Dance Programme

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Young Dancer Intensive Camp (Age 8-12 and 13-18) 青年舞蹈訓練營（8至12歲及13至18歲）

Instructors 導師：(see schedule) (請留意時間表)
Course Consultant 課程顧問：Mandy PETTY, Coordinator of the Academy’s GYDP
(Gifted Young Dancer Programme)
敬拙株（演藝學院青年精英舞蹈課程顧問）

Throughout the years, EXCEL has helped numerous passionate young dancers pursue their dreams. Some further their dance studies on the full-time course and others enjoy the immeasurable fun of being outstanding amateur dancers.

The Young Dancer Intensive Camp is a unique opportunity for young enthusiastic dancers to ascertain their passion in dance, to consolidate their skills, and to enjoy a summer with like-minded cohorts to learn from some of the most experienced dance tutors and choreographers at the world-class facilities of the Academy. This is an intensive dance camp where students gather six half-days a week for three weeks. The Camp will develop confidence in each student and a better understanding of dance as an art form. Dance styles covered will include ballet, contemporary dance, hip and contact improvisation. Half of the time at the Camp will be spent on vibrant musical theatre dance. The Camp will culminate in a fine performance showcasing the students’ achievement to friends and families.

The Camp is intended to be run every summer so that students can get to improve their dance skills and renew friendships. Students may also choose to continue throughout the year with EXCEL’s other part-time dance courses. Students who demonstrate outstanding standards may be recommended to audition for the Academy’s GYDP (Gifted Young Dancer Programme) to be held in May/June 2015.

Participants should bring along their own dancing shoes to class.

多年以來，演藝院校及學院協助了不少年輕舞蹈員實現他們的夢想。有些舞蹈員選擇修讀舞蹈作為專業，亦有些選擇於課餘時間享受舞台演出的樂趣。

青年舞蹈訓練營是一個難得的機會，讓熱愛舞蹈的年輕人確認自己對舞蹈的熱誠。鞏固自己的舞蹈技術，並與志趣相投的同學於設施完備的學院內，向經驗豐富的導師及舞蹈員學習。這是一個為期三星期的密集式課程。學員每星期上六課（每課三小時）的課時。透過這個訓練營，學員不單培養自信心，更能對舞蹈這門藝術有更深入的了解。課程內容包括舞動、現代舞、現代舞及肢解舞蹈。訓練營中一半的訓練時間會集中在音樂與舞蹈訓練。而訓練營的高潮，是讓學員向家長及朋友展示他們學習的成果。

這個訓練營將於每年的暑假期間舉行，讓學員可以再相聚一堂，並繼續改進自己的舞蹈技巧。學員亦可於暑期過後繼續選修由EXCEL籌備的舞蹈課程。於課堂表現優秀之學員，將獲推薦參與於2015年5至6月舉行之演藝學院青年精英舞蹈課程（GYDP）面試。

學員請自備一對跳舞鞋上課。
**M.A.D. Play - Parent-Child (Age 1.5-3 with a parent)**

**《親子武藝操遊樂場》(1.5 至 3 歲及一位家長)**

Instructor: Khasan Khan

M.A.D. Play is a playgroup that focuses on three important elements: “Five Sensory Play”, “Physical Play” and “Musical Play”.

1. **Five Sensory Play**
   
   Brain development requires different sensory stimulations. Many believe systematic and positive stimulations to the five senses during a child’s first six years in life can accelerate brain development. This part of the course consists of different activities and gameplay for children to experience various types of visual, audio, taste, smell and touch stimulations.

2. **Physical Play**
   
   Exercise can contribute to a child’s muscle development, the strengthening of physical coordination, and an awareness of space. This part of the course involves different fun equipment to train children’s various muscles, and to strengthen their physical coordination at a young age, with a view to build better physique for them in the future.

3. **Musical Play**
   
   Most children love to follow music and rhythm, and dance. The music and dances in this part of the course is specially designed and put together by the Founder of MAD, Khasan Khan to create a fun and engaging atmosphere. This has been the most popular part of the course.

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**The Five Sensory Experience**

The brain development requires different sensory stimulations. Many believe systematic and positive stimulations to the five senses during a child’s first six years in life can accelerate brain development. In this course, children will experience various types of visual, audio, taste, smell, and touch stimulations.

**Physical Play**

Physical play can contribute to a child’s muscle development, the strengthening of physical coordination, and an awareness of space. This part of the course involves different fun equipment to train children’s various muscles, and to strengthen their physical coordination at a young age, with a view to build better physique for them in the future.

**Musical Play**

Most children love to follow music and rhythm, and dance. The music and dances in this part of the course is specially designed and put together by the Founder of MAD, Khasan Khan to create a fun and engaging atmosphere. This has been the most popular part of the course.

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**Date:** 13 July - 18 Aug.

**Time:** 10:00 - 11:00am

**Venue:** HKAPA, Wan chai

**Language:** Eng, Chi

**Fee:** $1,600

*Address: 聖可文街 18 號, 香港 *

*(Please see back page for details.)*
Martial Arts Dance (M.A.D.) - Parent-Child (Age 3-9 with a parent)

Instructor: Khaeman Khan

A survey in Hong Kong shows that at least one out of six children in Hong Kong is considered being overweight and even obese. The reasons for this problem include a lack of exercise and over-indulgence on electronic devices. Children psychological and medical reports from the UK and the USA also stated that exercising enhances physical and mental fitness, benefiting children academically and socially. The sooner a child starts engaging in regular exercise, the better it is for his/her childhood development, growth and understanding of teamwork.

