



诺德安达学校

大连海龙

NAS DALIAN SEA DRAGONS

After School Activities

Elementary School

Spring Catalog

2021-2022

2021-2022 学年小学春季 **ASA** 活动目录

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.

Signup through Schoolsbuddy

请通过 Schoolsbuddy 报名

dais.schoolsbuddy.net

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/DHS.

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



Clay

粘土制作

This course focuses on developing Creativity through artistic activities using modelling clay! Students will use their hands and brain to produce ideas. They will develop eye-finger coordination, attention, and fine motor skills. Are you ready to be more creative? It's time to have fun working with modelling clay!

Grades: K-2

Day: Thursdays

学生将利用粘土来发挥自己的创造力!通过自己的双手,将大脑产生的想法表现出来。本课程可以培养他们的眼指协调、注意力和精细运动技能。你准备好变得更有创造力了吗?是时候享受制作粘土的乐趣了!

年级: K-2 年级

活动时间: 周四

Doodling and Coloring for Calm

涂鸦填色—放松心情

In this ASA, students will engage with a variety of materials and books to de-stress after the school day.

Grades: K-2

Day: Thursdays

学生将接触到各种各样的材料和书籍来减压。

年级: K-2 年级

活动时间: 周四

Calligraphy

毛笔书法

Chinese calligraphy (Brush calligraphy) is an art unique to Asian cultures. Regarded as the most abstract and sublime form of art in Chinese culture, "Shu fa" (calligraphy) is often thought to be most revealing of one's personality.

Grades: 3-5

Day: Tuesdays

中国书法(毛笔字)是亚洲文化独有的艺术。作为中国文化中最抽象、最崇高的艺术形式，“书法”常常被认为是最能反映一个人的个性的东西。

年级：3-5

活动时间：周二

Coloring for Calm

填色—放松心情

Coloring is a wonderful habit that brings many benefits. Coloring relaxes the mind and induces the same state as meditating by reducing restless thoughts. This generates mindfulness and quietness. In this ASA, students will get to choose from a variety of coloring books, ranging from simple to complex, in order to destress after the school day.

Grades: 3-5

Day: Thursdays

填色是一个很好的习惯，能带来很多好处。可以放松大脑，通过减少不安的想法，达到与冥想相同的状态，让人平静。在这个活动中，学生们挑选各种各样的涂色书，从简单到复杂，来缓解放学后的压力。

年级：3-5

活动时间：周四

Art

美术

Students meet once a week to explore the use of color, materials, and different designs in various forms of art. They will have a chance to work with materials such as paint, clay, oil pastels, and paper to create crafts and art pieces such as origami, seasonal images, shape designs, and drawings. This ASA is relaxing and fun for those interested in art.

Grades: 3-5

Days: Thursdays

学生将一起探究色彩、材料和设计在各种艺术形式中的运用和体现。学生有机会使用各种颜料、粘土、油彩和纸张等材料来创作工艺品和艺术品，如折纸、季节图像、形状设计，及绘画。对于美术感兴趣的学生来说，这个 ASA 是轻松、有趣的。

年级：3-5

活动时间：周四



COMPETITIVE SPORTS 竞技体育运动

Sea Dragon Swimming Club (Co-Ed)
海龙游泳俱乐部(男女混)

Coach: Mary LuYan Sui

This is a team for competitive swimmers only; with a tryout being held during the first days of practice.

Grade: 3-12

Practice Days: Mondays, Tuesdays & Thursdays @ 4:00-5:30 p.m.

Cost Per Class: 65RMB

教练： Mary Sui

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。

年级： 3-12

训练时间：周一，周二和周四的下午 4:00-5:30
每次训练费用：65 元



Humanities 人文学科

Book Club

图书俱乐部

Does your child have a love of literacy? Students will explore their interest in reading and books in this ASA.

