



恆常課程一覽 REGULAR COURSES		堂數 No of class 12 (每堂 80 分鐘 80mins/session)		費用 Fee (適合 13 歲及以上人士 For participants aged 13+) HK\$2,100	
上課日期 Course Date	時間 Time	編號 Code	課程 Course	導師 Instructor	
星期一 Monday					
28/9-14/12	7:00-8:20pm	C0102 DS101	當代舞 Contemporary Dance (初級班 Elementary) CCDC 舞者系列 Dancers' series – Girl's Hip Hop (初級班 Elementary)	林詠茵 Peggy LAM 韓淑賢 Suyi HON	
	8:30-9:50pm	C0105 LT101	當代舞 Contemporary Dance (初級進階班 Elementary Progressive) 拉丁舞 Latin (入門班 Introductory)	林詠茵 Peggy LAM 何芳婷 Fonteyn HO	
星期二 Tuesday					
29/9-15/12	7:00-8:20pm	AY101 JK101	瑜珈 Yoga Jazz Funk (初級班 Elementary)	郭文靜 Pinki KWOK 戴紫琚 TAI Tsz-kwan	
	8:30-9:50pm	DB101 KP101	修身舞 Dance for Body Shaping K-Pop (入門班 Introductory)	霍嘉穎 FOK Ka-wing 戴紫琚 TAI Tsz-kwan	
星期三 Wednesday					
30/9-16/12	5:30-6:50pm	PD101	傷痛防禦：核心與關節強化 Pain Defense: Core Control & Joint Stability	王麗庭 Lighting WONG	
	7:00-8:20pm	C0103 GY101 KP102	當代舞 Contemporary Dance (初級班 Elementary) 全方位瑜珈伸展 Gentle Yoga Stretch K-Pop (初級班 Elementary)	李家祺 LEE Ka-ki 胡穎思 Jennifer WU 陸耀麟 Anfernee LUK	
		8:30-9:50pm	BD101 KP103 AY102	芭蕾舞 Ballet (入門班 Introductory) K-Pop (初級班 Elementary) 瑜珈 Yoga	黃曼喬 Barbie WONG 戴紫琚 TAI Tsz-kwan 胡穎思 Jennifer WU
	星期四 Thursday				
	1/10-17/12	7:00-8:20pm	BP101 CD101	足尖芭蕾舞 Ballet Pointe 基訓 Basic Training (中國舞 Chinese Dance) (初級班 Elementary)	黃琬宜 Claudeanna WONG 莊陳波 CHONG Chan-po
8:30-9:50pm		LA101 PM101	LA Jazz (初級班 Elementary) 普拉提及筋膜運動 Fascial Care and Pilates	黃振棠 Michael WONG 王麗庭 Lighting WONG	
星期五 Friday					
2/10-18/12	7:00-8:20pm	HY101	音頻療癒瑜珈 Sound Healing Yoga	郭文靜 Pinki KWOK	
星期六 Saturday					
3/10-19/12	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	普拉提及筋膜運動 Fascial Care and Pilates	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 KP104	全方位瑜珈伸展 Gentle Yoga Stretch K-Pop (初級班 Elementary)	郭文靜 Pinki KWOK 陸耀麟 Anfernee LUK	
	7:00-8:20pm	C0104	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					
27/9-13/12	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	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 with Artist in Residence (Conduct in Mandarin)	喬楊 QIAO Yang	
	1:00-2:20pm	EH101	舞動伸展 Dance and Stretch	查海欣 CHAR Hoi-yan	
	2:30-3:50pm	C0101 FT101	當代舞 Contemporary Dance (入門班 Introductory) Fit Dance	查海欣 CHAR Hoi-yan 白濰銘 PAK Wei-ming	
		4:00-5:20pm	DS103 SD101	CCDC 舞者系列 CCDC Dancers' series– 當代舞 (普通話教授) Contemporary Dance (Conduct in Mandarin) Street Dance (初級班 Elementary)	安子桓 AN Tzu-huan 蘇樂鍵 Lokin SO

特別課程一覽 SPECIAL COURSES		堂數 No of class 12 (每堂 55 分鐘 55mins/session)		費用 Fee (適合 13 歲及以上人士 For participants aged 13+) HK\$1,380 /HK\$2,208 (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					
28/9-14/12	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					
29/9-15/12	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	頌鉢身心放鬆伸展 Stretch and relax with singing bowl		歐凱樺 Annie AU
星期四 Thursday					
1/10-17/12	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
	6:30 - 7:25pm	SC107	動感健體舞 Funky Dance		黃振榮 Michael WONG
星期五 Friday					
2/10-18/12	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					
3/10-19/12	5:30-6:25pm	SC110	身體肌力與體能訓練 Muscle Toning and Cardio Training		歐凱樺 Annie AU
星期日 Sunday					
27/9-13/12	1:00-1:55pm	SC111	HIIT Mix Fitness		白濰銘 PAK Wei-ming