Practicing Martial Arts Dance (MAD) does not only improve a child's physical fitness, it helps his/her development holistically. The content of the MAD course draws ideas from the 5 elements of nature (metal, wood, water, fire and earth), which carry wisdom based on 5,000 years of Chinese tradition and Western open-minded culture of creativity. Such content aims to improve a child's body, mind and soul in a balanced manner. When children come to class, they will develop body coordination and fitness, coordination of mind and thinking, and understand traditional discipline which teach them to be responsible and polite.

At MAD, children will “dance the fat away”, and “punch the illness away”. It boosts children's confidence and help them perform better at school interviews. Moreover, the unique style of MAD combines movements into vivid story lines with strong music beats, which are perfect catalysts to build children's concentration and left/right brain development.

Khaeman Khan has received intensive Shaolin, Wing Tjun, Muay Thai and Hip Hop dance training, and he is also a qualified black belt Karate and Taekwondo instructor and licensed group educator. He has founded "Hong Kong Martial Dance Club" in 2007 and has been interviewed by different media such as TV, radio, newspaper and magazine. He has also participated at countless martial arts and dance competitions and performances.

Each MAD course lasts for a season of three months. Students will receive a MAD merit certificate after completing one course. Each season's MAD course has a different theme. Students who have completed four MAD courses in one year will receive a MAD graduation certificate.

* No prior Martial Arts or dance experience is required.

Each MAD course lasts for a season of three months. Students will receive a MAD merit certificate after completing one course. Each season's MAD course has a different theme. Students who have completed four MAD courses in one year will receive a MAD graduation certificate.

* No prior Martial Arts or dance experience is required.

* Students are advised to bring an extra T-shirt for changing and sufficient drinking water to class.

* No prior Martial Arts or dance experience is required.

Registration: Tour No. 31288 288

Date: 13 Jul-28 Sep 14 (Sun)
Time: 11:00am-12:30pm
Session: 12
Language: Eng, Chi
Fee: $1,700

Address: 深水埗Kowloon,

※ Please see back page 請翻頁：請參閱第162至166頁的有關編輯及注意事項。
Let's Go Jazz and Tap, Kiddo! (Age 6-8)
爵士踢踏跳不停（6至8歲）

Instructor: Nikki NG 易峯

This course is designed for the energetic little ones who are interested in dance, but have no prior training. This course allows children to have a taste of some basics of Jazz and Tap. After this course, students may be able to identify their stronger interest and join our Elementary Jazz for Children or Elementary Tap for Children courses in the next term.

Each class comprises a 45-minute session in Jazz and in Tap respectively. While dancing to the rhythm with their little feet, students will not only experience the fun of dancing, but the enhancement of musicality, rhythmic vitality and body coordination through a series of fundamentals such as stretching, running jump and combination movements.

The course is a fun and engaging way for children to explore the world of dance and develop their skills in a fun and engaging manner. This course aims to help students develop a love for dance and build a strong foundation for their future dance career.

Jazz for Children
兒童爵士舞

Instructor: (see schedule) (請留意時間表)

By taking part in the Jazz training, students will be able to enhance their body coordination, self-confidence and readiness to perform.

The Elementary course is especially designed for young dancers with none or some prior training in Jazz. The course focuses on simple jazz movement patterns.

The Intermediate course is for those who have already completed at least one time EXCEL's Elementary Jazz for Children course, or those who have about one year’s prior training in Jazz. There will be a higher demand in speed and more step variations in the course to help students refine their basic techniques in Jazz.

Participants should bring along their own jazz shoes to class.

Jazz dance requires flexibility and strength, and flexibility training is an important part of the course. Participants will learn the basic steps and movements of jazz dance, and through progressive exercises, develop their skills in rhythm, coordination, and musicality.

The course requires dedication and commitment to practice in order to achieve progress. Participants should be prepared to put in the effort to improve their skills and enjoy the process of learning.

If you have any questions or concerns, please feel free to ask. We look forward to seeing you in class.

Registration 報名: 31 288 288

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<thead>
<tr>
<th>Date/Time</th>
<th>Session</th>
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<tr>
<td>23 Aug - 27 Sep 19 (Sat) 4:00-5:30pm</td>
<td>6</td>
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Address 上課地點: HKAPA, Wanchai 韋仔洪城小學

(If you have any questions or concerns, please feel free to ask. We look forward to seeing you in class.)
**Tap for Children (Age 7-12)**

**兌車踢踏舞 (7至12歲)**

Instructors 教師：(see schedule) (請留意時間表)

Through games, rhythmic exercises and simple dance combinations, students are expected to increase their musicality, body awareness and readiness to perform throughout the course.

The **Elementary course** is especially designed for young dancers with none or some prior training in Tap. The course focuses on rhythm work and the fundamental techniques of Tap.

The **Intermediate course** is for participants who have already completed at least one time EXCEL's Elementary Tap course and have been recommended by instructors to further develop their skills in Tap dancing at the progressive level.

