

2018年第三期舞蹈課程 2018 3rd Term Dance Courses

有關課程內容，請瀏覽中心網頁。For course description, please visit: www.ccdcdc.com.hk

上課時間 Time	課程編號 Course Code	課程名稱 Course Name
星期一 Monday		
5:00-6:25pm	AY101	瑜珈 Yoga (入門班Introductory)
6:45-8:10pm	AB101	身體條件訓練 Body Condition
	AY102	瑜珈 Yoga (初級班Elementary)
	BD203	芭蕾舞 Ballet (中級進階班Intermediate Progressive)
	CB103	當代芭蕾舞 Contemporary Ballet (初級進階班Elementary Progressive)
	CF101	中國民族民間舞 Chinese Folk Dance (初級進階班Elementary Progressive)
	JD101	爵士舞 Jazz (初級班Elementary)
	MD104	現代舞 Modern Dance (初級班Elementary)
8:15-9:40pm	SJ101	街頭爵士舞 Street Jazz (初級班Elementary)
	AB102	身體條件訓練 Body Condition
	BD102	芭蕾舞 Ballet (初級班Elementary)
	BP103	足尖芭蕾舞及變奏 Point Work & Variation (初級進階班Elementary Progressive)
	CP201	劍舞 Sword Dance (中級班Intermediate)
	JD102	爵士舞 Jazz (初級班 Elementary)
	KP101	K-Pop (初級班 Elementary)
	MD105	現代舞 Modern Dance (初級班Elementary)
	SJ102	街頭爵士舞 Street Jazz (初級班Elementary)
星期二 Tuesday		
5:00-6:25pm	AY103	瑜珈 Yoga (初級班Elementary)
	SJ103	街頭爵士舞 Street Jazz (初級班 Elementary)
6:45-8:10pm	AS101	Pilates訓練 Pilates Mat Work (初級班Elementary)
	AY104	瑜珈 Yoga (初級班Elementary)
	CB101	當代芭蕾舞 Contemporary Ballet (初級班Elementary)
	DB101	修身舞 Dance for Body Shaping
	JK101	Jazz Funk (初級班 Elementary)
	MD106	現代舞 Modern Dance (初級班Elementary)
	MD201	現代舞 Modern Dance (中級班Intermediate)
8:15-9:40pm	TD101	踢踏舞 Tap Dance (初級班Elementary)
	BD105	芭蕾舞 Ballet (初級進階班Elementary Progressive)
	HH101	Hip Hop (初級班Elementary)
	IE101	整合運動 Integrated Exercise
	JD103	爵士舞 Jazz (初級班Elementary)
	LT102	拉丁舞 Latin Dance (初級進階班Elementary Progressive)
	MD115	現代舞 Modern Dance (初級進階班Elementary Progressive)
	TJ101	Theatre Jazz (初級班Elementary)
	YY101	兩極瑜珈 Yin Yang Yoga (初級班Elementary)
星期三 Wednesday		
5:00-6:25pm	CC101	中國古典舞基訓 Chinese Classical Basic Training (初級班 Elementary)
	MD107	現代舞 Modern Dance (初級班Elementary)
6:45-8:10pm	BD201	芭蕾舞 Ballet (中級班Intermediate)
	BE101	肚皮舞 Belly Dance (初級班 Elementary)
	CD201	中國舞基訓 Chinese Dance (中級班Intermediate)
	JD104	爵士舞 Jazz (初級班 Elementary)
	MD108	現代舞 Modern Dance (初級班Elementary)
	MD202	現代舞 Modern Dance (中級班Intermediate)
	SJ106	街頭爵士舞 Street Jazz (初級進階班 Elementary Progressive)
	YF101	流暢動瑜珈 Yoga Flow (初級班Elementary)
8:15-9:40pm	AY105	瑜珈 Yoga (初級班Elementary)
	BD101	芭蕾舞 Ballet (入門班Introductory)
	CL103	水袖 Long Sleeves (初級進階班 Elementary Progressive)
	JD108	爵士舞 Jazz (初級進階班 Elementary Progressive)
	JK102	Jazz Funk (初級班Elementary)
	MD116	現代舞 Modern Dance (初級進階班Elementary Progressive)
	MJ101	現代爵士舞 Modern Jazz (初級班 Elementary)
	YN101	肩頸瑜珈 Yoga for Shoulder & Neck (初級班Elementary)
星期四 Thursday		
5:00-6:25pm	AS102	Pilates訓練 Pilates Mat Work (初級班 Elementary)
	KP102	K-Pop (初級班Elementary)
	MD117	現代舞 Modern Dance (初級進階班 Elementary Progressive)
6:45-8:10pm	AB103	身體條件訓練 Body Condition
	AY111	瑜珈 Yoga (初級進階班Elementary Progressive)
	BE201	肚皮舞 Belly Dance (中級班Intermediate)
	CD101	中國舞基訓 Chinese Dance (初級班Elementary)
	GH101	Girls' Hip Hop (初級班Elementary)
	MD109	現代舞 Modern Dance (初級班Elementary)
	TJ102	Theatre Jazz (初級班Elementary)
	WC101	Jazz TWC (初級班Elementary)
8:15-9:40pm	BP101	足尖芭蕾舞 Point Work (初級班Elementary)
	CS101	身韻 Shen Yun (初級班 Elementary)
	KP103	K-Pop (初級班Elementary)
	LA201	L.A. Jazz (中級班Intermediate)
	LJ101	Lyrical Jazz (初級班Elementary)
	MD301	現代舞 Modern Dance (高級班 Advanced)
	UD101	Urban Dance (初級班Elementary)
	YY102	兩極瑜珈 Yin Yang Yoga (初級班Elementary)