銀齡系列 SILVER SERIES			堂數 No of class 12 (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				
30/9-16/12	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 12 (每堂 55 分鐘 55mins/session)	費用 Fee (3至12歲 Aged 3 to 12) HK\$1,980	
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					
28/9-14/12	5:45-6:40pm	CKP101	K-Pop	4-6	白濰銘 PAK Wei-ming
星期二 Tuesday					
29/9-15/12	4:45-5:40pm	CKB101	兒童霹靂舞 Kid's Breaking	5-8	徐梓鴻 Fuchsia TSUI
星期五 Friday					
2/10-18/12	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					
3/10-19/12	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	6-12	徐梓鴻 Fuchsia TSUI
	4:00-4:55pm	CKP104	K-Pop	3-5	黃思詠 Sharon WONG
5:00-5:55pm	CKP105	K-Pop	6-12	戴紫琄 TAI Tsz-kwan	
星期日 Sunday					
27/9-13/12	10:00-10:55am	CBD101	兒童芭蕾舞 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
	12:00nn-12:55pm	CCO101	兒童當代舞 Kid's Contemporary Dance	6-12	查海欣 CHAR Hoi-yan
		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	霍嘉穎 FOK Ka-wing
	2:00-2:55pm	CKP107	K-Pop	6-12	蘇樂鍵 Lokin SO
3:00-3:55pm	CHH101	兒童Hip Hop Kid's HipHop	6-12	蘇樂鍵 Lokin SO	

親子系列 PARENT-CHILD SERIES			堂數 No of class 12 (每堂 55 分鐘 60mins/session)	費用 Fee HK\$2,300 (3-6 歲小朋友及 1 位家長)	
上課日期 Course Date	時間 Time	編號 Code	課程 Course	年齡 Age	導師 Instructor
星期日 Sunday					
27/9-13/12	11:00-11:55am	CCP101	親子舞蹈 Parent-Child Dance	3-6	蔡敏蕊 Kristy CHOY

GOOD SHOW表演課程

GOOD SHOW PERFORMANCE COURSE

堂數 No of class (只限已參與第三季表演課程學員報名 For participants joined 3rd term 2026 performance course only)

12

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						
29/9-15/12	7:00-8:20pm	GSR101	當代舞編創（獨舞） Contemporary Dance Creation (Solo)	13+	歐凱樺 Annie AU	HK\$2,520
星期三 Wednesday						
30/9-16/12	11:40am-1:00pm	GSS101	舞動銀齡 Silver Moves (4.11 & 11.11 自行練習 Self-practice)	55+	黃狄文 Dominic WONG	HK\$660
星期四 Thursday						
1/10-17/12	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\$2,520
星期六 Saturday						
3/10-19/12	12:00nn-12:55pm	GSC201	舞蹈三色冰 Mix Dance	5-8	林詠茵 Peggy LAM	HK\$2,760 (包括演出服裝 included costume)
		GSC203	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\$3,000 (包括演出服裝 included costume)
	1:00-1:55pm	GSC202	Pop Dance	5-10	查海欣 CHAR Hoi-yan	HK\$2,760 (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\$2,520
	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						
27/9-13/12	10:00-10:55am	GSC204	兒童芭蕾舞 Children Ballet	3-5	蔡敏蕊 Kristy CHOY	HK\$2,760 (包括演出服裝 included costume)

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4季舞蹈課程

2026 4TH TERM DANCE COURSES

課程日期 Dance Period

27.09 – 19.12.2026

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

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、踮腳尖、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，以及現代舞與芭蕾舞的流暢性與技術。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.

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.

動感健體舞 Funky Dance

種融合強勁節奏、流行音樂與多元舞蹈風格的帶氧瘦身舞蹈。

An aerobic slimming dance that fuses strong rhythms, pop music, and diverse dance styles.

動感健體舞 Funky Dance

課程結合了 Hip-hop（嘻哈）、K-pop（韓國流行舞）與 Zumba（森巴 / 尊巴）等多種風格。充滿活力，能訓練節奏感、燃燒卡路里，並帶來豐富的律動體驗。

This course combines styles such as Hiphop, Kpop, and Zumba for enhancing rhythm, burns calories, and offers a rich, dynamic movement experience.

