



Haiyan Dance Studio

Summer Class Registration 2022

海燕舞蹈学校2022暑期招生 (7月5号 – 8月14号)

欢迎热爱中国舞的朋友加入我们!

海燕舞蹈学校十周年

今年也是海燕舞蹈学校成立十周年，年底将为渥太华的新老朋友们奉上我们的十周年汇演。我们的舞蹈学习分为三个部分。

1. 基本功训练：包括腰腿软开度，把杆练习动作，中间技术技巧
2. 古典舞身韵：练习中国舞特有的呼吸和体态，让动作和姿态圆润和优美
3. 舞蹈节目排练：包括中国古典舞和民族民间舞

海燕舞蹈学校舞蹈教室 - Kanata

海燕舞蹈学校的新舞蹈教室 将于6月底完成装修，于7月初正式开放。舞蹈教室地址是在Unit 4, Building A, 5114 Kanata Ave, Kanata。感兴趣的小朋友们和大朋友们可以在离家不远的专业舞蹈教室里学习中国舞。

Haiyan Dance Studio Summer 2022 (July 5 - Aug 14)

Haiyan Dance Studio (HDS) is welcoming new students of all ages for summer classes! No previous dance experience required.

HDS 10 year Anniversary Performance Showcase

We will be celebrating Haiyan Dance Studio's 10 year anniversary in November with a dance performance. Students will get to showcase their skills. The goals of our summer classes are:

1. Basic flexibility and technical skills training
2. Classical Chinese dance posture
3. Dance program rehearsal: including Chinese classical dance and folk dance

HDS Newly Constructed Dance Studio: Opening Soon!

The new dance studio will be officially open to in-person classes in early July. The classroom is located at Unit 4, Building A, 5114 Kanata Ave, Kanata. Interested children and adults can learn Chinese dance in a professional dance studio not far from home.

联系方式 Contact



613-864-3863



haiyandancestudio@gmail.com

上课地点: Unit 4, Building A, 5114 Kanata Ave, Kanata

幼童启蒙班 (4 - 6岁) Young Dancers Program



课程介绍：

- 1) 培养小朋友们对美的感知和对舞蹈的兴趣。
- 2) 腰腿软开度， 音乐节奏训练。以地面练习为主。
- 3) 幼儿舞蹈节目(参加演出)

Class Description :

- 1) Cultivate interest in Chinese dance & culture while having fun!
- 2) Stretch, conditioning & technique dance class. Focused on basic floor work & flexibility
- 3) 10 year anniversary showcase performance rehearsal

课程时间安排报名 (4 -6岁)

周二 (Tuesday): 4.30 - 5.30pm

周三 (Wednesday): 4.00 - 5.00pm, 5.00 - 6.00pm

周四 (Thursday): 4.30 - 5.30pm



大童舞蹈班 (6-8岁) Junior Program



课程介绍：

- 1) 初步接触不同类型的中国舞蹈，增强孩子们对美的感知力。塑造优美体态，增强体质，表演意识和自信心。
- 2) 中国舞基本功，腰腿软开度和力度训练，地面+ 基础把杆练习。
- 3) 不同类型的舞蹈学习（基础的中国古典舞和民族民间舞）参加演出)

Class Description:

- 1) Introduction to types of Chinese dance, cultivating performance awareness, posture and confidence
- 2) Intermediate stretch, conditioning & technique dance class. Focused on flexibility in waist, hips and back to develop foundations for future advanced skills.
- 3) 10 year anniversary showcase performance rehearsal



课程时间安排报名 (6 - 8 岁)

周二: 5.30 - 7.00pm

周四: 5.30 - 7.00om

周五: 4.30 - 6.00pm

少儿舞蹈班 (9-12岁) Intermediate Program



课程介绍：

- 1) 更近一步了解不同类型的中国舞蹈，塑造优美体态，增强体质和表演意识，培养同学们美感及审美意识。
- 2) 中国舞基本功，系统的把杆和中间练习。(基本的跳和转，体态，舞姿)
- 3) 古典舞身韵 1
- 4) 不同类型的舞蹈学习（有特点的中国古典舞和民族民间舞）参加演出

Class Description:

- 1) Learn more about Chinese Dance & culture while enhancing physical fitness
- 2) Chinese dance skills (Basic jumps and turns)
- 3) Classical Chinese dance posture skills.
- 4) Learning dance choreography (Chinese classical dance and folk dance) to participate in performances

课程时间安排报名 (9 -12岁)

周三: 7.00 - 8.30pm (基本功训练)

周五: 6.30 - 8.00pm (舞蹈排练)

青少年舞蹈班 (12岁以上) Senior Program



课程时间安排报名 (12岁以上)

周二: 7.00 - 8.30pm(基本功训练)

周四: 7.00 - 8.30pm(基本功训练)

课程介绍：

- 1) 更深入的学习和了解不同类型的中国舞，塑造优美体形，能通过肢体和表演呈现不同类型舞蹈的风格，增强同学们美感及审美意识。
- 2) 中国舞基本功，系统的把杆和中间练习。
- 3) 古典舞身韵 2.3.
- 4) 不同类型的舞蹈学习（经典的中国古典舞和民族民间舞作品）参加演出

Class Description:

- 1) Learn about Chinese Dance & culture. Enhance physical fitness and improve performance skills
- 2) Chinese dance advanced skills (Barre exercise, jumps, turns, flexibility)
- 3) Classical Chinese dance posture skills.
- 4) Learning dance choreography (Chinese classical dance and folk dance) to participate in performances

暑期成人班 Adult Dance Program

课程介绍：

学习和了解不同类型的中国舞 (古典舞和民族民间舞)，锻炼身体，放松心情，塑造优美体形，结交志趣相投的朋友。

Class Description:

Learn more about different types of Chinese dance (classical and minority folk dances). Weekly opportunity to exercise and move the body, relax while correcting posture, and make friends with like-minded interests!

课程时间 (成人班)

周五8.10pm - 9.40pm.

暑期班表 (7月5号 – 8月14号)

Summer Class Schedule (July 5 - Aug 14)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 - 6岁: 4.30 - 5.30pm 6 - 8岁: 5.30 - 7.00pm 12岁+: 7.00 - 8.30pm	4 - 6岁: 4.00 - 5.00pm 4 - 6岁: 5.00 - 6.00pm 9-12岁: 7.00 - 8.30pm	4 - 6岁: 4.30 - 5.30pm 6 - 8岁: 5.30 - 7.00pm 12岁+: 7.00 - 8.30pm	6 - 8岁: 4.30 - 6.00pm 9-12岁: 6.00 - 8.00pm 成人班: 8.10-9.40pm

点开报名表

Click to register!



报名方式

Registration

<https://docs.google.com/forms/d/e/1FAIpQLScnTQT680iiSG3YD1l4cQfpjbJb6A4yPU9t2XqS5URfm9rmvQ/viewform>

 海燕舞蹈暑期儿童班 (4-9和7-9岁)



Valid until 6/20 and will update upon joining group

 海燕舞蹈暑期班 (9-12和12+)



Valid until 6/20 and will update upon joining group

 海燕舞蹈成人班



该二维码7天内(6月20日前)有效, 重新进入将更新