The **Advanced course** is for participants who have already completed at least one time EXCEL Intermediate Tap course and have been recommended by instructors to enhance techniques and develop their own unique style.

Participants should bring along their own tap shoes to class.

**踢踏舞可訓練小朋友對節奏的反應和舞踏技巧的掌握，更可增強他們對肢體動作的訓練與協調。從而提升他們對節奏的興趣。身體的控制及表現的敏感度。**

**初級**—特別為初學者：或曾接受一些踢踏舞訓練的小朋友而設。課程旨在訓練小朋友對節奏的反應和踢踏舞基本技巧的掌握。

**中級**—適合完成一次或以上由演藝通才學堂開辦之初級踢踏舞課程，並由導師推薦參加。進一步學習富挑戰性的步法及技巧。

**高級**—適合完成一次或以上由演藝通才學堂開辦之中級踢踏舞課程，並由導師推薦參加。以昇華舞踏技巧和建立個人風格。

學員請自備一副踢踏舞鞋上課。

**Kiddo MJ Hip Hop (Age 8-12)**

**兒童 MJ Hip Hop舞**

Instructor 師傅：Marc NGAN 麥俊豪

Hip Hop is a cultural movement, used in the 1980s, as an artistic expression of creative impulse to seize freedom from oppressive social conditions for mostly African Americans. It brought a common language of styles in dancing for black and white alike. As a dance form, Hip Hop features people bending, a harmonious atmosphere, a place to belong, a trend, and an appreciation and respect to one for another.

Through the course, you will appreciate the preservation of the Hip Hop culture of those days when people were living with racism, and among gangs. Street fighting turned them into battle of dance in Bronx, New York; and since then, the lifestyle of Hip Hop culture has spread around the world. A decade later, BOTY, “Battle of the Year” annual international Hip Hop dance competition provides a global platform for Hip Hop dance enthusiasts.

Many would agree Michael Jackson, who had been inducted into the Rock and Roll Hall of Fame twice, is the “King of Pop”, and his signature move, “moonwalk” is now one of the best-known dance techniques in the world. In the spirit of Hip Hop, many would unit with Michael Jackson in what he represents, as one of his greatest hit We Are the World is being sung.

This class will introduce students to Hip Hop dance and the freestyle of pop. Students will learn stretching, isolation, popping, uprocking, moonwalking, locking, breaking, combinations and body alignment. This term will focus on the moves: The completion of 1995 MTV award-Dangerous, MJ Dril, Smooth Criminal, and in depth breezecraking.

Hip Hop is a cultural movement, in the 80s and 90s, it was widespread among African Americans and has become a popular culture around the world. The influence of Hip Hop culture is seen in various fields such as music, fashion, and film. Today, Hip Hop culture is recognized as a global phenomenon.

**Registration 報名：31 288 288**

<table>
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<tr>
<th>Instructor 師傅</th>
<th>Date &amp; Time 日期及時間</th>
<th>Session 室數</th>
<th>Language 語言</th>
<th>Fee 費用</th>
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<td>Linda HO Chu-tung 侯楚彤</td>
<td>5-Jul-23 Aug 14 (Sat) 5-7pm</td>
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| Address 上課地點: HKAPA, Wanchai 深水埗舞曲學院 |

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<th>Date &amp; Time 日期及時間</th>
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| Address 上課地點: HKAPA, Wanchai 深水埗舞曲學院 |

**Registration 報名：31 288 288**

*Please see back page for enrolment terms and conditions on page 162 to 165. 須名前需参阅第162至165頁之报名条款。*
Ballet
芭蕾舞

Instructors 導師: (see schedule) (請留意時間表)

The Elementary course is for participants with experience ranging from none to one year's prior training in Ballet. The course will teach the basic elements of barre work and centre work and small jump exercises, aiming to train students' leg turn-out and body flexibility.

The Elementary progressive course is for participants who have completed at least three times Excel's Elementary Ballet course or who have one to three year's prior training in Ballet. Based on the RAD and CSTD (The Commonwealth Society of Teachers of Dancing) senior level, the course will concentrate on barre work to help students develop greater speed and more demi-pointe work.

The Intermediate course is for participants with three to five years of recent training in Ballet. This course covers a wide range of ballet steps, including barre work, ports de bras, adage, pirouettes, battement, small to big jumps and other techniques.

The Advanced course is for participants with five or more years of recent training in Ballet. A full range of technique will be taught covering extensive ballet vocabulary with special emphasis on dance quality.

These are not RAD (The Royal Academy of Dancing) courses.

Participants should bring along their own ballet shoes to class.

