ccdc 舞蹈中心
Dance Centre

2026 第3季舞蹈課程



2026 3RD TERM DANCE COURSES

02.07-16.09.2026

恆常課程一覽
REGULAR COURSES

堂數 No of class	費用 Fee
11（每堂 80 分鐘 80mins/session）	HK$1,870

上課日期 Course Date	時間 Time	編號 Code	課程 Course	導師 Instructor
星期一 Monday				
6/7–14/9	7:00–8:20pm	CO102	當代舞 Contemporary Dance（初級班 Elementary）	林詠茵 Peggy LAM
		DS101	CCDC 舞者系列 Dancers' series – Girl's Hip Hop	韓淑賢 Suyi HON
	8:30–9:50pm	CO105	當代舞 Contemporary Dance（初級進階班 Elementary Progressive）	林詠茵 Peggy LAM
		LT101	拉丁舞 Latin（入門班 Introductory）	何芳婷 Fonteyn HO
星期二 Tuesday				
7/7–15/9	7:00–8:20pm	AY101	瑜珈 Yoga	郭文靜 Pinki KWOK
		JK101	Jazz Funk（初級班 Elementary）	戴紫珺 TAI Tsz-kwan
	8:30–9:50pm	DB101	修身舞 Dance for Body Shaping	霍嘉頴 FOK Ka-wing
		KP101	K-Pop（入門班 Introductory）	戴紫珺 TAI Tsz-kwan
星期三 Wednesday				
8/7–16/9	7:00–8:20pm	CO103	當代舞 Contemporary Dance（初級班 Elementary）	李家祺 LEE Ka-ki
		GY101	全方位瑜珈伸展 Gentle Yoga Stretch	胡穎思 Jennifer WU
		KP102	K-Pop（初級班 Elementary）	陸耀麟 Anfernee LUK
	8:30–9:50pm	BD101	芭蕾舞 Ballet（入門班 Introductory）	黃曼喬 Barbie WONG
		KP103	K-Pop（初級班 Elementary）	戴紫珺 TAI Tsz-kwan
		YS101	瑜珈伸展 Yoga Stretch	胡穎思 Jennifer WU
星期四 Thursday				
2/7–10/9	7:00–8:20pm	CJ101	當代爵士舞 Contemporary Jazz（入門班 Introductory）	趙浩然 Rex CHIU
		PC101	預防舞蹈創傷與控制力提升 Dance Injury Prevention & Precision Control	王麗庭 Lighting WONG
		CD101	基訓 Basic Training（中國舞 Chinese Dance）（初級班 Elementary）	莊陳波 CHONG Chan-po
	8:30–9:50pm	LA101	LA Jazz（初級班 Elementary）	黃振棠 Michael WONG
		PM101	墊上普拉提 Pilates Mat Work	王麗庭 Lighting WONG
星期五 Friday				
3/7–11/9	7:00–8:20pm	HY101	音頻療癒瑜珈 Sound Healing Yoga	郭文靜 Pinki KWOK
	8:30–9:50pm	DS102	CCDC 舞者系列 Dancers' series – 駐團藝術家的伸展練習（普通話教授） Stretch Practice of Artist in Residence (Conduct in Mandarin)	喬楊 QIAO Yang
星期六 Saturday				
4/7–12/9	10:00–11:20am	BD102	芭蕾舞 Ballet（初級班 Elementary）	黃曼喬 Barbie WONG
	11:30am–12:50pm	YS102	瑜珈伸展 Yoga Stretch	麥琬兒 Natalie MAK
	1:00–2:20pm	PM102	墊上普拉提 Pilates Mat Work	麥琬兒 Natalie MAK
	2:30–3:50pm	HJ101	Hip Hop Jazz（初級班 Elementary）	陸耀麟 Anfernee LUK
	4:00–5:20pm	GY102	全方位瑜珈伸展 Gentle Yoga Stretch	郭文靜 Pinki KWOK
		KP104	K-Pop （初級班 Elementary）	陸耀麟 Anfernee LUK
	7:00–8:20pm	CO104	當代舞 Contemporary Dance （初級班 Elementary）	歐凱樺 Annie AU
	8:30–9:50pm	BD105	芭蕾舞 Ballet（初級進階班 Elementary Progressive）	黃琬宜 Claudeanna WONG
星期日 Sunday				
5/7–13/7	10:00–11:20am	CS102	身韻 Shen Yun（中國舞 Chinese Dance）（初級班 Elementary）	鍾麗儀 Crystal CHUNG
	11:30am–12:50pm	CD102	基訓 Basic Training（中國舞 Chinese Dance）（初級班 Elementary）	鍾麗儀 Crystal CHUNG
	1:00–2:20pm	EH101	舞動伸展 Dance and Stretch	查海欣 CHAR Hoi-yan
	2:30–3:50pm	CO101	當代舞 Contemporary Dance（入門班 Introductory）	查海欣 CHAR Hoi-yan
		FT101	Fit Dance	白濰銘 PAK Wei-ming
	4:00–5:20pm	DS103	CCDC 舞者系列 CCDC Dancers' series– 當代舞（普通話教授）Contemporary Dance (Conduct in Mandarin)	安子桓 AN Tzu-huan
		SD101	Street Dance（初級班 Elementary）	蘇樂鍵 Lokin SO

