



诺德安达学校

大连海龙

NAS DALIAN SEA DRAGONS

Athletics & After School Activities

Secondary School

Spring Catalog

2021-2022

2021-2022 学年中学春季校队及 ASA 目录

Signup through Schoolsbuddy

请通过 Schoolsbuddy 报名

dais.schoolsbuddy.net

PHILOSOPHICAL STATEMENT FOR ATHLETICS

DAIS believes athletic activities are integral to the holistic education experience for students. The athletic program supports the actualization of the school's mission, vision, and student wide learning outcomes (SWLO's). Athletic activities provide opportunities for students to explore and pursue areas of interest and diverse environments promoting the development of both collaborative and individual knowledge and skills. These experiences, when pursued appropriately, promote the fulfillment of a healthy and balanced life.



<p>Varsity & Junior Varsity Badminton (Co-Ed)</p> <p>羽毛球队(男女混合)</p> <p>Head Coach: Sonsie Ang Assistant Coach: Ana Baltatescu</p> <p>Grade: 9-12 Practice Days: Tuesdays & Thursdays @ 4:00-5:30 p.m.</p>	<p>Sea Dragon Swimming Club (Co-Ed)</p> <p>海龙游泳俱乐部(男女混)</p> <p>Coach: Mary LuYan Sui</p> <p>This is a team for competitive swimmers only; with a tryout being held during the first days of practice.</p> <p>Grade: 3-12</p> <p>Practice Days: Mondays, Tuesdays & Thursdays @ 4:00-5:30 p.m.</p> <p>Cost Per Class: 65RMB</p> <p>仅游泳运动员可以加入海龙俱乐部。将在第一天的选拔中，挑选出俱乐部的成员。</p> <p>年级：3-12 年级</p> <p>训练时间：周一，周二和周四的 4:00-5:30</p> <p>每次训练费用：65 元</p>
<p>Varsity Girls Soccer</p> <p>女子足球</p> <p>Head Coach: Greg Troutman</p> <p>Grade: 9-12</p> <p>Practice Days: Mondays, Tuesdays & Thursdays @ 4:00-5:30 p.m.</p>	<p>Varsity Boys Soccer</p> <p>男子足球</p> <p>Head Coach: Kiko Balsells</p> <p>Grade: 9-12</p> <p>Practice Days: Mondays, Tuesdays & Thursdays @ 4:00-5:30 p.m.</p>

Signup through Schools buddy

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PHILOSOPHICAL STATEMENT FOR AFTER SCHOOL ACTIVITIES

The After School Activities program at Dalian American International School is designed to allow students the freedom to discover and develop lifelong passions, maintain a healthy body and mind, extend, and apply their classroom knowledge, and provide a link to give back to the community. The after-school activities program is aligned with the ideals of Dalian American International School. Our students develop intellect, character, and health in a safe and welcoming environment.

Program Offerings

Foundational programs run every year and can be selected from the activities catalog. The foundational program is designed to allow students to grow throughout the program and experience different types of activities throughout their time at DAIS.

Aligned activities are opportunities for faculty to offer a particular skill they may possess that is aligned to our goals of developing intellect, character, and health. Aligned activities are not guaranteed to run each year.

We also offer activities from **outside vendors that require payment**. These activities help to bring in significant activities that we are unable to provide through our staff.

THE ARTS 艺术类



Acoustic Guitar Club

木吉他俱乐部

Do you love playing the acoustic guitar? Do you have an acoustic guitar that just collecting dust under your bed? Then this is the ASA for you! This ASA Acoustic Guitar Club welcomes those of all level! Learning basic open chord shapes, the basics of strumming patterns, and learning songs of students' choice!

Additional Information: Must have your own guitar

Grades: 6-12

Day: Tuesdays

你喜欢弹木吉他吗？你的床底下是不是有一把积尘的吉他？如果答案是肯定的，那么这个 ASA 非常适合你！木吉他俱乐部欢迎所有水平的学生加入。我们将学习基础和弦形音，拨弦方式，以及学生喜爱的歌曲！

附加信息: 必须有自己的吉他

年级: 6-12 年级

活动时间: 周二

Photography

摄影

Using a digital camera or phones, students will take pictures around campus learning the properties behind photography and editing. Additional Information: Students must bring a phone or digital camera to take photos.