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.



普拉提及筋膜運動 Fascial Care and Pilates

結合了深層核心鍛鍊與全身結締組織放鬆。

Combines traditional Pilates with modern fascia (connective tissue) science to improve whole-body flexibility, posture, and deep core strength.

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.

傷痛防禦：核心與關節強化 Pain Defense: Core Control & Joint Stability

關節太柔軟但力量不足，往往是動作搖晃和慢性受傷的根源。本課程針對跳舞常見的腰、髖、膝、踝痛症進行針對性強化，預防痛症。透過鍛鍊核心與深層肌肉，讓你在轉圈、單腳站立時更穩健。建立能保護關節的身體力量，減輕舞蹈勞損，助你跳得更久，免受傷痛困擾！

Excessive joint flexibility combined with insufficient strength is often the root cause of unstable movements and chronic injuries. This course offers targeted conditioning for the most common dance trouble spots: the lower back, hips, knees, and ankles. By training your core and deep stabilizing muscles, you will gain greater stability during turns and single-leg balances. Build the physical strength needed to protect your joints, reduce dance-related wear and tear, and enjoy a longer, pain-free dance journey!

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

多元訓練提升柔軟度與協調性，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.

頌鉢身心放鬆伸展 Singing Bowl Relaxation

配合頌鉢聲頻進行伸展放鬆，釋放疲勞與情緒，增強自愈力。

Stretch and relaxation with singing bowl resonance to release tension and enhance self-healing.

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、提升柔軟度，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.

混合高強度間歇訓練 HIIT Mix Fitness

融合多種不同性質的動作（如徒手肌力、帶氧操、核心訓練或輕量器械），讓訓練內容更多元、更有趣，同時全方位鍛鍊全身肌肉。

A dynamic blend of strength, cardio, core, and light equipment — fun, varied, and a fullbody workout in one.



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.

親子舞蹈 Parent-Child Dance

透過音樂與遊戲，增進親子感情，訓練小朋友的節奏感、平衡力與肌肉協調，同時讓大人釋放壓力，享受溫馨的陪伴時光。

Through music and playful activities, this class strengthens parentchild bonds while helping children develop rhythm, balance, and muscle coordination. At the same time, adults can release stress and enjoy warm, quality time together.

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

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.

兒童當代舞 Kid's Contemporary Dance

是一種結合現代舞自由表達與肢體開發的創意舞蹈。

A creative dance that blends the freedom of contemporary expression with body development.

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。

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.

兒童 Hip Hop

較著重培養學員的身體協調與音樂節奏感。

The programme focuses on cultivating students' physical coordination and musical rhythm.

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.

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.

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.



《GOOD SHOW 2026》- CCDC 舞蹈課程學生匯演

GOOD SHOW 2026

自 2004 年起，城市當代舞蹈團舞蹈中心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，呈獻年度盛事《Good Show》。

這場匯演凝聚學員的學習成果、導師的悉心編排，以及專業的台前幕後設計，打造一場高水準演出。觀眾將見證舞者的熱情與努力，並一同分享這份難忘的舞蹈盛會。

門票將於十月下旬公開發售 —— 請留意 CCDC 舞蹈中心公佈詳情，與我們一同感受舞蹈的力量！

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 — the highlight of the year.

This showcase brings together students' achievements, the thoughtful choreography of our tutors, and the professional dedication of front and backstage teams to deliver a truly high quality performance. Audiences will witness passion, creativity, and unforgettable moments on stage.

Tickets will be released in late October — please stay tuned to CCDC Dance Centre's announcements for details, and join us in celebrating the power of dance!

演出詳情

PERFORMANCE DETAILS

日期 Date	27.12.2026 (日 Sunday)
時間 Time	14:30, 19:30
地點 Venue	大埔文娛中心演藝廳 Tai Po Civic Centre Auditorium
票價 Ticket price	HK\$230
折扣 Discount	全日制學生、60 歲或以上的高齡人士、綜合社會保障援助受惠人及殘疾人士及看護人* (半價優惠) Full-time Students, Senior Citizens Aged 60 or Above, Comprehensive Social Security Assistance Recipients, People with Disabilities & the Minder* (50% Discount)

* 顧客每購買一張殘疾人士優惠門票，即可同時以相同優惠購買一張門票予看護人。

For purchase of each concessionary ticket for people with disabilities, the customer can purchase one ticket of same concession for a minder.