特別課程一覽
SPECIAL COURSES

堂數 No of class
11（每堂 55 分鐘 55mins/session）

費用 Fee
HK$1,210 /HK$1,936（兩項課程 2 Courses）

上課日期 Course Date	時間 Time	編號 Code	課程 Course	導師 Instructor
			星期一 Monday	
6/7–14/9	10:30–11:25am	**SC101**	芭蕾舞熱身(地板芭蕾舞訓練及伸展) Ballet Pre-class Warm Up (Floor Ballet and Stretching)	伍美宜 Emily NG
	11:30am–12:25pm	**SC102**	芭蕾舞 Ballet（初級班 Elementary）	伍美宜 Emily NG
			星期二 Tuesday	
7/7–15/9	10:30–11:25am	**SC103**	身體肌力與體能訓練 Muscle Toning and Cardio Training	歐凱樺 Annie AU
	11:30am–12:25pm	**SC104**	頌缽身心放鬆伸展 Stretch and relax with singing bowl	歐凱樺 Annie AU
			星期四 Thursday	
2/7–10/9	10:30–11:25am	**SC105**	瑜珈環 Yoga Zen Ring	郭文靜 Pinki KWOK
	11:30am–12:25pm	**SC106**	瑜珈 Yoga	郭文靜 Pinki KWOK
	5:45–6:40pm	**SC107**	Zumba Fitness	趙浩然 Rex CHIU
			星期五 Friday	
3/7–11/9	10:30–11:25am	**SC108**	瑜珈 Yoga	岑寶珊 Bonnie SHUM
	11:30am–12:25pm	**SC109**	墊上普拉提 Pilates Mat Work	岑寶珊 Bonnie SHUM
			星期六 Saturday	
4/7–12/9	5:30–6:25pm	**SC110**	身體肌力與體能訓練 Muscle Toning and Cardio Training	歐凱樺 Annie AU

銀齡系列
SILVER SERIES

堂數 No of class
11（每堂 55 分鐘 55mins/session）

費用 Fee
HK$600

上課日期 Course Date	時間 Time	編號 Code	課程 Course	導師 Instructor
			星期三 Wednesday	
8/7–16/9	9:15–10:10am	**SS101**	55+ 普拉提 Pilates	王麗庭 Lighting WONG
	10:30–11:25am	**SS102**	銀齡當代舞 55+ Contemporary Dance	黃狄文 Dominic WONG

兒童舞蹈課程一覽
CHILDREN'S DANCE COURSES LISTING

堂數 No of class
11（每堂 55 分鐘 55mins/session）

費用 Fee
HK$1,780

上課日期 Course Date	時間 Time	編號 Code	課程 Course	年齡 Age	導師 Instructor
星期一 Monday					
6/7–14/9	5:45–6:40pm	**CKP101**	K-Pop	4–6	白濰銘 PAK Wei-ming
星期二 Tuesday					
7/7–15/9	4:45–5:40pm	**CKB101**	兒童霹靂舞 Kid's Breaking	5–8	徐梓鴻 Fuchsia TSUI
星期三 Wednesday					
8/7–16/9	5:45–6:40pm	**CPD101**	遊戲唱跳@PDF (Play, Dance, Fun)	3–5	查海欣 CHAR Hoi-yan
星期五 Friday					
3/7–11/9	4:45–5:40pm	**CKD101**	兒童Combo Dance Kid's Combo Dance	3–6	黃思詠 Sharon WONG
	5:45–6:40pm	**CID101**	舞蹈三色冰 Mix Dance	5–8	黃思詠 Sharon WONG
星期六 Saturday					
4/7–12/9	10:00–10:55am	**CID102**	舞蹈三色冰 Mix Dance	3–4	林詠茵 Peggy LAM
		CHJ101	Hip Hop Jazz	6–12	陸耀麟 Anfernee LUK
	11:00–11:55am	**CID103**	舞蹈三色冰 Mix Dance	4–5	林詠茵 Peggy LAM
		CPJ101	Pop Jazz	4–6	陸耀麟 Anfernee LUK
	1:00–1:55pm	**CKP103**	K-Pop	6–10	徐梓鴻 Fuchsia TSUI
	4:00–4:55pm	**CKP104**	K-Pop	3–5	陳慧均 Fila CHAN
	5:00–5:55pm	**CKP105**	K-Pop	6–12	陳慧均 Fila CHAN
星期日 Sunday					
5/7–13/7	10:00–10:55am	**CBD101**	芭蕾舞 Children's Ballet	3–5	蔡敏蕊 Kristy CHOY
		CID105	舞蹈三色冰 Mix Dance	3–6	白濰銘 PAK Wei-ming
	11:00–11:55am	**CMS101**	跳唱音樂劇 Musical Sing and Dance	3–5	白濰銘 PAK Wei-ming
		CKJ101	兒童爵士舞 Kid's Jazz	4–6	蔡敏蕊 Kristy CHOY
	12:00nn–12:55pm	**CMJ101**	兒童音樂劇爵士舞 Children's Musical Jazz	5–8	白濰銘 PAK Wei-ming
	1:00–1:55pm	**CKP106**	K-Pop	4–6	霍嘉頴 FOK Ka-wing
	2:00–2:55pm	**CKP107**	K-Pop	6–12	蘇樂鍵 Lokin SO