Grades: 7-12

Day: Tuesdays

High School Graduation Choir

高中毕业典礼合唱团

Do you love to sing in a choir? Would you like to be a part the choir that will perform at this year's High School Graduation Ceremonies? Previous choral music experience is preferred, but not required. Bring your singing friends and join us in the choir room on Thursday afternoons. The more, the better! We will have ten rehearsals to prepare two pieces, so be ready to sing!

Commitment to performing at both Graduation Ceremonies on May 29th is required.

Grades: 9-12

Day: Thursdays

Chinese Animation Film Appreciation

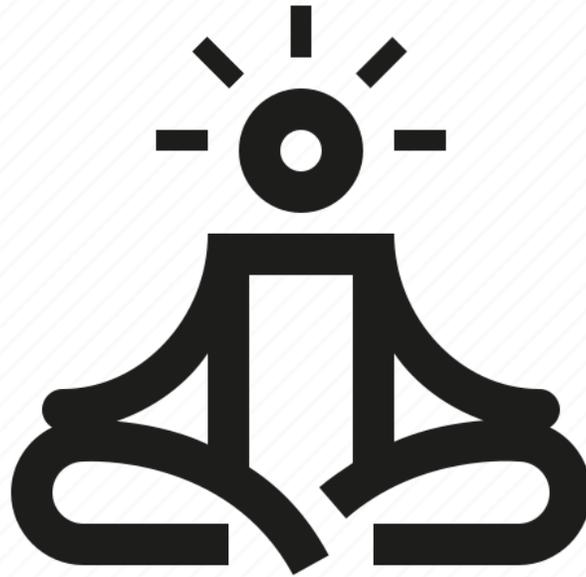
国漫电影赏析

This activity focuses on sharing with students some Chinese animation films or anime dramas that contain Chinese elements or Chinese ideas that students can watch to understand Chinese culture and make reflections. Likewise, students who are interested can conceptualize the plot of an anime movie with Chinese elements or compare it to anime movies from other countries.

Grades: 9-12

Day: Thursdays

HEALTH & WELLBEING 健康



Mindfulness

正念训练

Mindfulness is about learning to train your attention to the present moment without dwelling on what has happened in the past or worrying about the future. Mindfulness provides many physical and psychological benefits

Grades: 6-12

Day: Thursdays

正念训练可以锻炼你的注意力，专注于当下的事务，不去纠结于过去发生的事情或担心未来。

正念有助于身心健康。

年级：6-12 年级

活动时间：周四

Strength & Conditioning

力量及体能训练

Requirements: Athletic clothing to change into (Much like gym clothes), water bottle, small hand towel (to wipe machines off after use)

Whether you're a beginner or a pro in the gym, you can benefit from this ASA. Join with just a hope to get fit or with a detailed program you'd like to follow. Both are okay as long as you join willing to stay off your phone, push yourself, and improve your health.

Grade: 9-12

Day: Tuesdays and/or Thursdays

Super Steppers Club

步行运动俱乐部

Are you ready to meet other new young ladies who can motivate you, support you, and work with you to improve your fitness and overall heart health? Well, come and join our sensational Super Steppers Club. We will meet promptly at 3:45 in the Bilingual School Cafe so that we can get a good 45 minutes of walking time. Please come ready and prepared by wearing comfy clothes and shoes. Open to young ladies in grades 3-8. See you there!

Grades: 6-8

Days: Tuesdays

你已经做好准备同其他的女孩子，在相互的陪伴、激励和支持中，一起锻炼身体，增强心肺功能吗？那快快加入步行运动的俱乐部吧！我们将在下午 3:45 华美双语学校的食堂集合，保证我们有 45 分钟的步行时间。请在课前准备好舒适的衣服和鞋子。我们的俱乐部欢迎 3-8 年级的女生加入，期待你们的加入！

年级：6-8 年级

活动时间：周二

Exploratory 探索性



TOEFL Club

托福俱乐部

This club is designed to help students develop the necessary skills required for the TOEFL test: speaking, listening, writing, and reading.

Grade: 7-10

Day: Tuesdays

VEX Robotics

VEX 机器人

Join the Robotics ASA! Develop your creativity, teamwork, leadership, and problem-solving skills. We will be using VEX 5 robots to complete challenges. No experience needed - all levels welcome.