初级編程班合初學者，或曾經受芭蕾舞訓練不足一年的人士參加。課程教授把把的基礎練習及跳躍動作，以訓練學員的開度及柔韌性。

初级（進階課）班適合完成三次或以上由演藝進修學院開辦之「初级芭蕾舞」課程，或曾接受芭蕾舞訓練一至三年的人士參加。課程以英國皇家芭蕾學院及澳洲聯邦舞蹈教師協會之高級程度為基礎，集中練習把把動作，幫助學員提升速度及完成更多半開動作。

中级班適合近期接受芭蕾舞訓練三至五年之人士參加。課程教授不同的芭蕾舞步，包括把把動作、ports de bras、adage、pirouettes、battements、及大小開跳等。

高级班適合近期接受芭蕾舞訓練五年或以上之人士參加。課程將集中教授舞蹈技巧、風格及訓練學員的舞蹈質素。

本課並非英國皇家舞蹈學院考試課程。
學員請自備一套芭蕾舞鞋上课。

Registration 費用：$31,288

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<th>Instructors/導師</th>
<th>Date/日期</th>
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<td>15 Jul-17 Sep 14 (Wed)</td>
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<td>Eng, CH</td>
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Address 上課地點: HKAPA, Wanchai 演藝之家劇院

(If you are a student, please refer to the terms and conditions on page 166.)
Flamenco Dance (Age 13 or above)
佛蘭明高舞（13歲或以上）

Instructor 導師: Alice NG Shu-king 吳素瑾

Flamenco is a genre of music and dance which originated in Andalucia, the Southern region of Spain. It is traditionally performed in the form of a trio including a singer, a guitarist and a dancer. Flamenco is intimately linked to the Gypsies’ way of life and is also an important aspect of today’s social life in Spain.

The course is suitable for absolute beginners. It is also suitable for participants who have a prior experience in flamenco and want to consolidate their skills (before joining Intermediate Flamenco Dance are welcome to join this course for a second time). The instructor will appropriately take care of the students’ needs, depending on their level.

The course is suitable for absolute beginners and for both men and women. Students will work on basic palos (styles) such as Tangos, Alegrías and Soleá. They will learn to use their hands, arms and hips, to do footwork (zapateado), marques (marking) and palmas (hand clapping). This class aims at teaching students solid flamenco grounds. Special emphasis will be put on posture, bodywork, attitude and attention to details. This class will be conducted in English.

Participants should bring their own Flamenco shoes, character shoes or hard sole/flexible shoes to class. High and thin heels as well as sneakers or similar shoes are not recommended at all. Comfortable clothes are advised for both men and women.

Registration: 31 268 289

<table>
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<th>Date</th>
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<th>Session</th>
<th>Language</th>
<th>Fee (HK$)</th>
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<td>16 Jul - 17 Sep</td>
<td>14 (Wed)</td>
<td>7:45-9:15pm</td>
<td>10</td>
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Address 上課地點: HKAPA, Wan Chai 增祥道6號

*Please see back page for fees details. (Please refer to enrollment terms and conditions on page 156 to 158. 指名報讀及參賽表第156至158頁之條款及細則。)*
Contemporary Dance (Age 13 or above)

現代舞（13歲或以上）

Instructors: 导师：Andy WONG Ting-lam, Michelle CHAN Wai-luk

The Elementary course is for those with experience ranging from none to one year’s prior training in Contemporary Dance. This course provides an introduction to fundamental Contemporary Dance techniques. Emphasis is placed on facilitating growth in physical control, ease, strength, flexibility and confidence in executing movement.

The Intermediate course is for those who have completed at least two times EXCEL’s Elementary Contemporary Dance course or who have about two years of recent training in Contemporary Dance. Through in-depth exploration of body movements, energy, balance and spatial elements, students will have an exhaustive appreciation of Contemporary Dance genres.

初级班适合初学者，或曾接受现代舞训练不足一年的人士参加。课程将教授现代舞的基本技巧，促进学生在身体动作上更灵活和自信。

中初级班适合完成两次或以上由演艺进修学院开办之「初级现代舞」课程，或曾接受现代舞蹈训练两年以上的人士参加。透过对身体动作、能量、平衡和空间元素等深入探索，学生将对现代舞各类风格有深入理解。

Yoga and Stretch (Age 13 or above)

瑜伽伸展（13歲或以上）

Instructors: 导师：Andy WONG Ting-lam, Michelle CHAN Wai-luk

The Elementary course is suitable for participants who have no or less than one year's experience in Yoga. The aim of this course is to use exercises and poses to create a sense of balance, coordination and strength. It helps to regulate the breath, improve flexibility and balance, develop muscle and bone strength, and give your body a correct alignment.

The Intermediate course is for participants who have already completed at least three times EXCEL's Elementary Yoga and Stretch course or who have two years recent training in Yoga. The aim of this course is to explore the infinite range within our finite body. It includes mastery of poses and asanas which involve various body stretching and strengthening movements such as forward bending, lateral bending, back bending, twist and balancing taught in a flowing sequence. The postures are conducted in a continuous and systematic sequence, which are suitable for students with some experience and background of yoga practice.

Students should provide their own towels in class.

初级班适合初学者，或曾接受瑜伽训练不足一年的人士参加。课程旨在通过各种瑜伽体式及练习，培养身体的平衡感和力量感，调节呼吸，提高伸展力量。

中初级班适合完成三次或以上由演艺进修学院开办之「初级瑜伽」课程或曾受过两年近瑜伽训练的人士参加。课程旨在探索有限身体内的无限可能。其中包括各种瑜伽体式，如前弯、侧弯、后弯、扭和平衡等，适用于有瑜伽基础的学生。

学员认可使用自己的毛巾上课。

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Address: 上課地點：HKAPA, Wan Chai 舞蹈學院

Registration 報名：31 288 288

Yoga and Stretch (Age 13 or above)

瑜伽伸展（13歲或以上）

Instructors: 导师：Andy WONG Ting-lam, Michelle CHAN Wai-luk

The Elementary course is suitable for participants who have no or less than one year's experience in Yoga. The aim of this course is to use exercises and poses to create a sense of balance, coordination and strength. It helps to regulate the breath, improve flexibility and balance, develop muscle and bone strength, and give your body a correct alignment.