兒童暑期表演班
DANCE TO SUMMER FUN

堂數 No of class
8（每堂 60 分鐘 60mins/session）

費用 Fee
HK$1,500 (凡參與者可獲贈CCDC T恤一件 Each participant will receive a CCDC T-shirt)

參加者將參與舞蹈中心8月1日於大埔文娛中心黑盒劇場舉行的演出。
Participants will take part in the performances presented by the Dance Centre on 1 August at the Black Box Theatre, Tai Po Civic Centre.

時間 Time	編號 Code	課程 Course	年齡 Age	導師 Instructor
6/7, 8/7, 13/7, 15/7, 20/7, 22/7, 27/7, 29/7 (星期一及三 Monday and Wednesday)				
1:15–2:15pm	**CSC101**	迪士尼音樂舞蹈體驗 Disney Song & Dance Experience	3–7	白濰銘 PAK Wei-ming
6/7, 7/7, 13/7, 14/7, 20/7, 21/7, 27/7, 28/7 (星期一及二 Monday and Tuesday)				
3:00–4:00pm	**CSC102**	兒童現代爵士舞 Contemporary Jazz for Kids	6–9	陳文懿 Zoe CHAN

GOOD SHOW表演課程
GOOD SHOW PERFORMANCE COURSE

堂數 No of class

11

課程將於第三及第四期進行，並以 2026年12月27日於大埔文娛中心演藝廳的 Good Show 作為成果展示。
The course will run in Terms 3 and 4, concluding in the Good Show on 27 December 2026 at the Auditorium, Tai Po Civic Centre.

上課日期 Course Date	時間 Time	編號 Code	課程 Course	年齡 Age	導師 Instructor	費用 Course Fee
星期二 Tuesday						
7/7–15/9	7:00–8:20pm	GSR101	當代舞編創（獨舞） Contemporary Dance Creation (Solo)	13+	歐凱樺 Annie AU	HK$2,310
星期三 Wednesday						
8/7–16/9	11:40am–1:00pm	GSS101	舞動銀齡 Silver Moves	55+	黃狄文 Dominic WONG	HK$660
星期四 Thursday						
2/7–10/9	8:30–9:50pm	GSR102	身韻 Shen Yun（中國舞 Chinese Dance） （初級班 Elementary）	13+	莊陳波 CHONG Chan-po	HK$2,310
星期六 Saturday						
4/7–12/9	12:00nn-12:55pm	GSC101	舞蹈三色冰 Mix Dance	5–8	林詠茵 Peggy LAM	HK$2,510 (包括演出服裝 included costume)
		GSC103	舞・親樂園 Kids & Parents Dance	1位3至6歲小朋友及1位家長 For aged 3–6 with one parent	查海欣 CHAR Hoi-yan	HK$2,710 (包括演出服裝 included costume)
	1:00-1:55pm	GSC102	Pop Dance	5–10	查海欣 CHAR Hoi-yan	HK$2,510 (包括演出服裝 included costume)
	5:30-6:50pm	GSR103	芭蕾舞 Ballet（初級班 Elementary）	13+	黃琬宜 Claudeanna WONG	HK$2,310
	7:00-8:20pm	GSR104	足尖芭蕾舞 Ballet Pointe （初級班 Elementary）		黃琬宜 Claudeanna WONG	
	8:30-9:50pm	GSR105	當代舞小品 Contemporary Dance Choreography （初級進階班 Elementary Progressive）		歐凱樺 Annie AU	
星期日 Sunday						
5/7–13/9	1:00–2:20pm	GSR106	Theatre Jazz （初級班 Elementary）	13+	趙浩然 Rex CHIU	HK$2,310

