



Bayview Hill Seniors Program

灣景山長者活動



Line Dance Class 排舞班

Line Dance Class – Course Description

Line Dancing is a very popular activity in the community and offers seniors the opportunity to perform light exercise. Dancing regularly can strengthen the limbs and improve body balance. The course features step-by-step presentation by the instructor and is accompanied by soft background music.

排舞班 – 課程簡介

排舞乃近年於社區內極受歡迎的活動之一。本課程以輕鬆柔和的樂曲為主調，導師以循序漸進方式教授排舞各種不同組合的基本舞步。若學員能持之以恆練習，可強健四肢，更有助維持及改善步行時的平衡能力。

Course 興趣班:	Class Date 上課日期:	Time 時間:	Fee 費用:	Instructor 導師:
Level 1+ / Level 2 High Beginner (completed 25-30 lessons) 初班 1+ / 初班 2 (已完成 25-30 堂課程)	Sep 九月: 19, 26 Oct 十月: 3, 17, 24, 31 Nov 十一月: 7, 14, 21, 28 Dec 十二月: 5 Jan 一月: 9, 16, 31 (14 sessions 堂)	1:00 pm - 2:30 pm	RRH \$45.00 ¹ per term 全期 NRRH \$60.00 ² per term 全期	Dancepooh Team Dodo Wong

¹Richmond Hill Resident 烈市居民

²Non-Richmond Hill Resident 非烈市居民

Language of Instruction 授課語言: Cantonese 粵語

* **Dancepooh's party 舞會:** Present your BHSP line dance class's receipt to enjoy FREE ADMISSION for any TWO Saturday Parties at Bayview Hill Community Centre between Sep 2011 - Jan 2012.

* 耆暉會「灣景山長者活動」排舞班學員只須出示有效學費收據，便可免費出席 2 次 Dancepooh 於 Richmond Hill Community Centre 所舉辦的週六舞會 (日期: 2011 年 9 月 - 2012 年 1 月)

Location 地點:

Bayview Hill Community Centre
灣景山社區中心
114 Spadina Road
Richmond Hill, Ontario

Enquiry 查詢請電:

Bayview Hill Seniors Program
灣景山長者活動
905-884-6092