Grades: K-2

Days: Tuesdays

你的孩子热爱文学吗？学生将在 ASA 中探索他们对阅读和书籍的兴趣。

年级：K-2

活动时间：周二

Documentary Appreciation

纪录片欣赏

It is suggested that only native-Chinese speaking students register in this class. Students will develop an understanding of video documentaries in this ASA.

Grades: K-2

Days: Tuesdays

建议仅中文为母语的学生报名。学生将深入理解纪录片。

年级：K-2

活动时间：周二

Book Club

图书俱乐部

Discover great books, share new stories and explore important topics in the book club.

Grades 3-5

Day: Thursdays

在读书俱乐部里，你可以发现超棒的书籍，和同伴分享新的故事，探索热门话题。

年级：3-5 年级

活动时间：周四

Documentary Appreciation

纪录片欣赏

It is suggested that only native-Chinese speaking students register in this class. Students will develop an understanding of video documentaries in this ASA.

Grades: 3-5

Days: Thursdays

建议仅中文为母语的学生报名。学生将深入理解纪录片。

年级：3-5 年级

活动时间：周四

Chinese academic support

中文学术支持

Students will be able to delve deeper into Chinese and math content to deeper their understanding. This class is targeted to native Chinese speakers.

Language of instruction: Chinese.

Grades: 1-4

Days: Tuesdays OR Thursdays

学生将能够更深入地钻研语文和数学内容，以加深他们的理解。本课程针对以中文为母语的人士。

授课语言: 中文。

年级: 1-4 年级

活动时间: 周二或周四



Exploratory 探索性

Aerobic Fitness

有氧健身运动

This class allows students to relax and de-stress after a day of school. Students will move to music and develop their fitness in a relaxing and fun environment. This class requires a two day per week commitment.

Grades: 3-5

Day: Tuesdays & Thursdays

这个课程可以让学生在一天的学习后放松、减压。学生将随着音乐起舞，在轻松、有趣的锻炼身体。这个课程需学生每周需要参加两次。

年级: 3-5 年级

活动时间: 周二和周四

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: 3-5
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：3-5 年级
活动时间：周二

Chinese Theater

中国剧作

This class includes reading activities of famous works and appreciation of relevant famous works and movies. Various activities help children have a deeper understanding of literary classics.

Grades: DHS5-6
Day: Thursdays

本课程包括名著阅读，以及赏析中国名著及电影。通过各种各样的活动帮助孩子们加深对文学名著的理解。

年级：华美 5-6 年级
活动时间：周四

Spanish

西班牙语

Hola! Did you know that Spanish is the official language in over 20 countries? This is a beginner class (not for native Spanish speakers) that will introduce learners to Spanish and the customs of different countries.

Grades: 3-5
Day: Tuesdays OR Thursdays

Hola! 你知道西班牙语是 20 多个国家的官方语言吗？这是一个初级课程（不针对母语为西班牙语的学生），将向学习者介绍西班牙语和不同国家的风俗习惯。

年级：3-5 年级
活动时间：周二或周四

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。

Basketball

篮球

Join this ASA to develop students' interest in Basketball. Students will learn the basic basketball skills and strategy.

Cost per class: 95 RMB

Minimum Number: 8

Language of Instruction: Chinese and English

Grade: 3-5

Day: Tuesdays

培养学生对篮球的兴趣爱好，学习基本篮球技术及篮球比赛入门。

每节课费用：95 元

开课最少人数：8 人

教学语言：英文和中文

年级：3-5 年级
活动时间：周二

Basketball

篮球

Join this ASA to develop students' interest in Basketball. Students will learn the basic basketball skills and strategy.

Cost per class: 95 RMB

Minimum Number: 8

Language of Instruction: Chinese and English

Grade: K-2

Day: Thursdays

培养学生对篮球的兴趣爱好，学习基本篮球技术及篮球比赛入门。

每节课费用：95 元

开课最少人数：8 人

教学语言：英文和中文

年级：K-2 年级

活动时间：周四

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。

每节课费用：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。

每节课费用：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。

每节课费用：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）

FQ, Financial Quotient

财商启蒙课

"Do you know FQ (Financial Quotient)? Financial intelligence is a person's ability to [understand] and [manage] money, along with [IQ] (intelligence quotient) and [EQ] as the three indispensable elements of success in modern society!