課程級別 **COURSE LEVELS**	**入門班 Introductory**	透過簡單的技巧與基本位置、重心轉移及柔韌度、力量與協調性訓練，帶領學員探索身體的可能性，感受舞蹈的表現力。 Learn simple dance techniques with basic positions, weight shifts, and training in flexibility, strength, and coordination. Discover the possibilities of your body and the expressive power of dance.
	初級班 Elementary	以多元化、輕鬆有趣的方式進行，激發想像力並展現個人特色。課程涵蓋肢體動作開發與技巧訓練，兼具感受性與挑戰性。 To spark imagination and highlight individuality through different methodology. The course combines body movement development with technique training, offering both sensitivity and challenge.
	初級進階班 Elementary Progressive	適合已接受半年或以上訓練者，透過肢體開發與基本技巧提升柔韌度、力量與協調性，深化身體認識，體驗當代舞的魅力。 Designed for learners with at least six months of training, this class enhances flexibility, strength, and coordination while deepening body awareness and experiencing the charm of contemporary dance.

2026年第3季舞蹈課程
2026 2ND TERM DANCE COURSES

課程日期 Dance Period

02.07 – 16.09.2026

堂數 Class	一 Mon	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat	日 Sun
1	6/7	7/7	8/7	2/7	3/7	4/7	5/7
2	13/7	14/7	15/7	9/7	10/7	11/7	12/7
3	20/7	21/7	22/7	16/7	17/7	18/7	19/7
4	27/7	28/7	29/7	23/7	24/7	25/7	26/7
5	3/8	4/8	5/8	30/7	31/7	1/8	2/8
6	10/8	11/8	12/8	6/8	7/8	8/8	9/8
7	17/8	18/8	19/8	13/8	14/8	15/8	16/8
8	24/8	25/8	26/8	20/8	21/8	22/8	23/8
9	31/8	1/9	2/9	27/8	28/8	29/8	30/8
10	7/9	8/9	9/9	3/9	4/9	5/9	6/8
11	14/9	15/9	16/9	10/9	11/9	12/9	13/9

當代舞
CONTEMPORARY DANCE

當代舞 Contemporary Dance

課程由淺入深，循序漸進。入門班以簡單技巧和基礎訓練，帶領學員探索身體的可能性；初級班透過多元有趣的方法，激發想像力並展現個人特色；初級進階班則適合已有基礎的學員，進一步提升技巧與身體認識，體驗當代舞的魅力。

The courses progress from foundation to advanced. The Introductory level builds body awareness through simple techniques and basic training; the Elementary level uses diverse, enjoyable methods to spark imagination and highlight individuality; the Elementary Progressive Class is for those with prior experience, enhancing technique and deepening body awareness to embrace the beauty of contemporary dance.

當代舞小品 Contemporary Dance Choreography

由導師引領，從個人故事出發，透過討論與即興探索孕育原創作品，融合群舞、獨舞與雙人舞。課程挑戰肢體界限，培養團隊默契與舞台感染力。

Create original works from personal stories through discussion and improvisation, blending ensemble, solo, and duet dances.

當代舞編創（獨舞）Contemporary Dance Creation (Solo)

引導學員將抽象概念化為具象肢體語彙，涵蓋編舞技巧、情節建構、舞台美學與音樂選材。透過突破慣性動作與創意思維，提升肢體質感並開發創作能量，最終完成專屬原創獨舞，展現自我與舞台魅力。

Transform abstract ideas into movement, exploring choreography, stage aesthetics, and music to craft an original solo performance.



芭蕾舞
BALLET

芭蕾舞課程 Ballet Classes

融合俄國與英國方法，從地面伸展到基本把桿與中間動作，慢速清楚講解，培養基礎姿勢、重心轉移、協調、音樂感與空間感。適合初學者或有興趣人士。

Blending Russian and British methods, the course moves from floor stretches to basic barre and center work. With slow, clear guidance, students build foundations in posture, weight shifts, coordination, musicality, and spatial awareness. Perfect for beginners or those interested in ballet

芭蕾舞熱身 Ballet Pre-class WarmUp

以地板訓練建立正確肌肉記憶與姿勢，重點鍛鍊腿部外旋、延伸、蹦腳尖、核心、手臂與背部，配合伸展提升力量與柔韌度。

Floorbased training develops correct muscle memory and posture. Focus on turnout, extension, pointe preparation, core, arms, and back, with stretching to improve strength and flexibility.

