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| <div> <div> 1號排練室<br/>Rehearsal Room No.1 室 </div> <div> 2號排練室<br/>Rehearsal Room No.2 室 </div> <div> 3號排練室<br/>Rehearsal Room No.3 室 </div> </div> | <p>網上報名  <b>hkdance.com</b> 網上報名。All courses must be booked online via <b>hkdance.com</b>.</p> <p>由2023年5月3日(星期三)上午10:00至6月23日(星期五)中午12:00。學員可以轉數快*、Paydollar(VISA或MASTER信用卡)於網上付款，成功付款後將收到確認電郵。</p> <p>From 3 May 2023 (Wed) 10:00AM to 23 Jun 2023 (Fri) 12:00NN, applicants may choose to pay online by FPS* (Faster Payment System), Paydollar (VISA or MASTER Credit Card). Applicant will receive a confirmation email after the payment is made successfully.</p> <p>*香港舞蹈團「轉數快」識別碼 Hong Kong Dance Company Limited FPS ID: 162597140</p> <p>申請人每次只限報名每班一個名額。Each applicant may only register for one per class at a time.</p> |  |  | <p>報名或郵寄報名 <b>In Person or By Post</b> </p> <p>如有需要以親臨或郵寄報名，閣下之報名申請將於2023年5月3日(星期三)下午2:30開始辦理。</p> <p>If you need to register in person or by post, your applications will be proceeded from 2:30PM on 3 May 2023 (Wed).</p> <p>每人只能遞交一份申請表。若代別人遞交多於一份申請，須重新輪候，以便依次序服務其他輪候人士。</p> <p>Only one application form per person will be accepted. Other applicants in line will be served before additional application forms can be accepted from the same person.</p> | <p><b>辦公時間</b>：上午10:00至下午6:00 (星期一至五) (公眾假期除外)</p> <p><b>Office Hours</b>: 10:00AM~6:00PM (Mon to Fri) (Except Public Holidays)</p> <p><b>午膳時間</b>：下午1:00至2:15 <b>Lunch Time</b>: 1:00~2:15PM</p> <p>本課程不設電話及傳真留位。No telephone and facsimile reservations are available.</p> <p>名額有限，額滿即止。Limited quotas, first-come-first-served.</p> | <p><b>第4期 晚間舞蹈課程 Evening Dance Courses</b></p> <p>成為香港舞蹈團「以舞會友」尊尚會員，即時享有<b>8折優惠</b></p> <p>Prestige members of "Friends of Hong Kong Dance Company" enjoy 20% off</p> | <p>(16) 中國古典舞基訓及身韻 (中級) <b>星期一 (Mon)</b></p> <p>導師Instructor：藍蔭怡 Lam Yin-yi<br/>香港舞蹈團高級舞蹈員 Senior Dancer of HKDC</p> <p>內容Content：在有一定的中國古典舞基礎上，穩固使用正確的手、眼、身、法和肌肉的運用，課程中會加強一些技巧的訓練，例如：跳、轉、翻，從而再進一步訓練身體的協調性和靈活性。</p> <p>課程編號Code：EC64-TS1<br/>授課語言Medium：粵語 Cantonese<br/>日期Date：5/6、12/6、19/6、26/6/2023<br/>3/7、10/7、17/7、24/7、31/7<br/>7/8、14/8<br/>時間Time：7:30pm-9:00pm (星期一—Mon)<br/>節數Sessions：11<br/>學費Fee：\$1980<br/>名額Class Size：12人<br/>地點Venue：4號排練室 (6樓) / Rehearsal Room No. 4 (6/F)<br/>註：本課程適合16歲或以上人士及學員須具最少三年中國舞蹈訓練。</p> <p>Note：The course is suitable for aged 16 or above, and applicants must have a minimum of three years of Chinese dance training.