and off of the neck.



敬請先致電/Whatsapp留位

報名/查詢電話：2392 3323

Whatsapp：6992 9979

Please contact us at 23923323 or WhatsApp at 69929979 for reservations

上課地點：尖沙咀/太子

Venue: Tsim Sha Tsui/ Prince Edward

Front Portion, 9/F., Granville Building, Tsim Sha Tsui, Kowloon (5 mins walk from MTR Exit B)

辦公時間：星期一至五 下午12時至晚上7時 (星期六及公眾假期休息)

Office hour: Monday to Friday, 12~7pm Day off: Saturday, Sunday and Public holiday

會所地址：九龍深水埗長沙灣道43-45號長興大廈2字樓A、B室(太子地鐵站E出口)

Address: Flat A-B, 2/F, Cheung Hing Building, 43-45 Cheung Sha Wan Road, Sham Shui Po, Kln

*課程接受劃線支票付款，抬頭請寫「香港工會發展及服務中心」郵寄到會所地址，支票背後請填上中文姓名，電話號碼、報讀課程名稱及開課日期，以便跟進！

*所有報名及交費後，除所報讀課程取消外，均不退回所繳費用，敬請垂注！



芭蕾舞排演研習課程

Ballet- Advanced Beginner (Performance)

(適合16歲或以上，有芭蕾舞經驗之人士參加)
(Suitable for aged 16 or above, with experience in ballet)

日期：2018年1月3日-3月7日 (逢星期三，2小時/堂，共8堂)

Date: 3 Jan 2018 - 7 Mar 2018

(Every Wednesday, 2hours/session, 8 sessions)

下期：2018年3月21日

Next class: 21 Mar 2018

時間：晚上7時至9時

Time: 19:00-21:00

費用：\$1300

Price: \$1300

課程內容：本課程在學員掌握了芭蕾舞的基本技巧後，將會為學員編排合適的舞蹈，讓其有機會參與演出。通過表演增強自信心，使之學用貫通。(完成課程及表現良好的學員會被挑選代表參與演出及比賽)

This advanced beginner class is a continuation of the fundamentals taught in the beginner-level class. It's also ideal for students who have danced ballet intensively in their childhood and are looking to pick it up again. Students in this class should have solid knowledge of the ballet and basic ballet vocabulary.

The art of ballet is about process as much as performance and there is always a new subtlety to master. There is the joy of moving in time to music, the comfort of familiar patterns repeated and refined. Students will learn through the course to preparing for performance, confidence and decorum which are inherent in performance environments.

註：學員須穿芭蕾舞服裝及舞鞋或指定服裝

Dress code: Ballet slippers (leather or canvas), any style leotard, skirt, pants and tights. Hair should be pulled back from the face and off of the neck. Students in this class may have the opportunity to perform on stage.