足尖芭蕾舞 Ballet Pointe

本課程會穿着足尖鞋學習和演出經典古典芭蕾舞劇的選段。學員可在本課程中提升舞蹈技巧，增強舞台表演自信。
適合對象：接受過至少兩年足尖訓練之人士（學員必須自備足尖芭蕾舞鞋）。

This course will be learning selected pieces from classical ballet repertoires in pointe shoes .Students will enhance their dance techniques and build stage confidence through guided rehearsal.
Suitable for students with at least two years of training in pointe experience (students must bring their own pointe shoes).



流行文化
POP CULTURE

Girl's Hip Hop

在 Hip Hop 基礎上加入流暢、柔美的舞步與動作，融合節奏感與表現力，展現多樣風格。

Built on Hip Hop foundations, this style blends smooth and graceful movements with strong rhythm and expression, offering a dynamic way to explore dance.

Hip Hop Jazz

結合 Hip Hop 與 Jazz 元素，強調協調與靈活性，配合強勁節拍展現多元風格。

A fusion of Hip Hop and Jazz, focusing on coordination, agility, and powerful beats to explore diverse styles.

Jazz Funk

美國流行歌星常用舞種，融合 Jazz 與 Hip Hop，動作細緻密集，展現音樂魅力。適合任何人士參加。

Popular style among U.S. pop stars, blending Jazz and Hip Hop with intricate, energetic moves. Open to all.

K–Pop

以韓國流行舞曲為核心，教授 Hip Hop 與 Jazz Funk 技巧，強化協調與基本功，讓舞者更投入 K–Pop 舞蹈。

Dance to Korean pop hits while learning Hip Hop and Jazz Funk basics. Build coordination and technique to fully enjoy K–Pop.

Street Dance

介紹多種街舞風格，包括 Hip Hop、Breaking、House、Popping、Locking、Waacking 等，培養律動感與風格掌握。

Explore styles like Hip Hop, Breaking, House, Popping, Locking, and Waacking. Strengthen rhythm and master each unique form.



中國舞
CHINESE DANCE

基訓課程（初級班） Basic Training (Elementary)

以中國古典舞的身段、韻律與技巧為核心，分為扶把與中間兩部分，訓練肌肉控制、協調及重心轉移。適合初學者。

Focuses on classical Chinese dance posture, rhythm, and technique. Divided into barre and center work to train muscle control, coordination, and weight shifts. Suitable for beginners.

身韻（初級班） Shen Yun (Elementary)

透過身韻組合，學員掌握動作之間的連接與內在韻律，結合手、眼、身、法、步等基本要領，體驗古典舞的美態。

Through short combinations, students learn the inner connection between movements, practicing essentials of hand, eye, body, and steps to experience the elegance of classical dance.



另類舞蹈
ALTERNATIVE DANCE

當代爵士舞（入門班）Contemporary Jazz (Introductory)

融合爵士舞的節奏與靈活性，以及現代舞與芭蕾的流暢性與技術。課程由熱身到技巧訓練，最後學習舞蹈組合，適合初學者或具半年舞蹈經驗人士。

Contemporary Jazz (Introductory) combines the rhythm and agility of jazz with the fluidity and technique of contemporary dance and ballet. From warm-up to technique practice and dance combinations, it is ideal for beginners or those with six months of dance experience.

LA Jazz （初級班）LA Jazz (Elementary)

融合當代舞與芭蕾舞，舞步充滿感性與力量，引導學員以身體演繹音樂。

A fusion of contemporary and ballet, combining expressive and powerful moves to interpret music through the body.

拉丁舞 （入門班） Latin Dance (Introductory)

學習恰恰、倫巴、捷舞三種風格，從基本原理到雙人舞步，體驗活力與平衡。

Learn Cha-Cha, Rumba, and Jive, from fundamentals to partner work, exploring vibrant rhythms and dynamic balance.

Theatre Jazz（初級班） Theatre Jazz (Elementary)

教授多種爵士舞與音樂劇舞風格，包括古典、抒情、藍調及百老匯，提升舞蹈與表演技巧。適合任何人士。

Covering jazz and musical theatre styles—classical, lyrical, blues, and Broadway—this course enhances dance and performance skills. Open to all.

修身舞 Dance for Body Shaping

結合健康舞與爵士舞動作，配合強勁音樂與連續舞步，提升心肺功能、促進血液循環與新陳代謝。透過排汗燃脂與針對肌肉訓練，改善身型並強化肌肉。

A mix of health dance and jazz moves set to energetic music, designed to boost endurance, cardio fitness, circulation, and metabolism. Sweat away excess fat while strengthening targeted muscles to improve body shape.