At what age do children begin to learn financial management? They should start at an early age. Blaine Children's Financial intelligence education helps children learn about money in life. The FQ education starts from zero, allowing children to establish stage financial goals, learn to save, spend, invest and share money.

Cost per class: 100 RMB per hour

Minimum Number: 6

Language of Instruction: Chinese

Grade: 1-3

Day: Wednesday and Friday

你知道财商 (FQ, Financial Quotient) 吗? 财商, 即为财务智商, 是一个人 [认识金钱] 和 [驾驭金钱] 的能力, 与 [智商] (IQ)、[情商] (EQ) 并列为现代社会不可或缺的三大成功要素! 孩子从几岁开始学理财? 这堂学校没教的 FQ (财商) 更该从小学起。布莱恩儿童财商教育让孩子从生活中正确【认识金钱】。从 0 开始的 FQ 教育, 让孩子建立阶段财务目标, 学会储蓄, 消费, 投资与分享, 从现在起培养小小巴菲特

每节课费用：100 元

开课最少人数：6 人

教学语言：中文

年级：1-3 年级
活动时间：周三和周五

Dr. Xiao's Math Classroom G1-2

数学思维拓展(1-2 年级)

Dr. Xiao's math classes are dedicated extra-curricular maths get togethers that breathe new life into maths beyond the classroom. They come in all shapes and sizes and there is no one model that works for every school. However, they all focus on two things: having fun with maths and learning. Dr. Xiao has over ten years' experience in teaching elementary math.

He's currently a faculty member of Biomedical Engineering Department of Medical University. In his math class, kids will find math: playful, exciting and full of wonder.

Cost per class: 150 RMB

Minimum Number: 5

Language of Instruction: English & Chinese

Grade: 1-2

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

肖老师，香港中文大学电子工程系博士后，现任高校教师，教授留学生 IB 数学、人工智能开发等课程。肖老师具有十余年小学奥数教学经验，他的课别具一格，高屋建瓴地从完整数学体系出发、对孩子们课内的知识点进行总结，再以国际经典教材《新加坡奥数》作为课内知识的延伸。Daniel 老师独家引入日本系列奥数游戏，并自主研发出整套思维拓展课程。孩子们将在游戏中不断面临各样有趣的数学题目挑战，真正走入迷人的数学世界。本课程将在稳步提高学生数学思维能力的同时，让学生真正认识数学、学会数学、爱上数学。

每节课费用：150 元

授课语言：英文和中文

开课最少人数：5 人

年级：1-2 年级

活动时间：周一下午 4:00-5:00

Dr. Xiao's Math Classroom G3-4

数学思维拓展(3-4 年级)

Dr. Xiao's math classes are dedicated extra-curricular maths get togethers that breathe new life into maths beyond the classroom. They come in all shapes and sizes and there is no one model that works for every school. However, they all focus on two things: having fun with maths and learning. Dr. Xiao has over ten years' experience in teaching elementary math.

He's currently a faculty member of Biomedical Engineering Department of Medical University. In his math class, kids will find math: playful, exciting and full of wonder.

Cost per class: 150 RMB
Minimum Number: 5
Language of Instruction: English & Chinese
Grade: 3-4
Day: Wednesdays @ 4:00-5:00 p.m.