Grade: 9-11

Day: Thursdays

Garage Band-ing Together

学习 GarageBand 软件

A setting where new and experienced users of Apple's GarageBand audio software can come together to share tips and tricks, learn new things about audio production, and present their creations to an authentic audience for feedback. Students will need to provide their own

Apple device (laptop or iPad) with GarageBand installed (it is included with all Apple devices).

Grade: 6-12

Day: Tuesdays

在这里，苹果 GarageBand 音频软件的新用户和经验丰富的用户可以一起分享技巧和窍门，学习音频制作的新东西，并将他们的创作呈现给观众，以获得反馈。学生需要准备自己的苹果设备(笔记本电脑或 iPad)，并安装 GarageBand(苹果设备都可以下载)。

年级：6-12 年级

活动时间：周二

AMC 8

美国数学竞赛 AMC8

This class is for students who love Math, solving problems and have an interest in taking the AMC 8 examination in the future. The Tuesday and Thursday classes will cover the same content and students should select one of the two days (not both).

Grade: 6-8

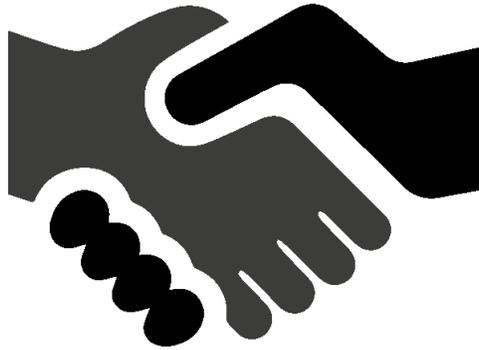
Day: Tuesdays OR Thursdays

这门课程是为热爱数学及解题，有兴趣参加 AMC8 竞赛的学生而开设的。周二和周四的课程涵盖相同的内容，参加的学生应该任选一天（而不是两天都选）

年级：6-8 年级

活动时间：周二或周四

Together is Better



Aunty Wang
爱心养老院

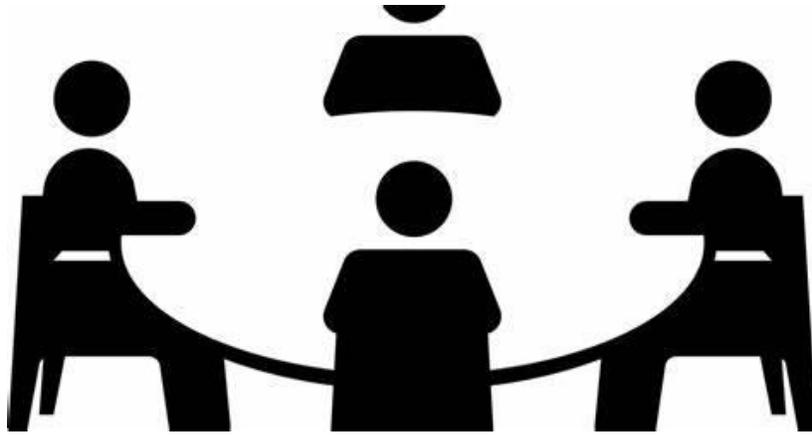
Come make a difference to the community while working with others. We will be creating a relationship with the Elderly home and/or the orphanage here in Jinshitan. "How?" do you ask? That is up to YOU. read a book, make blankets for the winter, do a food drive. There is no limit to the possibilities. Looking forward to working with you.

Grades: 8-12
Day: Tuesdays

Student Led Activities
学生主导的活动

The activities below were approved activities that will be planned and run by our own students. These students are skilled and extremely passionate about the activities they are running. Each student-led activity is paired with a staff mentor to help provide feedback and always ensure safety.

以下活动是由学生设计开展，且经过学校批准。这些学生对自己所开展的活动，是富有经验并充满极高的热情。每个学生负责的活动都经由一名教职人员指导，给学生反馈，来确保活动的安全。



Esports (Student led)

电竞 (学生负责)

We will use the video game "League of Legend" (英雄联盟) to train students with different strategies and techniques. Students will also practice team work that can let people get together and not only think for themselves but to consider contributing as part of a team.