Fit Dance

以健康舞與爵士舞動作配合強勁音樂，提升心肺耐力、促進循環與代謝；透過排汗燃脂與針對肌群訓練，改善身型並強化肌肉。

Health and jazz dance moves with powerful music boost cardio endurance, circulation, and metabolism; sweating and targeted training help burn fat, shape the body, and strengthen muscles.

Zumba Fitness

源自哥倫比亞的有氧舞蹈，融合恰恰、森巴、饒舌、芭蕾、曼波、探戈等元素，在充滿活力的拉丁音樂中舞動，兼具節奏感與娛樂性，讓人輕鬆投入並享受身心運動。

Originating in Colombia, this energetic aerobic dance blends ChaCha, Samba, Rap, Ballet, Mambo, and Tango with lively Latin music. Fun, rhythmic, and engaging, it's a workout that makes fitness feel like a celebration.





心身鍛鍊
MIND & BODY TRAINING

舞動伸展 Dance & Stretch

結合舞蹈與健身元素，以有氧動作燃燒脂肪，改善身型。
A mix of dance and fitness moves to burn fat and improve body shape.

墊上普拉提 Pilates Mat Work

鍛鍊核心肌肉，改善姿勢與肌肉平衡。
Strengthen core muscles, correct posture, and restore balance.

身體肌力與體能訓練 Muscle Toning & Cardio

透過肌力與有氧訓練，增肌減脂，提升心肺與關節健康。
Combine strength and aerobic training to build muscle, reduce fat, and boost joint and heart health.

瑜珈 Yoga

結合呼吸與伸展，促進身心平衡，舒緩壓力。
Breathing and stretching practices for harmony of body and mind, relieving stress.

全方位瑜珈伸展 Comprehensive Yoga Stretch

多元訓練提升柔韌度與協調性，探索身體表現力。
Diverse training to enhance flexibility, strength, and coordination while exploring body expression.

音頻療癒與瑜珈 Sound Healing Yoga

融合音頻療癒與瑜珈，消除疲勞，恢復內心安寧。
Blends sound therapy with yoga to release fatigue and restore inner peace.
* 註：孕婦、骨質疏鬆或配有心臟起搏器者不宜 *。 *Note: Not suitable for pregnant women, those with osteoporosis, fractures, or pacemakers.*

瑜珈伸展（初級班）Yoga Stretch (Elementary)

以陰瑜珈為主，深層伸展韌帶與關節，培養平靜心靈。
Yin Yoga focus, deep stretching for ligaments and joints, cultivating calmness.

瑜珈環 Yoga Zen Ring

多功能工具，助於按摩、拉筋、改善體態與血液循環。
A versatile tool for massage, stretching, posture correction, and circulation improvement.

頌缽身心放鬆伸展 Singing Bowl Relaxation

配合頌缽聲頻進行伸展放鬆，釋放疲勞與情緒，增強自癒力。
Stretch and relaxation with singing bowl resonance to release tension and enhance self-healing.

舞蹈創傷預防與控制力提升 Dance Injury Prevention & Precision Control

課程針對舞蹈愛好者常見的關節過度伸展與過勞問題，透過運動治療與本體感覺訓練強化深層肌肉控制，改善骨盆與足踝偏差，提升穩定性並預防慢性受傷，建立支撐柔軟度的力量。
This course addresses common issues like hypermobility and overuse, using sports therapy and proprioceptive training to strengthen deep stabilizing muscles. By correcting pelvic and ankle imbalances, it enhances stability, prevents chronic injury, and builds the strength needed to support flexibility.

駐團藝術家的伸展練習 Stretch Practice of Artist in Residence

由駐團藝術家帶領，透過伸展練習舒緩緊張、提升柔韌度，培養身體覺察，讓舞蹈愛好者動作更健康、更具表達力。
Guided by Artist in Residence, this stretch practice helps dance lovers release tension, improve flexibility, and build body awareness for healthier, more expressive movement.





兒童課程
CHILDREN COURSE

舞・親樂園 Kids & Parents Dance

課堂將運用不同主題編排小遊戲讓家長及小朋友作熱身，可訓練身體協調性，同時從互相合作中進深親子關係。

The class will use themed games as warmups for parents and children, helping to train body coordination while strengthening parentchild bonding through cooperation.