肖老师，香港中文大学电子工程系博士后，现任高校教师，教授留学生 IB 数学、人工智能开发等课程。肖老师具有十余年小学奥数教学经验，他的课别具一格，高屋建瓴地从完整数学体系出发、对孩子们课内的知识点进行总结，再以国际经典教材《新加坡奥数》作为课内知识的延伸。Daniel 老师独家引入日本系列奥数游戏，并自主研发出整套思维拓展课程。孩子们将在游戏中不断面临各样有趣的数学题目挑战，真正走入迷人的数学世界。本课程将在稳步提高学生数学思维能力的同时，让学生真正认识数学、学会数学、爱上数学。

每节课费用：150 元
开课最少人数：5 人
授课语言：英文和中文
年级：3-4 年级
活动时间：周三下午 4:00-5:00

Horse Riding (Paid) **马术(付费)**

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

每节课费用：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。

Soccer Training (Paid)

足球训练(付费)

The players can get the professional instruction (basic soccer skills- dribbling, passing and shooting) while also developing their individual, collective and social responsibility.

Cost per class: 80 RMB

Language of Instruction: Chinese and English

Minimum Number: 8

Grade: K-5

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

让球员获得科学的足球技术指导（基本足球技术-运球、传球和射门），同时在个人、集体及社会责任意识方面得到提升和发展

每节课费用：80 元

开班最少人数：8 人

授课语言：中文

年级：K-5 年级

时间：周三和周五下午 4:00-5:00

Swim Training (Paid)

游泳训练(付费)

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。

每节课费用：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

年级：2-12 年级

活动时间：周三和周五下午 4:00-5:00

Table Tennis (Paid)

乒乓球(付费)

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

每节课费用：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 (Paid)

创意绘画 (付费)

Creative painting and creative handcraft

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

每节课费用：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 (Paid)

5-12 年级排球 (付费)

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。

每节课费用：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.

Fencing G5-12 (Paid)

5-12 年级击剑(付费)

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，有着较好的底蕴和传承。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。

每节课费用：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

Chinese Go G1-5 (Paid)

1-5 年级围棋(付费)

There are many advantages for children to learn Go, such as: students can more objectively accept failure, enhance the ability to resist setbacks, cultivate the overall picture, improve organization and logic, improve calculation power and judgment, cultivate the skills to play different games.

Cost per class: 80RMB (+75RMB for three books)

Language of Instruction: Chinese

Minimum Number: 6

Grades: 1-5

Day: Fridays @ 4:00 – 5:00 p.m.

小孩子学习围棋好处有很多，比如：可以更客观地接受失败、增强抗挫折能力、培养大局观、提高做事的条理性和逻辑性、提高计算力和判断力、培养做事的决断能力。

每节课费用：80 元(另外还有三本教材费 75 元)

授课语言：中文

开课最少人数：6 人

年级：1-5 年级

活动时间：周五下午 4:00-5:00 p. m.

Theory and practice of ancient Poetry and film performance **古诗词影视表演理论与实践**

This is a high-quality acting course, which celebrates Chinese culture, and students may have the opportunity to participate in the shooting of a short film or television series, the use of green screen special effects and understanding of professional shooting.

Cost per class: 200RMB

Language of Instruction: Chinese

Minimum Number: 5

Grades: K-2 & 3-5

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

专业表演课程，提升国学素质，有机会参与影视短剧拍摄，使用绿幕特效，专业拍摄团队。

每节课费用：200 元

授课语言：中文

开课最少人数：5 人

年级：K-2 年级和 3-5 年级

活动时间：周一下午 4:00-5:00

Latin Dance

拉丁舞

Exercise shoulders, abdomens, waist and hips based while developing strength and force through dancing.

Cost per class: 100RMB
Language of Instruction: Chinese
Minimum Number: 6
Grades: K-5
Day: Mondays @ 4:00-5:00 p.m.

以运动肩部，腹部，腰部，臀部为主的舞蹈，锻炼孩子表现力

每节课费用：100 元
授课语言：中文
开课最少人数：6 人
年级：K-5 年级
活动时间：周一下午 4:00-5:00 p. m.

Jazz Dance

爵士舞

This lively class will help students develop rhythm and control to music while improving attention, posture, coordination and flexibility.