Therefore, we will practice different strategies and techniques to improve students' individual skills, teamwork and sense of collective honor. We also aim to compete with other schools or teams from outside the school.

Students will need a laptop that can play, mouse, keyboard, headset and a Chinese version account (free).

Grades: 9-12

Day: Tuesdays & Thursdays

MUN (Student led)

模拟联合国 (学生负责)

The Model United Nations (MUN) ASA introduces global issues, rules & procedures for a MUN conference, and prepares members for a formal MUN conference hosted by DAIS.

Members will have the opportunity to practice their critical thinking and public speaking abilities, as well as enjoy the fun of role-playing a global leader. MUN can be a highlight for college applications and participants often gain life-long benefits from the program. Join us to gain experience as a diplomatic leader and polish your resume!

Grade: 8-12

Day: Tuesdays

Broadcasting (Student Led)

广播站 (学生负责)

Hi students, our school's broadcasting station is finally here! If you are interested in broadcasting but do not have a place to showcase your talent or have your own opinions or comments on current events in school or community. DAIS/Huamei broadcasting station is the chance you can't miss! You will have the opportunity to share the weekly announcement and other essential school announcements with the entire school. If you are interested in our ASA, please don't hesitate to give it a go! We are looking forward to seeing you there!

Grade: 9-12

Days: Tuesdays & Thursdays

Phanteks (Student Led)

This is an invite only group.

Grades: 9-12

Day: Tuesdays

Tennis (Student Led)

After a long period of sitting and concentrating on intensive schoolwork, students will be able to get fit and relax by attending this ASA. This ASA will be focusing on tennis playing, making students more skilled and proficient in the sport.

Grade: 9-12

Days: Tuesdays & Thursdays

Circuit Design / 电路设计与制作 (Student Led)

This ASA is mainly focused on circuit design and making. This ASA will appeal to people who like to make high quality products. In this ASA, students will have the opportunity to create their own circuits, a device that seems to be technologically advanced in our day-to-day life.

These include Induction lights, various types of locks, and whatever you want to create.

. Students are required to commit to both days of the week and will be required to purchase and bring some materials to class.

该 ASA 主要侧重于电路设计和制作。这个 ASA 将吸引那些喜欢制作高质量产品的人。在这个 ASA 中，学生将有机会创建自己的电路，这是一种在我们的日常生活中似乎技术先进的设备。这些包括感应灯、各种类型的锁以及您想要创建的任何东西。

Grade: 9-12

Days: Tuesdays & Thursdays

DMECC

DMECC is a Volunteer and Youth Leadership Social Enterprise. We prepare Intl. students for the world by introducing them to Volunteerism and Leadership. Our Program is structured to provide students with flexibility, encouraging them to use their skills to support local communities. Through our programs, students can fulfill Volunteer and Community participation requirements for College Applications. Our program is recognized by the Duke of Edinburg Awards program as well as the National Honour Society.

Students begin by registering with our program, where we prepare them for their volunteer roles. After 4 months as a General Volunteer in Social Good, each Volunteer receives a Certificate confirming their hours of Volunteerism, a requirement for many colleges and Universities.

After 4 months as a Volunteer in Social Good, Students are encouraged to join our Youth Leadership Program where they develop their skills beyond academic. Still supporting children without access to adequate education, but this time through one of our leadership teams where they continue to earn Volunteer hours, where contributions support the Essay for College application. In addition to the Certificate of Volunteerism, each student will receive a Standard Letter of Recommendation for their College / University Portfolio.

After 6 months in a Team, students are invited to become a Youth Executive. This is where students lead a program or project. This level of DMECC is by invitation only. Youth Leaders receive a Certificate confirming hours as well as a Customized Letter of Recommendation for their College applications.

DMECC is a paid program, 500 RMB for Registration and Preparations, then 2000 RMB for 4 months, and 4000 RMB for 12 months. DMECC are facilitating some free of charge Student-Led ASAs this trimester to introduce DAIS/DHS students to the program.

Curious Kids Curriculum Development (Student Led)

Create lesson plans and curriculum for 3 programs: Games, In-Home Science and Scratch. Each program is unique, in that it is a gradual skill building program, beginning with critical thinking skills, then on to scientific process, and culminating with experiments using Makey boards and Scratch programming. The curriculum designed will be tested and then used in DMECC's Curious Kids programs in local villages.