</p> | <p>(20) 中國古典舞身韻及舞蹈小品 (初級) <b>星期一 (Mon)</b></p> <p>導師Instructor：吳嘉玲 Ng Ka-ling<br/>香港舞蹈團舞蹈員 Dancer of HKDC</p> <p>內容Content：訓練中國古典舞身韻和美感，配合古典舞基訓，加強身體的協調性，運用道具來編排舞蹈小品，進一步了解和表現中國古典舞的韻律和精髓，從音樂、動作、情感及舞蹈節奏等方面去體驗中國古典舞的獨有魅力。</p> <p>課程編號Code：EC64-SC13-SX1<br/>授課語言Medium：粵語 Cantonese<br/>日期Date：5/6、12/6、19/6、26/6/2023<br/>3/7、10/7、17/7、24/7、31/7<br/>7/8、14/8<br/>時間Time：7:30pm-9:00pm (星期一—Mon)<br/>節數Sessions：13<br/>學費Fee：\$2340<br/>名額Class Size：8人<br/>地點Venue：天威中心舞蹈室 (3樓) / Skyway Centre Dance Studio (3/F)<br/>註：本課程適合16歲或以上人士及學員須具最少兩年中國舞蹈訓練。</p> <p>Note：The course is suitable for aged 16 or above, and applicants must have a minimum of two years of Chinese dance training.</p> | <p>(17) 中國古典舞如何多Fun！<b>星期三 (Wed)</b></p> <p>How Chinese Classical Dance is Fun！</p> <p>導師Instructor：吳宛汶 Ng Yuen-man<br/>香港舞蹈團合約舞蹈員 Contract Dancer of HKDC</p> <p>內容Content：學員不需要舞蹈基礎，透過中國古典舞的簡單舞姿，讓一班族舒展筋骨，放鬆工作、生活所帶來的緊張心情，在課堂中學員可以拋開一切，盡情享受音樂、舞蹈所帶來的樂趣。課程將會配上音樂編排一些舞蹈組合來加強學員的音樂節奏感，使其情感融入音樂之中。</p> <p>第一至五節課：《放鬆心靈，舒展線條》<br/>運用中國古典舞獨有的身段，「提沉沖靠」去融合音樂，放鬆心靈，同時學員可拉長身體線條。</p> <p>第六至十節課：《協調動作，提高美感》<br/>嘗試在舞蹈動作中，讓身體更協調，同時感受舞蹈由內至外散放的美與感染力。</p> <p>第十一至十四節課：《呼吸融合，眼睇情傳》<br/>綜合前10堂的舞蹈組合，最後加入呼吸調節，眼神運用，達到線條優美、雅緻程度的古典舞效果。</p> <p>課程編號Code：EC64-CC3-PSE17<br/>授課語言Medium：粵語 Cantonese<br/>日期Date：24/5、31/5/2023<br/>7/6、14/6、21/6、28/6/2023<br/>5/7、12/7、19/7、26/7<br/>2/8、9/8、23/8、30/8<br/>時間Time：7:30pm-9:00pm (星期三Wed)<br/>節數Sessions：14<br/>學費Fee：\$2520<br/>名額Class Size：12人<br/>地點Venue：4號排練室 (6樓) / Rehearsal Room No. 4 (6/F)<br/>註：本課程適合16歲或以上人士及學員須具最少三年中國舞蹈訓練。<br/>Note：This course is suitable for novices aged 16 or above.</p> | <p>(21) 中國舞基礎課程 (D) <b>星期三 (Wed)</b></p> <p>Fundamental of Chinese Dance (D)</p> <p>導師Instructor：李慧恆 Lee Wai-yan<br/>香港舞蹈團合約舞蹈員 Contract Dancer of HKDC</p> <p>內容Content：本課程適合初學者，透過拉筋練習，開發身體的靈活性，訓練肌肉能力，並透過學習簡單的舞蹈組合，提升身體的舞姿態度和音樂反應，培養對中國古典舞的興趣。</p> <p>課程編號Code：EC64-SC13-FD3<br/>授課語言Medium：粵語 Cantonese<br/>日期Date：24/5、31/5/2023<br/>7/6、14/6、21/6、28/6/2023<br/>5/7、12/7、19/7、26/7<br/>2/8、9/8<br/>時間Time：7:30pm-9:00pm (星期三Wed)<br/>節數Sessions：12<br/>學費Fee：\$2160<br/>名額Class Size：8人<br/>地點Venue：天威中心舞蹈室 (3樓) / Skyway Centre Dance Studio (3/F)<br/>註：本課程適合16歲或以上的舞蹈初學者參加。<br/>Note：This course is suitable for novices aged 16 or above.</p> | <p>(22) 中國舞基礎課程 (E) <b>星期四 (Thu)</b></p> <p>Fundamental of Chinese Dance (E)</p> <p>導師Instructor：曾嘉儀 Tsang Ka-ye<br/>香港舞蹈團兒童及青少年團舞蹈導師 Dance Instructor (Children's and Youth Troupes) of HKDC</p> <p>內容Content：透過簡單的把桿練習訓練肌肉控制能力並提高身體協調性，另外通過身韻小組合，使學員掌握中國古典舞基本舞姿和動作與動作之間的內在聯繫和連接，隨著手眼身法步等基本功要領體會古典舞的美態。