Cost per class: 100RMB
Language of Instruction: Chinese
Minimum Number: 6
Grades: K-5
Day: Wednesday @ 4:00 – 5:00 p.m.

跟随音乐有节奏有控制的舞动，在讲究形体姿态美观的同时，又能肢体开发和身体协调性与灵活性。

每节课费用：100 元
授课语言：中文
开课最少人数：6 人
年级：K-5 年级
活动时间：周三下午 4:00-5:00

Electric Guitar

电吉他

Learn this versatile and cool musical instrument!

Cost per class: 230RMB
Language of Instruction: Chinese
Minimum Number: 3
Grades: K-5
Day: Mondays @ 4:00-5:00 p.m.

让我们一起学习这个多功能的电子乐器吧！

每节课费用：230 元
授课语言：中文
开课最少人数：3 人
年级：K-5 年级
活动时间：周一下午 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.

中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。

每节课费用：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.

Beginners Tennis

初阶网球课

This class is for students who are new or have just started learning the sport. At this stage students cannot yet have any rallies with a coach.

Additional Information: Students must bring their own racket and wear a proper sports 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: K-3

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

初级班是为零基础或者刚刚接触网球的学生准备的课程。

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。

每节课费用：130 元

授课语言：中文和英文

开课最少人数：4 人

年级：K-3 年级

活动时间：周三下午 4:00-5:00 p. m.

Intermediate Tennis

中阶网球课

This class is for students who have learned tennis before. At this stage students can have 2-5 rallies with a coach.

Additional Information: Students must bring their own racket and wear a proper sports 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: 1-5

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

中级班是为学过网球有一定基础的球员准备的课程。在这个阶段球员可以和教练对打 2-5 个来回

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。

每节课费用：130 元

授课语言：中文和英文

开课最少人数：4 人

年级：1-5 年级

活动时间：周五下午 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: 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.

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：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.

Flag football

腰旗橄榄球

Flag football is derived from American football. Flag football is a sport developed especially for younger children to be introduced to Football. The aspects of flag football are zero collision, easy to play, emphasis on tactics, boys and girls can compete on the same field. Our students will enjoy sports through running, dodging and various tactical plan. Club introduction: The club was founded in 2016, which is the first junior football club in the Northeast and has achieved many outstanding results in national competitions. With the training goal of "let every child become the best in the sports field", we help teenagers improve their physical fitness and sports performance in an all-round way and realize the meaning of "team" in sports.

Students must bring their own equipment: sports clothes and shoes

Cost per class: 170RMB

Language of Instruction: English & Chinese

Minimum Number: 6

Grades: 3-5

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

腰旗橄榄球：源自美国第一运动-橄榄球，腰旗橄榄球是专门为青少年开发的运动。零冲撞、易上手、强调战术、男女可同场竞技。以奔跑和躲闪作为主要的运动技能，又需要丰富多样的战术作辅助，能帮助青少年激发出无限的运动乐趣。

俱乐部介绍：未来达阵成立于 2016 年，是东北地区第一家青少年橄榄球俱乐部，多次在全国比赛中取得优异成绩。以“让每个孩子都能成为运动场上的佼佼者”为训练目标，帮助青少年全方位提升身体素质和运动表现能力，并在运动中体会“团队”的意义。

学生自备用具：适合运动的衣服和鞋。

每节课费用：170 元

授课语言：中文和英文

开课最少人数：6 人

年级：3-5 年级

活动时间：周三下午 4:00-5:00 p.m.

Chinese Dance

中国舞

Dance basic skills + dance technical skills, physique, physical training, finished dance.

Cost per class: 80RMB

Language of Instruction: Chinese

Minimum Number: 6

Grades: 1-4

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

舞蹈基本功+舞蹈技术技巧，形体，体能训练，成品舞

每节课费用：80 元

授课语言：中文

开课最少人数：6 人

年级：1-4 年级

活动时间：周三下午 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.