兒童Combo Dance Kids Combo Dance

透過當代舞及爵士舞兩大主流舞蹈的基礎訓練，啟發孩子對舞蹈藝術的認知與興趣。學員在課程中將初步認識不同舞蹈類型，從而探索自身喜好。

Through foundational training in contemporary and jazz dance, children are inspired to develop awareness and interest in the art of dance. During the course, they gain an initial understanding of different dance styles, allowing them to explore their own preferences

芭蕾舞 Ballet

透過簡單之芭蕾舞技巧和遊戲，在輕鬆愉快的氣氛下，鍛鍊小朋友的腦力及四肢之協調能力，培養他們的音樂觸覺和節奏感。

Simple ballet moves and games to build coordination, musicality, and rhythm.

跳唱音樂劇 Musical Sing and Dance

課程以基礎音樂歌舞訓練節奏感和舞蹈組合訓練身體協調。

Basic singing and dancing to train rhythm and body coordination.

兒童音樂劇爵士舞 Children's Musical Jazz

教授多種爵士舞與音樂劇舞風格，包括古典、抒情、藍調及百老匯，提升舞蹈與表演技巧。適合任何人士。

Covering jazz and musical theatre styles—classical, lyrical, blues, and Broadway—this course enhances dance and performance skills. Open to all.

Hip Hop Jazz

以流行音樂編舞，訓練 Hip Hop 技巧，建立舞台基礎。

Learn Hip Hop basics with popular music choreography, building stage confidence.

K-Pop

韓國流行音樂配合舞蹈訓練，提升協調與靈活性。

Dance to Korean pop hits while training coordination and agility.

舞蹈三色冰 Mix Dance

課程將分為三個單元，主要對象為從未接觸過舞蹈訓練的 3 至 8 歲小朋友，學員將分別接受三大主流舞蹈（芭蕾舞、當代舞及爵士舞）之基礎訓練，從中啟發對舞蹈藝術的認知及興趣，對各種舞蹈類別有初步認識後，可挑選適合自己參與的舞蹈！

The course is divided into three units, designed for children aged 3 to 8 with no prior dance training. Students will receive foundational training in three major dance styles—ballet, contemporary, and jazz—to inspire awareness and interest in the art of dance. After gaining an initial understanding of each style, they can choose the one that best suits their interests.





Pop Dance

課程將運用不同流行曲編排動作，亦會加入基本舞蹈技巧，以及體適能元素為熱身遊戲，以提升小朋友學習氣氛。

The tutor will design movements along with different popular songs, incorporating basic dance techniques and fitnessbased warmup games to create an engaging learning atmosphere for children.

Pop Jazz

節奏明快而充滿活力，混合古典爵士舞技巧。訓練身體的協調及靈活性，透過舞步指導小朋友的節奏感。

To blending classical jazz techniques with fastpaced and full of energy to train coordination and flexibility while guiding children developing a strong sense of rhythm through dance.

兒童霹靂舞 Kid's Breaking

學員將在安全的環境中學習基礎動作，鍛鍊力量、平衡與柔韌度。培養合作精神、自信心與創造力。

Safe environment to learn breaking basics, strength, balance, and creativity.

遊戲唱跳@PDF (Play, Dance, Fun)

在歌聲與遊戲中，啟發孩子多元智能！結合兒歌、舞蹈與大小肌肉活動，提升專注力、肢體協調與自信心。
小班教學、專業師資，讓孩子在遊玩中學屠習、舞蹈中成長！

Through singing and games, children are inspired to develop multiple intelligences. Combining nursery rhymes, dance, and both large and small muscle activities, the class enhances focus, coordination, and confidence. With smallgroup teaching and professional instructors, children learn through play and grow through dance.

兒童爵士舞 Kid's Jazz

充滿力的爵士舞，讓孩子在節奏與律動中釋放能量！透過基礎訓練，培養身體協調與節奏感，提升專注力與記憶力，訓練強健體魄、舒緩壓力，並建立自信心與表達能力。

Energetic jazz dance lets children release energy through rhythm and movement! With foundational training, they develop coordination and a sense of rhythm, improve focus and memory, strengthen the body, relieve stress, and build confidence and expressive ability.

兒童暑期表演班
DANCE TO SUMMER FUN

迪士尼音樂舞蹈體驗 Disney Song & Dance Experience

由專業兒童舞蹈導師帶領，透過一星期兩堂的排練，連續四星期內排練完成一整支興奮又好玩的迪士尼歌曲《優獸大都會2》，並在舞台上展演。

Led by professional dance instructor, students practice twice a week for four weeks to complete a lively and fun from Zootopia 2, showcase in the stage performance

兒童現代爵士舞 Contemporary Jazz for Kids

結合現代舞的自由探索與爵士舞的律動感，讓學員同時體驗兩種舞蹈的魅力，在密集式訓練後，踏上台板演出。

Combining the free exploration of contemporary dance with the rhythmic energy of jazz, letting students experience the styles. They could showcase on the stage after the intensive training.