</p> <p>課程編號Code：EC64-SC13-FE4<br/>授課語言Medium：粵語 Cantonese<br/>日期Date：1/6、8/6、15/6、29/6/2023<br/>6/7、13/7、20/7、27/7<br/>3/8、10/8<br/>時間Time：7:45pm-9:15pm (星期四Thu)<br/>節數Sessions：10<br/>學費Fee：\$1800<br/>名額Class Size：8人<br/>地點Venue：天威中心舞蹈室 (3樓) / Skyway Centre Dance Studio (3/F)<br/>註：本課程適合16歲或以上人士及學員須具最少一年中國舞蹈訓練。<br/>Note：This course is suitable for novices aged 16 or above.</p> | <p>(18) 中國舞基礎課程 (C) <b>星期四 (Thu)</b></p> <p>Fundamental of Chinese Dance (C)</p> <p>導師Instructor：周若芸 Chou Jo-yun<br/>香港舞蹈團舞蹈員 Dancer of HKDC</p> <p>內容Content：本課程將教授的內容包括身韻的呼吸、韻律與動作的訓練，從把杆開始接觸開、端、直三大要素，全面提升古典韻律要素，再配合芭蕾舞之腳底訓練，以增強學員協調能力。此外加插中國舞道具來編排一些小品組合加強訓練。</p> <p>課程編號Code：EC64-FC4<br/>授課語言Medium：普通話 Putonghua<br/>日期Date：6/7、27/7/2023<br/>3/8、10/8、17/8、24/8、31/8<br/>7:30pm-9:00pm (星期四Thu)<br/>節數Sessions：7<br/>學費Fee：\$1260<br/>名額Class Size：12人<br/>地點Venue：4號排練室 (6樓) / Rehearsal Room No. 4 (6/F)<br/>註：本課程適合16歲或以上人士及學員須具最少一年中國舞蹈訓練。<br/>Note：This course is suitable for novices aged 16 or above.</p> | <p>(19) 中國民族民間舞朝鮮族舞蹈課程 (初級) <b>星期五 (Fri)</b></p> <p>Chinese Folk Dance Korean Ethnic Dance (Elementary)</p> <p>導師Instructor：陳曉玲 Chen Xiaoling<br/>香港舞蹈團舞蹈員 Dancer of HKDC</p> <p>內容Content：瞭解朝鮮族舞蹈的基礎步法、身法、氣韻，感受與體驗朝鮮族舞蹈的風格性和當中蘊藏着的剛柔並濟、身心合一的魅力。</p> <p>課程編號Code：EC64-KE5<br/>授課語言Medium：普通話 Putonghua<br/>日期Date：9/6、16/6、23/6、30/6/2023<br/>7/7、14/7、21/7、28/7<br/>4/8、11/8<br/>時間Time：7:30pm-9:00pm (星期五Fri)<br/>節數Sessions：11<br/>學費Fee：\$1980<br/>名額Class Size：10人<br/>地點Venue：3號排練室/Rehearsal Room No. 3<br/>註：本課程適合16歲或以上的舞蹈初學者參加。<br/>Note：This course is suitable for novices aged 16 or above.</p> | <p>(15) 中國舞基礎課程 (B) <b>星期五 (Fri)</b></p> <p>Fundamental of Chinese Dance (B)</p> <p>導師Instructor：賴穎潔 Lai Wan-chi<br/>香港舞蹈團舞蹈員 Dancer of HKDC</p> <p>內容Content：本期課程以古典舞身韻為基礎，訓練身體的表現力和協調性。同時也能練習到中國舞的基本要素，如提、沉、沖、靠、含、腆、移、旁提及橫擡等，再以短句練習，加強對古典舞韻律的感知。</p> <p>課程編號Code：EC64-FB5<br/>授課語言Medium：粵語 Cantonese<br/>日期Date：2/6、9/6、16/6、23/6、30/6/2023<br/>7/7、14/7、21/7、28/7<br/>4/8、11/8<br/>時間Time：7:30pm-9:00pm (星期五Fri)<br/>節數Sessions：11<br/>學費Fee：\$1980<br/>名額Class Size：10人<br/>地點Venue：3號排練室/Rehearsal Room No. 3<br/>註：本課程適合16歲或以上的舞蹈初學者參加。<br/>Note：This course is suitable for novices aged 16 or above.</p> | <p>(14) 中國舞基礎課程 (A) <b>星期五 (Fri)</b></p> <p>Fundamental of Chinese Dance (A)</p> <p>導師Instructor：戴詠津 Tai Wing-chun<br/>香港舞蹈團舞蹈員 Dancer of HKDC</p> <p>內容Content：本課程以拉筋、伸展肌肉作基礎訓練，再以民間舞的基本動律和身韻小段，開發身體協調性及靈活性，從中體驗中國舞的趣味。</p> <p>課程編號Code：EC64-FA5<br/>授課語言Medium：粵語 Cantonese<br/>日期Date：2/6、9/6、16/6、23/6、30/6/2023<br/>7/7、14/7、21/7、28/7<br/>4/8、11/8<br/>時間Time：7:30pm</p> |
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