CCDC 舞蹈中心惡劣天氣安排

CCDC DANCE CENTRE – ADVERSE WEATHER ARRANGEMENTS

天氣警報 Weather Signal / Warning	未開始之課堂 Classes Not Yet Started	已開始之課堂 Classes Already in Progress
一號或三號颱風訊號 Typhoon Signal No.1 or No.3	繼續進行 Continue as scheduled	繼續進行 Continue as scheduled
黃色 / 紅色暴雨警告 Amber / Red Rainstorm Warning	繼續進行 Continue as scheduled	繼續進行 Continue as scheduled
黑色暴雨警告 Black Rainstorm Warning	在天文台除下黑色暴雨警告兩小時後課程恢復 (中心可按實際情況而決定課堂是否恢復進行) Classes resume two hours after the Hong Kong Observatory lowers the Black Rainstorm Warning (Centre may decide whether to resume depending on actual circumstances)	繼續進行 Continue as scheduled
八號或以上颱風訊號懸掛時 Typhoon Signal No.8 or above Weather Signal / Warning	取消課堂 Cancel classes	繼續進行 Cancel classes
當天文台預警發出八號颱風訊號 When the Hong Kong Observatory issues a pre-warning for Typhoon Signal No.8	上午 7 時或以後懸掛→ 所有下午 2 時前之課堂將會取消 If hoisted at or after 7:00 am → All classes before 2:00 pm will be cancelled. 中午 12 時或以後懸掛→ 所有下午 2 時至 6 時之課堂將會取消 If hoisted at or after 12:00 noon → All classes between 2:00 pm and 6:00 pm will be cancelled. 下午 4 時或以後懸掛→ 所有下午 6 時後之課堂將會取消 If hoisted at or after 4:00 pm → All classes after 6:00 pm will be cancelled.	立即取消課堂 Classes are cancelled immediately
	備註 Remarks: - 家長可視乎情況提前接回「兒童舞蹈課程」學員，但學員不得自行離開。 Parents may pick up their children in "Children's Dance Courses" earlier depending on circumstances, but children are not allowed to leave on their own. - 在極端情況存在期間的工作安排等同八號熱帶氣旋警告生效的情況；中心可按實際情況而決定課程是否繼續進行及職員執勤狀況。 During extreme weather, work arrangements follow the same procedures as when Typhoon Signal No. 8 is in effect. The Centre may decide whether classes continue and staff attendance depending on actual conditions. - 以上只作一般情況參考。任何情況下，學員或家長請考慮各地區之天氣、道路及交通情況，決定是否前往本中心參與課堂。 The above serves as general reference only. Students and parents should consider local weather, road, and transport conditions before deciding whether to attend classes. - 惡劣天氣停課後未能補課，學員可憑中心發出的有效證明在報讀下一季課程時用作兌換半堂的费用；或學員亦可申請領取單次靈活套票乙張。 When classes are cancelled due to severe weather and no made up class, students can use a valid certificate issued by the CCDC Dance Center to redeem half a class fee when enrolling in the next term courses. Or students can apply for a single flexible coupon. - 因颱風或其他惡劣天氣而被取消之課堂，恕不另行通告。 Classes cancelled due to typhoon or other adverse weather will not be separately announced. - 如有任何查詢，請以 Whatsapp 6536 6639 與中心職員聯絡。 For enquiries, please contact Centre staff via WhatsApp at 6536 6639.	

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 會籍 Membership: HK\$370/ 年 Year	9 折 10% off (非會員 Non-members) 8 折 20% off (會員 Members) CCDC Kids Card 會籍 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. (優惠期至課堂首堂 The promotional period is until the first class) * 不適用於特別課程 Not applicable to Special Courses	試堂 Trial Class 兒童課程 Children Course: HK\$120 / 堂 session
	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	
	恆常及特別課程 Regular Course and Special Course 靈活套票 Flexicoupon HK\$185/ 1 堂 session (一個月有效期 Valid for 1 month)	
	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 the 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

29.08 – 13.09.2026

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 21.09.2026 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 21.09.2026 due to course cancellations.

聯絡我們

CONTACT US

 CCDC Dance Centre
 dc_ccdc

 6536 6639

電話 Tel
(852) 2328 9205

電郵 Email
dc-course@ccdc.com.hk

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

CCDC 舞蹈中心

香港新界大埔安邦路 12 號大埔藝術中心 1 樓 101-102 室
Unit 101-102, 1/F, Tai Po Arts Centre, 12 On Pong Road, Tai Po, N.T.

報名櫃檯服務時間 Enrolment 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



城市當代舞蹈團由香港特別行政區政府資助
City Contemporary Dance Company is financially supported by the
Government of the Hong Kong Special Administrative Region

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.