2018年第三期舞蹈課程 (25.06-03.09.2018)

2018 3rd Term Dance Courses (25.06-03.09.2018)

上課時間 Time	課程編號 Course Code	課程名稱 Course Name
星期五 Friday		
5:00-6:25pm	JD105	爵士舞 Jazz (初級班Elementary)
	MD101	現代舞 Modern Dance (入門班Introductory)
6:45-8:10pm	BD103	芭蕾舞 Ballet (初級班Elementary)
	BE202	肚皮舞 (中級班Intermediate)
	JD106	爵士舞 Jazz (初級班Elementary)
	LJ102	Lyrical Jazz (初級班Elementary)
	MD110	現代舞 Modern Dance (初級班Elementary)
	TD102	踢踏舞 Tap Dance (初級班Elementary)
	YF102	流暢動瑜珈 Yoga Flow (初級班Elementary)
	YS101	瑜珈伸展 Yoga Stretch (初級班Elementary)
8:15-9:40pm	BD202	芭蕾舞 Ballet (中級班Intermediate)
	HH102	Hip Hop (初級班Elementary)
	LJ103	Lyrical Jazz (初級班Elementary)
	MD102	現代舞 Modern Dance (入門班Introductory)
	MD203	現代舞 Modern Dance (中級班Intermediate)
	TD105	踢踏舞 Tap Dance (初級進階班Elementary Progressive)
	YS102	瑜珈伸展 Yoga Stretch (初級班Elementary)
	YT101	瑜珈伸展治療 Yoga Stretch Therapy
星期六 Saturday		
1:00-2:25pm	MM101	動作與舞蹈 Movement and Dance
2:30-3:55pm	AS201	Pilates訓練 Pilates Mat Work (中級班Intermediate)
	AY106	瑜珈 Yoga (初級班Elementary)
	FD101	Fit Dance
	LT101	拉丁舞 Latin Dance (初級班Elementary)
	MB101	動作與身體覺知 Movement and Body Awareness
	MD111	現代舞 Modern Dance (初級班Elementary)
	SJ104	街頭爵士舞 Street Jazz (初級班Elementary)
4:00-5:25pm	AY107	瑜珈 Yoga (初級班Elementary)
	CB102	當代芭蕾舞 Contemporary Ballet (初級班Elementary)
	HJ102	Hip Hop Jazz (初級進階班Elementary Progressive)
	JD107	爵士舞 Jazz (初級班Elementary)
	WC102	Jazz TWC (初級班Elementary)
	MD204	現代舞 Modern Dance (中級班Intermediate)
	YF103	流暢動瑜珈 Yoga Flow (初級班Elementary)
5:30-6:55pm	AY112	瑜珈 Yoga (初級進階班Elementary Progressive)
	CB104	當代芭蕾舞 Contemporary Ballet (初級進階班Elementary Progressive)
	CL101	水袖 Long Sleeves (初級班Elementary)
	GH103	Girls' Hip Hop (初級進階班Elementary Progressive)
	LA101	L.A. Jazz (初級班Elementary)