The Intermediate course is for participants who have already completed at least three times EXCEL's Elementary Yoga and Stretch course or who have two years recent training in Yoga. The aim of this course is to explore the infinite range within our finite body. It includes mastery of poses and asanas which involve various body stretching and strengthening movements such as forward bending, lateral bending, back bending, twist and balancing taught in a flowing sequence. The postures are conducted in a continuous and systematic sequence, which are suitable for students with some experience and background of yoga practice.

Students should provide their own towels in class.

初级班适合初学者，或曾接受瑜伽训练不足一年的人士参加。课程旨在通过各种瑜伽体式及练习，培养身体的平衡感和力量感，调节呼吸，提高伸展力量。

中初级班适合完成三次或以上由演艺进修学院开办之「初级瑜伽」课程或曾受过两年近瑜伽训练的人士参加。课程旨在探索有限身体内的无限可能。其中包括各种瑜伽体式，如前弯、侧弯、后弯、扭和平衡等，适用于有瑜伽基础的学生。

学员认可使用自己的毛巾上课。

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Address: 上課地點：HKAPA, Wan Chai 舞蹈學院

Registration 報名：31 288 288

* Single-class participation is available for Elementary Yoga and Stretch. For details, please refer to "terms and conditions" on page 159 of this prospectus.

* 初级瑜伽课程提供单堂安排。有关详情，可参阅本书第159页的条款及细则。
Body Nuance - An Explorative and Educational Approach to Movement (Age 13 or above)

Instructor: David LEUNG Ka-nang 梁嘉能

Learn from your own movement!

The course aims at improving movement ability (strength, flexibility and coordination, etc.) and the principles can be applied to any movement. This course is suitable for all users of the moving body.

Our guiding principles are:
- To develop a naturally graceful movement vocabulary for exercise and practice, based on the natural rhythms of human body and the guidance of breath.
- To practice in the balance of contrasting movement elements: quiet vs energetic, fast vs slow, etc., to allow the mind to settle and the body to let go of tension.
- To move into various levels of the human body (organs, bones, joints, facial and muscular connections, skin) with a variety of movements, to revitalize the whole organism.
- To become aware of and learn from the moving body, and begin to improve one’s posture and movement habit; become less prone to injuries, and move more naturally and gracefully.

Mats are provided by the Academy. Students can also bring a large towel for extra comfort if they wish.

Belly Dancing (Age 13 or above) (Conducted in English)

Instructor: Jey Jen TILLYER

Belly Dancing is one of the oldest forms of dance, at least 2,000 years old, having roots in many ancient cultures from the Middle East and the Orient. It is a powerful and traditional dance form that glorifies the female mystique. Throughout history, this dance has usually been performed at ritual celebrations or by parties of women for each other.

This course offers regular and systematic training in a fun and feminine way. Gentle, relaxed and fluid exercise will be used to develop body awareness and coordination while learning to move through different styles and moods of Middle Eastern music. Students should bring along their own hip scarf/shawl, veil and zills (finger cymbals) to class.

Registration: 報名: 31 288 288

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Address: HKAPA, Wan Chai 深水埗院

※ Single-class participation is available for this course. For details, please refer to *terms and conditions* on page 159 of this prospectus.
Elementary Ballroom Dances (Age 13 or above)
初級標準舞（13歲或以上）

Instructors 導師：Paul BISHOP, Rozana LEUNG Yue-ping 事保羅、梁月萍

Studied and graduated in the UK, the tutors of these courses hold Fellowships from three examination authorities (ISTD, UKA and NTA) and won many internationally acclaimed titles in dance championships in the UK, Europe and China. They are currently full-time dance teachers, as well as world-licensed adjudicators, experienced in teaching choreographing and coaching dance sport couples for championship competitions.

The Elementary course is suitable for beginners and for participants who would like to improve their technique in basic steps, rhythm and style. Course content includes Waltz, Tong, Quickstep, Foxtrot and Viennese Waltz. In the practical musical rhythms and popular music. Also, it includes variations from the ISTD examination syllabus up to the UK examination certificate level Grade 1 (Bronze Medal & Certification).

Participants are welcome to come alone or as a couple. Please bring along your own dancing shoes to class. Street shoes are not allowed in the studio.

Elementary Latin American Dances (Age 13 or above)
初級拉丁舞（13歲或以上）

Instructors 導師：Paul BISHOP, Rozana LEUNG Yue-ping 事保羅、梁月萍

Studied and graduated in the UK, the tutors of these courses hold Fellowships from three examination authorities (ISTD, UKA and NTA) and won many internationally acclaimed titles in dance championships in the UK, Europe and China. They are currently full-time dance teachers, as well as world-licensed adjudicators, experienced in teaching choreographing and coaching dance sport couples for championship competitions.

The Elementary course is suitable for beginners and for participants who would like to improve their technique in basic steps, rhythm and style. The main Latin American dance styles include Cha Cha, Rumba, Samba, Mambo, Jive and Paso Doble. Also, it includes variations from the ISTD examination syllabus up to UK examination certificate level Grade 1 (Bronze Medal & Certification).