《GOOD SHOW 2026》– CCDC舞蹈課程學生匯演
GOOD SHOW 2026

城市當代舞蹈團舞蹈中心自 2004 年起，持續為不同年齡層的學員提供多元化舞蹈課程。2026 年，學員將攜手登上舞台，共同呈獻 Good Show。透過這個平台，學員能夠實踐所學，把舞蹈熱情展現於舞台，並與觀眾交流分享，成就一場難忘的舞蹈盛會。

有興趣參與的朋友，歡迎報名 Good Show 表演課程，從 2026 年第 3 季開始訓練與創作，並於12月登台展演。

Since 2004, CCDC Dance Centre has offered diverse dance courses for learners of all ages. In 2026, our students will unite on stage to present Good Show. It offers students the chance to put their learning into practice, express their passion for dance, and share unforgettable moments with the audience.

Friends interested in performing are invited to join the Good Show Performance Course, beginning in the 3rd quarter of 2026, with training and creation leading up to the December showcase.









報名優惠
ENROLMENT OFFERS

	舞蹈課程 Dance Courses	兒童舞蹈課程 Children's Dance Courses
早報優惠 **Early Bird Discounts**	**85 折 15% off（非會員 Non-members）** **75 折 25% off（會員 Members）** CCDC Dance Card 會藉 Membership: HK$370/ 年 Year	**9 折 10% off （非會員 Non-members）** **8 折 20% off （會員 Members）** CCDC Kids Card 會藉 Membership: HK$260/ 年 Year
會員年度折扣優惠 **Year-round Discount For Members**	**85 折 15% off**	**9 折 10% off**
其他優惠 **Other Offers**	**「多跳多得」獎勵計劃 'Dance Get More' Reward Scheme*** 凡於當季報讀每三個課程，第三個課程可享半價優惠。（以原價計算） 50% off (of original price) for every third courses in the same season. 早報優惠可與「多跳多得」獎勵計劃同時使用 Discounts of early bird can be used in conjunction with the 'Dance Get More' Reward Scheme' * 不適用於特別課程 Not applicable to Special Courses **學生優惠 Students Offer** 全日制學生可享 8 折優惠。（以原價計算） 20% off （of original price) for full-time students. 只限親身報名 Register in Person only **靈活套票 Flexicoupon** HK$170/ 1 堂 session （一個月有效期 Valid for 1 month） HK$770/ 5 堂 sessions （三個月有效期 Valid for 3 months） 優惠不可同時使用 The offers cannot be used in conjunction.	**試堂 Trial Class** 兒童舞蹈課程設有試堂服務（每堂 HK$100） Welcome to join the trial session (HK$100 per session)

試堂及套票注意事項 Remarks of Trial Class and Flexicoupon:

1. 預約留位：每課試堂或套票名額有限，請於上課前一星期發訊息至 6536 6639 預約留位。
   Reservation: Spots are limited in each class, please WhatsApp to 6536 6639 one week before class for reservation.
2. 上課前學員必須攜同試堂收據或靈活套票到接待處確認，並交予課堂導師檢查。
   Please bring your receipt of trial or coupon to reception counter for confirmation and present to the instructor.
3. 取消預留：需於上課前一天發訊息至 6536 6639 通知取消，否則，中心保留扣除該堂有關費用之權利。
   Please WhatsApp to 6536 6639 one day before class for cancel reservation. Otherwise, the Centre reserves the right to deduct the fee without prior notice.

早報優惠期 Early Bird Discount Period

25.05 – 07.06.2026

網上、郵寄或親身報名 Register by Internet, Post or In Person

由 From 25.05.2026

請瀏覽 CCDC 網站參考報名須知 Please visit CCDC website for notes of enrolment: www.ccdc.com.hk/dc

如有課程取消，將由職員於 26.06.2026 (星期五) 或之後聯絡已報名學員作調動。 Staff of the Centre may contact enrolled students for adjustment on or after 26.06.2026 (Fri) due to course cancellations.

聯絡我們
CONTACT US

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櫃檯服務時間 Service Counter Service Hour

星期一至五 Mon to Fri	星期六 Sat	星期日 Sun
4:00pm-10:00pm	10:00am-10:00pm	10:00am-6:00pm

了解更多及網上報名
LEARN MORE & ONLINE REGISTRATION

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有關用膳及停課期間之開放時間，請瀏覽中心公告。For meal break and term break opening hours, please refer to our WhatsApp Channel.

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