Grade: 9-12

Days: Thursdays

Technology Team (Student Led)

Join this ASA if you like technology and are looking for ways to explore technology from a

business application perspective. DMECC's Technology team works closely with many other DMECC teams and has a broad range of technological support. We are responsible for DMECC's Media presence (Wechat, Website, and Instagram). We liaise with Feishu a Bytedance Technology. We are also building database software to enhance the Volunteer experience.

Grade: 9-12
Days: Thursdays

Paid Activities 付费活动

The activities below are from outside vendors that have been vetted and approved by the DAIS athletics and activities office to hold classes for our students on campus throughout the week. It is not mandatory to take any paid activities but rather an additional supplement to our program to allow students a broader range of activities. Please refer to the activities handbook for our policies pertaining to paid activities.

下列活动是由体育活动办公室审核通过的由校外教师负责在我们校园内开展的活动。付费活动是非强制性的，这是我们课程的额外补充项，让学生可以有更广泛的活动范围。请参阅活动手册，了解有关付费活动的要求。

- The minimum number of students is listed for each. If a class drops below the minimum number, it may be canceled.
- 课程的开班最低人数已被列出。如果报名人数不够，课程将被取消。

Artificial Intelligence and Applications 人工智能及其应用

We will explain the cutting-edge technologies of artificial intelligence, including data analysis and mining technology, face recognition technology, image recognition technology, character recognition technology, voice recognition technology. Students will understand knowledge of artificial intelligence, experience artificial intelligence technology application, have more programming knowledge, enhance using artificial intelligence technology.

Additional information: students must have learned Python before and Must bring your own computer.

Cost per class: 200 RMB per hour (Wednesdays are 200 and Fridays are 400)

Minimum Number: 4

Language of Instruction: Chinese

Grade: 7-12

Day: Wednesday and Friday (Friday is from 4:00-6:00)

该门课程采用理论结合实战的方式讲解人工智能前沿技术，包括数据分析和挖掘技术、人脸识别技术、图像识别技术、文字识别技术、语音识别技术，让同学们深入了解人工智能知识、体验人工智能技术应用的同时，还能掌握更多编程知识，增强同学们利用人工智能技术服务人类的责任感。

附加信息：学生有 Python 基础, 且上课需自备电脑。

每节课的费用：每小时 200 元（周三 200 元，周五 400 元）

开课最少人数：4 人

授课语言：中文

年级：7-12 年级

活动时间：周三和周五（周五上课时间为 4:00-6:00）

Coding - Python for beginners

Python 初阶班

Students will learn the basic syntax of Python, apply programming knowledge to complete practical projects, solve algorithm problems and connect programming knowledge with math knowledge. Students will establish rigorous habits of thinking and learning habits and get deeply the understanding of the language logci in the process of application.

Cost per class: 200 RMB per hour (Wednesdays are 200 and Fridays are 400)

Minimum Number: 4

Language of Instruction: Chinese

Grade: 7-12

Day: Wednesday and Friday (Friday is from 4:00-6:00)

Additional Information: Must bring your own computer

Python 语言入门，学习 Python 语言的基础语法，应用编程知识点完成实践项目，解决算法问题等，帮助孩子将编程知识与数学知识等连接起来，让孩子在应用的过程中对语言逻辑的理解更深入，建立严谨的思维习惯以及学习习惯。

每节课的费用：每小时 200 元（周三 200 元，周五 400 元）

最少开课人数：4 人

教学语言：中文

年级：7-12 年级

活动时间：周三和周五（周五上课时间为 4:00-6:00）

附加信息：必须自己携带电脑

Coding – Scratch (Beginners)

编程 Scratch 初级班

Scratch is a children's programming tool developed by MIT in 2007. Although the users don't have to know english or the keyboard, they can still build a programming concept by dragging the blocks of code.