Participants are welcome to come alone or as a couple. Please bring along your own dancing shoes to class. Street shoes are not allowed in the studio.

Address 上課地址：HAPA, Wan Chai 恒生銀行大廈 #
(*) Please see back page 請見背面 (*) Please refer to enrolment terms and conditions on page 162 to 166. 禮名前請參閱第162至166頁之細則及條款。)

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Registration 報名: 31 288 288

(*) Please see back page 請見背面 (*) Please refer to enrolment terms and conditions on page 162 to 166. 禮名前請參閱第162至166頁之細則及條款。)
Ballroom and Latin American Dances
(Age 13 or above)
標準舞及拉丁舞 (13歲或以上)

Instructors 培師：Paul BISHOP, Rozana LEUNG Yuet-leung 肖羅覽・梁月蘭

Paul and Rozana both studied and graduated in England with Fellowship degrees from the Imperial Society Teachers of Dance (ISTD) London, the United Kingdom Authority (UKA) Blackpool and the National Teachers of Dance (NATD) Berkshire. They were winners of many major dance championships in the UK, Europe and China, having competed for many years. They are currently full-time dance teachers, as well as world-licensed adjudicators, experienced in teaching international examination choreography and coaching dance sport couples for championship competitions.

The Intermediate course is suitable for participants who have completed the elementary level to progress and include new dance units at higher grades. This Latin American and Ballroom Joint course covers Cha Cha Cha, Jive, Rumba, Samba and Paso Doble; Ballroom; Waltz, Tango, Fox Trot, Quickstep, Viennese Waltz. It also introduces variations from the UKA (United Kingdom Alliance, Blackpool) and the ISTD examination syllabus up to Certificate level Grade 2 (Silver Medal & Certification).

The Advanced course is suitable for participants who have completed intermediate levels. It includes a higher level of ISTD and UKA technique examination syllabus for those who wish to advance to Gold Grade 3 or above. The course suits students and teachers of dance whose interest is in the highest level of dance; medal grading examinations and competition dancing. Course content includes Waltz, Tango, Fox Trot, Quickstep, Viennese Waltz; Cha Cha Cha, Jive, Rumba, Samba, and Paso Doble.

Participants are welcome to come alone or as a couple. Please bring along your own dancing shoes to class. Street shoes are not allowed in the studio.

Registration 提名：31 288 288

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<th>Date 日期</th>
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Address 提名地址：HKPA, Wanchai 華富道舞校

Please see back page 須見背面 | Please refer to ornament terms and conditions on page 162 to 166. 請參閱第162至166頁的細則條款。
A Taste of Salsa (Age 13 or above)
浅嚐莎莎舞（13歲或以上）

Instructors 導師：Sunshine CHAN Chuen-mo, Keith McNAB 陳村武・麥奇偉

Do you want to “tease it up” to the summer? How about joining us to Salsa?
Despite its Afro-Caribbean rhythm, Salsa is a Latin dance developed by young Puerto Ricans of New York City. The name “Salsa” was invented in New York in the 1970s to describe this new and unique type of music and dance. Since then, there has been a Salsa explosion around the world and Salsa is now one of the most popular dance forms in Hong Kong and other parts of the world.
Welcoming anyone interested in giving lively Salsa a try, the course emphasises on the basic characteristics of Salsa, including the efficiency of movement, elegance and body isolations, as well as improvisation. The techniques will be simple at the beginning but will become manageable more complex as the course progresses. By focusing on timing and precision of techniques, students will learn about the smooth execution of tightly woven turns and patterns. Come, and let us Salsa!
Participate should bring along their own dancing shoes to class.

想過一個熱血動感的夏日？放開身心跳出節奏滋潤的莎莎舞吧!
莎莎舞的節拍總是帶著一種熱情奔放的氣息，但這種舞蹈其實源於位於紐約的波多黎各人。直至70年代，這種舞蹈及音樂才真正被稱為「莎莎」，此後全球掀起一片莎莎熱。
至今莎莎已被香港及其他地區接受熱烈的舞蹈之一。

本課程旨在讓有興趣人士一嚐莎莎舞的滋味。內容會由淺入深，著重介紹莎莎舞的基本重點，包括動作的靈活性、舞步的優雅及身體各部位的動作等，亦會教授簡單的即興創作概念。導師會幫助學員準確掌握時間及舞步的精確，讓學員能透過一課半動作及旋轉，在音樂的襯托下跳出一段漂亮順應的莎莎舞。
學員請自備一對跳舞鞋上課。

Registration 報名：31 288 288

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<td>$1,450</td>
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Address 上課地點：HKAPA, Wan Chai 稱仔洋電影院

Argentina Tango (Age 13 or above)
阿根廷探戈（13歲或以上）

Instructors 導師：Sunshine CHAN Chuen-mo, Keith McNAB 陳村武・麥奇偉

This course is suitable for novice dancers aged 15 or above, with no experience in Argentina Tango and for those who would like to update their techniques.
With growing popularity around the world, the Argentina Tango is an intimate dance of deep emotions and passion. The course will concentrate on teaching the basic steps and introduce the concept of improvisation. Participants are welcome to come alone or as a couple.