	UD102	Urban Dance (初級班Elementary)
	YS103	瑜珈伸展 Yoga Stretch (初級班Elementary)
7:00-8:25pm	BD106	芭蕾舞 Ballet (初級進階班Elementary Progressive)
	CP101	劍舞 Sword Dance (入門班Introductory)
	CS102	身韻 Shen Yun (初級班 Elementary)
	KP104	K-Pop (初級班 Elementary)
	LA102	L.A. Jazz (初級班Elementary)
	YS104	瑜珈伸展 Yoga Stretch (初級班Elementary)
8:30-9:55pm	BP102	足尖芭蕾舞 Point Work (初級班Elementary)
	CD103	中國舞基訓 Chinese Dance (初級進階班Elementary Progressive)
	CL102	水袖 Long Sleeves (初級班Elementary)
星期日 Sunday		
10:00-11:25am	AY108	瑜珈 Yoga (初級班Elementary)
	BD107	芭蕾舞 Ballet (初級進階班Elementary Progressive)
	HJ101	Hip Hop Jazz (初級班Elementary)
	WC103	Jazz TWC (初級班Elementary)
	MD112	現代舞 Modern Dance (初級班Elementary)
	YS105	瑜珈伸展 Yoga Stretch (初級班Elementary)
11:30am-12:55pm	AY109	瑜珈 Yoga (初級班Elementary)
	LA103	L.A. Jazz (初級班Elementary)
	MD113	現代舞 Modern Dance (初級班Elementary)
	MD205	現代舞 Modern Dance (中級班Intermediate)
	TD103	踢踏舞 Tap Dance (初級班Elementary)
	PJ101	Pop Jazz (初級班Elementary)
	YS106	瑜珈伸展 Yoga Stretch (初級班Elementary)
1:00-2:25pm	AY110	瑜珈 Yoga (初級班Elementary)
	MD206	現代舞 Modern Dance (中級班Intermediate)
	SJ105	街頭爵士舞 Street Jazz (初級班Elementary)
	YS107	瑜珈伸展 Yoga Stretch (初級班Elementary)
2:30-3:55pm	BD108	芭蕾舞 Ballet (初級進階班Elementary Progressive)
	CD102	中國舞基訓 Chinese Dance (初級班Elementary)
	JD109	爵士舞 Jazz (初級進階班Elementary Progressive)
	GH102	Girls' Hip Hop (初級班Elementary)
	KP105	K-Pop (初級班Elementary)
	MD114	現代舞 Modern Dance (初級班Elementary)
	MD207	現代舞 Modern Dance (中級班Intermediate)
4:00-5:25pm	BD104	芭蕾舞 Ballet (初級班Elementary)
	BE102	肚皮舞 Belly Dance (初級班 Elementary)
	CS103	身韻 Shen Yun (初級班 Elementary)
	MD103	現代舞 Modern Dance (入門班Introductory)
	SD101	Sexy Dance (初級班Elementary)
	TD104	踢踏舞 Tap Dance (初級班Elementary)