Cost per class: 150 RMB per hour (Wednesdays are 150 and Fridays are 300)

Minimum Number: 4

Language of Instruction: Chinese

Grade: 1-6

Day: Wednesday and Friday (Friday is from 4:00-6:00)

"Scratch 是源于美国麻省理工在 2007 年开发的少儿编程工具，Scratch 初级课程通过小游戏项目开启孩子的编程启蒙教育，在动手制作编程小游戏的过程中培养孩子的编程思维、逻辑思维、激发创造力。

每节课的费用：每小时 150 元（周三 150 元，周五 300 元）

开课最少人数：4 人

授课语言：中文

年级：1-6 年级

活动时间：周三和周五（周五上课时间为 4:00-6:00）

Coding – Scratch (Intermediate) **编程 Scratch 中级班**

Through systematic project-based learning, students can develop the ability of programming thinking, critical thinking, solving problems, and creativity. Students can build a scientific knowledge system at an early age and adapt to the challenges brought by the explosion of artificial intelligence knowledge in the future.

Cost per class: 150 RMB per hour (Wednesdays are 150 and Fridays are 300)

Minimum Number: 4

Language of Instruction: Chinese

Grade: 3-6

Day: Wednesday and Friday (Friday is from 4:00-6:00)

通过体系化的项目学习，培养孩子的编程思维，深入思考，独立解决问题的能力，让孩子将自己的创意和想象力尝试通过编程得到实现。建立人工智能时代科学价值观，让孩子从小学会构建科学知识体系，适应未来人工智能知识大爆炸带来的挑战。

课时费：每小时 150 元（周三 150 元，周五 300 元）

开课最少人数：4 人

授课语言：中文

年级：3-6 年级

活动时间：周三和周五（周五上课时间为 4:00-6:00）

Coding – Scratch (Advanced)

编程 Scratch 高级班

Students start algorithm learning with Scratch. They can apply algorithms to solve mathematical problems and practical problems in life. The mathematical thinking, logical thinking, programming and application ability will be improved.

Cost per class: 150 RMB per hour (Wednesdays are 150 and Fridays are 300)

Minimum Number: 4

Language of Instruction: Chinese

Grade: 5-6

Day: Wednesday and Friday (Friday is from 4:00-6:00)

应用 Scratch 语言开启算法学习，让孩子认识算法的概念与形式，应用算法解决数学问题以及生活中的实际问题，深入提升孩子的数学思维、逻辑思维、编程应用能力。

课时费：每小时 150 元（周三 150 元，周五 300 元）

开课最少人数：4 人

授课语言：中文

年级：5-6 年级

活动时间：周三和周五（周五上课时间为 4:00-6:00）

Fencing G5-12 5-12 年级击剑

Fencing is one of the traditional ASA courses. While carrying forward the Olympic spirit, we wish that students can strengthen and develop their body as well as their confidence and courage.

Cost per class: 150RMB

Language of Instruction: Chinese & English

Minimum Number: 4

Grades: 5-12

Days: Tuesdays & Thursdays @ 3:55-4:45 p.m.

击剑运动的开展是我校的传统 ASA 课程之一。我们弘扬奥林匹克精神的同时，“以剑树人”，锻炼孩子们的体魄，勇敢顽强。

课时费：150 元

授课语言：中文和英文

开课最少人数：4 人

年级：5-12 年级

活动时间：周二和周四下午 3:55-4:45

Horse Riding 马术

Elementary course: The theoretical knowledge, riding 30mins, taking care of the horses

Cost: 210RMB per class

Language of instruction : English & Chinese

Minimum Number: 2

Grade: K-12

Day: Mondays/ Wednesdays/Fridays @ 4:00-5:00 p.m.

Additional Information: Coaches will pick up students to the Spring Field and drop them off on campus.

初级课程：理论知识，30 分钟骑马，打理马匹

课时费：每节课 210 元

授课语言：英语、中文

开课最少人数：2 人

年级：K-12 年级

活动时间：周一或周三或周五下午 4:00-5:00

附加说明：俱乐部教练将接送学生，往返俱乐部和学校。

Swim Training 游泳训练

The swimming course is designed to meet the majority of students who love swimming. The course mainly teaches competitive swimming, including butterfly, backstroke, breaststroke, freestyle, and turning and starting required to participate in swimming competitions. They can strengthen their physical fitness through training. They can sign up if they have the basic of swimming.

Cost per class: 130 RMB (Paying for coach and lifeguard)

Language of Instruction: Chinese with a little English

Minimum Number: 8

Grade: 2-12

Day: Wednesdays & Fridays @ 4:00-5:00 p.m.