Participate should bring along their own dancing shoes to class.

本課程適合年滿16歲或以上對探戈有興趣的初學者，及欲改善基本阿根廷探戈舞蹈技巧的人士單獨或結伴參加。
阿根廷探戈為南美熱情洋溢的舞蹈，課程教你阿根廷探戈舞蹈的基本步法及介紹其即興的概念。
學員請自備一對跳舞鞋上課。

Registration 報名：31 288 288

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<td>$1,450</td>
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Address 上課地點：HKAPA, Wan Chai 稱仔洋電影院
Chinese Ethnic Folk Dance (Age 13 or above)
中國民族民間舞 (13歲或以上)
Instructor: HO Ho-fei 何煒美

彝族舞是彝族悠久的民族舞，而彝族代表的吉祥物是孔雀。孔雀舞的手勢、舞姿，皆以孔雀身體部位名稱及日常生活動作而命名，舞姿十分優美。

本課程以彝族舞為主，主要分四部分。第一部分是透過訓練組合由淺入深教授彝族舞的基本手勢及腳位，身體動作；使學員能把握彝族舞的特有＜三種舞＞體裁呈現出來。

第二部分是以傳統結合現代手法，創編一幕彝族舞小品，訓練身體協調性及記憶力的同時，也可增加學員的興趣和滿足感，使學員完成課程後可舞出一段質完整的舞蹈。

學員請自備一對跳舞鞋上課。

Advanced Chinese Classical Dance
高級中國古典舞 (16歲或以上)
Instructor: HON Kwok-yu 黃國龍

Classical Chinese dance carries the essence of Chinese cultural expression in its movements, postures, and aesthetics.

The Advanced course is suitable for dancers with at least five or more years of recent training in Chinese Dances. This course focuses on classical techniques, including turns, jumps, spinning skills and other techniques. Through working on various combinations, it aims to develop techniques, rhythmical vitality and style of the students.

Participants should bring along their own dancing shoes to class.

中國古典舞的動作、姿勢、和美感，承載著中國文化的精髓。

高級班適合近期接受中國舞訓練五年或以上人士參加。課程主要教授中國舞基本技巧，包括旋轉、起跳、翻身等；並融合中國舞步伐、樂律等訓練。通過不同組合訓練，提高學生的舞蹈感、樂律感及舞風風格。

學員請自備一對跳舞鞋上課。

Registration 報名: 31 288 288

Date Date 日 月 1
7 Jul - 4 Sep 14 (Thu) 7:30 - 9:00 pm 10 CN $1,880

Address 上課地點: HKAPA, Wan chai 灣仔演藝學院

Class Class 級 別
A 5 Jul - 6 Sep 14 (Sat) 4:30 - 6:00 pm 10 Putonghua $1,880
B 5 Jul - 6 Sep 14 (Sat) 6:15 - 7:45 pm 10 Putonghua $1,880

Address 上課地點: HKAPA, Wan chai 灣仔演藝學院

(‡Please see back page for more information) (Please refer to enrollment terms and conditions on page 162 to 165. 報名前請參閱第156及168頁之細則及條款。)
Dance Programme 舞蹈课程

Jazz Funk (Age 13 or above)
流行爵士舞（13岁以上）

Instructor 导师：Kelvin LAM Kin-hung 林建洪

Jazz Funk is a dance form combining Jazz and Hip Hop. It is currently a highly popular street dance style with free and colourful movements requiring body coordination and rhythm sense. The course will cover the basic movement vocabulary of Street Jazz Dance and will focus on techniques and styles used in the commercial dance industry. As the term progresses, so will your rhythmic sense, technique, flexibility and coordination.

This course is suitable for novice dancers with experience ranging from none to one year’s prior training in Jazz.

Participants should bring along their own dance shoes to class.

街頭爵士舞是一種結合爵士和Hip Hop風格的街頭舞蹈。街頭爵士舞的动作，較為自由多變，富有動感，着重音樂與身體的配合，與一般在舞台演出的爵士舞有所不同。舞者亦須有良好的肢體協調能力及節奏感。課程將教授街頭爵士舞的基礎動作、技巧及風格，提升學員的節奏感、技巧、柔韌度及協調能力。

本課程適合初次學者或接受爵士舞訓練不足一年的人士參加。

學員請自備一套爵士舞鞋上課。

Street Jazz (Age 13 or above)
街頭爵士舞（13岁以上）

Instructor 导师：Joey HO Cho-yee 何芷宜

Street Jazz dance combines characteristics of street dance with other more traditional dance forms, creating unique styles.

Street Jazz is becoming very popular in the dance community. In this course, participants will learn a mixture of modern hip hop styles and jazz dance. The dance form infuses energy with contemporary twists, and is a high energy dance. Warm up exercises are carried out every lesson before dance to stretch muscles and prevent injuries. Core strengthening exercises are also often used for conditioning. Participants will perform a short piece for family and friends at the last lesson.

This course is suitable for dancers with experience ranging from none to one year’s prior training in Jazz.

街頭爵士舞是以街頭舞及其他傳統舞蹈形式的特點來創造的新風格。

街頭爵士舞已經越來越普及，這個課程結合了爵士舞和Hip Hop舞的舞步，組成了獨特的舞步組合。再把強勁的動力注入不斷扭動的舞步之中，使舞蹈充滿力量。導師於每節課堂會先與學員進行熱身及拉筋運動，以免受傷。課程亦包括基本的健身訓練以調節學員的體能。在最後一節課堂，學員將會作一個簡單的演出，歡迎親友一起見證他們學習的成果。

課程適合無接受爵士舞訓練不足一年的人士參加。

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Registration 報名：31 288 288

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Address 上課地點：HKAPA, Wanchai 華仔演藝學院

(If Please see back page 請看背面) (Please refer to enrolment terms and conditions on page 162 to 165. 報名前請先參閱第158至168頁之報名條款及細則。)
Lyrical Jazz (Age 13 or above)
現代爵士舞 (13歲或以上)

Instructor: Henry YIP Yum-lam 葉潤霖

Lyrical Jazz is a combination of contemporary on top of the fundamental skills of Jazz Dance. It is usually to soft or medium soft music and the choreography flows, it will have a jazz feeling on it, and has more options for themes, choreography and style. Students will be required to learn dance terminologies, incorporate with a series of exercises focusing on training of Lyrical Jazz technique and dance combinations; including the practice of a comprehensive warm-up set, long stretch, precise footwork, co-ordination, isolations, travelling steps, across-floor exercises and choreography.

Participants should bring along their own jazz shoes to class.

現代爵士舞在爵士舞的基礎上揉合了現代舞的元素，是以柔軟的音樂配上優雅的舞動節奏。它保留了爵士舞的風格，同時於舞蹈主題、編舞及風格上有更多的自由度。學員在課堂中將學習各種舞蹈語言成一系列著重於訓練爵士舞技巧和舞蹈組合的練習，包括全身的熱身動作組合，其中包括，long stretch, precise footwork, co-ordination, isolations, travelling steps, across-floor exercise and choreography.

學員需自備爵士舞鞋上課。

Hip Hop (Age 13 or above)

Instructor: Kelvin LAM Kin-hung 林建洪

Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and popularized by street crews in the United States. The television show Soul Train and the 1980s films Breakin', Beat Street, and Wild Style showcased these crews and dance styles in their early stages; therefore, giving hip-hop mainstream exposure. The dance industry responded with a commercial, studio-based version of hip-hop—sometimes called new style—and a hip-hop influenced style of jazz dance called jazz-funk. Classically trained dancers developed these studio styles in order to create choreography from the hip-hop dances that were performed on the street. Because of this development, hip-hop dance is practiced in both dance studios and outdoor spaces.

Tap Dance (Age 13 or above)

Instructor: Ken KWOK Wai-kit 郭偉傑

This course is designed for people who consider themselves percussive musicians, who wish to learn how to use their feet as a set of drums and experience the magic of tap dancing!

The Elementary class is especially designed for novice with experience ranging from none to one year prior training in Tap, and focuses on the fundamentals of Tap.

The Intermediate class is for participants who have already completed at least one time EXEL's Elementary Tap course or who have one to two years recent training in Tap to further develop their skills in Tap dancing at the progressive level. Participants will perform a small piece for family and friends at the last lesson.

Participants should bring along their own tap shoes to class.

<table>
<thead>
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<th>Date</th>
<th>Time</th>
<th>Session</th>
<th>Language</th>
<th>Fee</th>
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<tr>
<td>4 Jul-5 Sep</td>
<td>14 Fri</td>
<td>7:15-8:45pm</td>
<td>Eng, Chi</td>
<td>$1,700</td>
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<tr>
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<td>8:45-10:15pm</td>
<td>Eng, Chi</td>
<td>$1,650</td>
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</tbody>
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Student Showcase 演出日期: 19 Sep 14 Fri 7:30-9:30pm

Jazz Dance (Age 13 or above)

Instructor: 李(see schedule) 謝明萱

Jazz dance is very dynamic and fast-paced, and a variety of styles have been developed throughout the years.

The Elementary course is for participants with no or less than one year's experience in Jazz. This class will lead students through the fundamentals of Jazz Dancing with emphasis on rhythm and style.

The Intermediate course is for participants who have already completed at least one time EXEL's Elementary Jazz course or who have one to two years recent training in Jazz. The course will concentrate on more challenging movements and combinations, focusing on turns, leaps, placement and connecting movements.

The Repertoire course focuses on popular jazz-based performance training. Elements of drama and theatrical performance will also be taught. The Tutor will lead students to interpret the music and lyrics while enjoying the fun in stage performance. Participants will perform a short piece for family and friends at the last lesson.

Participants should bring along their own jazz shoes to class.

<table>
<thead>
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<th>Time</th>
<th>Session</th>
<th>Language</th>
<th>Fee</th>
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<tbody>
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<td>15 Jul-19 Sep</td>
<td>14 Tue</td>
<td>8:00-9:30pm</td>
<td>Eng, Chi</td>
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</tbody>
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Student Showcase 演出日期: 19 Sep 14 Fri 7:30-9:30pm

Registration 報名: 31 288 286

※ Single-class participation is available for Elementary Tap. For details, please refer to “terms and conditions” on page 159 of this prospectus.

※ 初級爵士舞的轉班規定及安排，詳情請進參閱本課程手冊第159頁之條款及細則。