游泳课程是为了满足广大喜爱游泳的学生，课程主要教授竞技游泳，包含蝶泳仰泳蛙泳自由泳，以及参加游泳比赛所需转身和出发，通过训练强化体能，有游泳基础可报名。

课时费：每节课 130 元（付给教练和救生员）

授课语言：中文和少许英语

开班最少人数：8 人

授课语言：中文和少许英语

年级：2-12 年级
活动时间：周三和周五下午 4:00-5:00

Table Tennis

乒乓球

This course aims to cultivate students' interest in playing table tennis. We stimulate students' potential through physical fitness and physical coordination training. Through "positive discipline" teaching method, students can develop self-discipline, responsibility, cooperation, and the ability to solve problems by themselves.

Cost per class: 85 RMB
Language of Instruction: Chinese
Minimum Number: 8
Grades: K-6
Day: Wednesdays & Fridays @ 4:00-5:00 p.m.

本课程以培养青少年学打乒乓球兴趣为主，通过体适能及身体协调性训练激发学员运动潜能，通过“正面管教”的教学方式，让学员在和善而坚定的训练气氛中培养学员自律、有责任感、团结协作以及自我解决问题的能力

课时费：每节课 85 元
授课语言：中文
开班最少人数：8 人
年级：K-6 年级
活动时间：周三和周五 4:00-5:00

Creative Painting

创意绘画

Creative painting and creative handcrafts will be developed in this class.

Cost per class: 90RMB
Language of Instruction: Chinese
Minimum Number: 2
Grades: 1-12
Day: Wednesdays OR Fridays @ 4:00-5:00 p.m.

创意绘画、创意手工

课时费：每节课 90 元
授课语言：中文
开班最少人数：2 人
年级：1-12 年级

活动时间：周三下午 4:00-5:00 或者周五下午 4:00-5:00

Volleyball G5-12 **5-12 年级排球**

Volleyball is one of the strengths in China. Through the learning of volleyball sports skills, students will be improved their master professional sports skills, brace spirit, cooperation ability, and can better achieve lifelong quality towards the future."

Cost per class: 150RMB

Language of Instruction: Chinese & English

Minimum Number: 4

Grades: 5-12

Day: Wednesday @ 4:00-5:00 p.m.

排球运动是中国奥林匹克运动的强项之一，有着优良传统和文化，通过排球运动技能的学习提升孩子素质素养，掌握专业的运动技能，拓展孩子们的勇敢拼搏和团结协作能力，更好达成通向未来的终身素养。

课时费：150 元

授课语言：中文和英文

开课最少人数：4 人

年级：5-12 年级

活动时间：周三下午 4:00-5:00 p. m.

Advanced Tennis **高阶网球课**

This class is for students who have some consistency with ground strokes and can have at least 10 rallies with a coach. Additional Information: Students must bring their own racket and wear proper sport jersey and preferably tennis shoes.

Coach Chris: Certified with USPTR and has played tennis for 20 years in Canada and China. He has been coaching in DAIS since 2018. Mainly instructs intermediate, advanced, and international students.

Cost per class: 130RMB

Language of Instruction: Chinese & English

Minimum Number: 4

Grades: 3-12

Day: Mondays @ 4:00-5:00 p.m.

高级班招收有一定正反手稳定性的学员比如可以跟教练至少打 10 个来回以上的。 附加说明：
学生需自带球拍，穿运动服,尽量穿网球鞋。

美国职业网球教练员组织认证教练资质且在加拿大及中国有 20 年网球球龄。Chris 教练自 2018 年开始担任美国学校网球教练，主要负责中高级学员及国际生。-王教练：有着丰富的网球教学背景并专修过教育学和教育心理学。了解儿童心理，因材施教，为人善良，亲和力高，有耐心，深受学员们的喜爱。王教练以中文授课负责儿童网球启蒙及成人初学课程。

课时费：130 元

授课语言：中文和英文

开课最少人数：4 人

年级：3-12 年级

活动时间：周一下午 4:00-5:00 p.m.

Golf

高尔夫

Zeluke Golf center is force on the promotion and training of the junior golf. We adopt international advanced golf teaching concepts and methods for developing rigorous teaching plans, so that students can quickly improve the understanding and mastery of the basic knowledge of golf in a short period of time. Through the systematic distribution of courses, we can achieve a perfect combination of psychology, practice and theory. This course mainly introduces the common rules, etiquette of golf, golf swing hitting skills including grip, stance, hitting skills, putting grip, stance hitting skills.

Cost per class: 300RMB* to work with the coach who is a national championship winner

Language of Instruction: Chinese

Minimum Number: 5

Grades: K-12

Day: Tuesdays & Fridays @ 3:55-4:45 p.m.

泽鲁克（大连）高尔夫学院专注于青少年高尔夫的推广和培训，采用国际先进的高尔夫教学理念和方法，制定严谨的教学计划，使学员在短期内迅速提升对高尔夫运动基本知识的理解和掌握，并且通过将课程系统化的分配，从而实现心理、实践及理论三点的完美结合。课程简介：
高尔夫礼仪，高尔夫比赛规则，高尔夫挥杆及推杆的握杆，站位，瞄球，击球等课程

每节课费用：300 元（教练曾是全运会冠军）

授课语言：中文

开课最少人数：5 人

年级: K-12 年级

活动时间: 周二和周五下午 3:55-4:45 p.m.

Golf

高尔夫

Zeluke Golf center is force on the promotion and training of the junior golf. We adopt international advanced golf teaching concepts and methods for developing rigorous teaching plans, so that students can quickly improve the understanding and mastery of the basic knowledge of golf in a short period of time. Through the systematic distribution of courses, we can achieve a perfect combination of psychology, practice and theory. This course mainly introduces the common rules, etiquette of golf, golf swing hitting skills including grip, stance, hitting skills, putting grip, stance hitting skills.

Cost per class: 160RMB

Language of Instruction: Chinese

Minimum Number: 2

Grades: K-12

Day: Tuesdays & Fridays @ 3:55-4:45 p.m.

泽鲁克 (大连) 高尔夫学院专注于青少年高尔夫的推广和培训, 采用国际先进的高尔夫教学理念和方法, 制定严谨的教学计划, 使学员在短期内迅速提升对高尔夫运动基本知识的理解和掌握, 并且通过将课程系统化的分配, 从而实现心理、实践及理论三点的完美结合。课程简介: 高尔夫礼仪, 高尔夫比赛规则, 高尔夫挥杆及推杆的握杆, 站位, 瞄球, 击球等课程

每节课费用: 160 元

授课语言: 中文

开课最少人数: 2 人

年级: K-12 年级

活动时间: 周二和周五下午 3:55-4:45 p.m.

Boxing fitness

拳击体适能

Description: Our boxing fitness course is based on Olympic boxing. Students can build self-protection, develop physical and mental fitness, have goals and sense of discipline in the training.

Equipment (student should bring): boxing gloves, Hand bandage, headguard, cup protector(optional), boxing shoes(optional)

Cost per class: 200RMB

Language of Instruction: Chinese & English

Minimum Number: 5

Grades: 6-12

Day: Mondays, Wednesdays or Fridays @ 4:00-5:00 p.m.

以奥运拳击运动为基础的青少年拳击体适能课程，孩子们可以在拳击锻炼中培养提高自我保护能力、身体素质、意志品质、目标以及组织纪律性！

学生须准备的用具：拳击手套、护手绷带、护头、护齿、护裆（选配）、拳击靴（选）。

每节课费用：200 元

授课语言：中文和英文

开课最少人数 5 人

年级：6-12 年级

活动时间：周一或周三或周五下午 4:00-5:00 p.m.

Chinese Calligraphy

中国书法

1. Students will learn the method and rules of the handwriting.
2. learn the regular script in the pen-and-ink calligraphy.
3. Copy the works of the famous calligraphers

Cost per class: 90RMB

Language of Instruction: Chinese

Minimum Number: 5

Grades: 1-9

Day: Mondays @ 4:00-5:00 p.m.

- 1、课程从基本笔画的书写方法入手，讲解笔顺规则。
- 2、硬笔楷书的偏旁部首及书写方法。
- 3、临摹硬笔书法作品。

每节课费用：90 元

授课语言：中文

开课最少人数：5 人

年级：1-9 年级

活动时间：周一下午 4:00-5:00 p.m.