



## 2022 Summer Class 2022 夏季网课

Course Code	Category	Course English Name	Course Chinese Name	Target Student
SCS-1	Computer Science	Computer programming with Python		Grade 7th and up
SCS-2	Computer Science	AP Computer Science		Grade 7th and up
SCS-3	Computer Science	Introduction to Python B		Grade 4 - 12
SCS-4	Computer Science	Advanced Python		Grade 6 - 12
SCS-5	Computer Science	Java Programming - 1	Java 编程课 - 1	Age 8 and up
SCS-6	Computer Science	Java Programming - 2	Java 编程课 - 2	Age 8 and up
SCH-1	Chinese	Jinan 3 Review & Improve	JN3复习与提高	Grade JN3
SCH-2	Chinese	Story time in Chinese Mandarin	中文故事	Age 3-6
SCH-3	Chinese	Pre AP Chinese	Pre AP 中文	Grade 7 and up
SCH-4	Chinese	AP Chinese	AP 中文	To prepare for 2023 AP Chinese Exam
SCH-5	Chinese	Bilingual Chinese - Chinese Speaking and Radicals	中文偏旁部首和口语	Age 7
SCH-6	Chinese	Shuangshuang Chinese 7: Chinese Geography	双双中文七: 中国地理	Grade 5+
SCH-7	Chinese	Shuangshuang Chinese 7: Chinese Geography - Session 2	双双中文七: 中国地理 (二班)	Grade 5+
SCH-8	Chinese	Shuangshuang Chinese 9: Chinese Myths and Legends	双双中文九: 中国神话传说	Grade 6+
SCH-9	Chinese	Shuangshuang Chinese 12: Chinese Literature	双双中文12: 中国文学	Grade 7+
SMT-1	Mathematics	Olympiad Math Middle School MOEM Summer Camp	奥林匹克数学竞赛 - 中学数学夏令营	Grade 6 and up
SMT-2	Mathematics	Olympiad Math Elementary School MOEM Summer Camp	奥林匹克数学竞赛 - 小学数学夏令营	Grade 3 and up
SMT-3	Mathematics	SAT Math Summer Camp	SAT数学夏令营	Age 13 and up
SMT-4	Mathematics	AOPS Introduction to Algebra A		Grade 5-8
SMT-5	Mathematics	AOPS Introduction to Counting & Probability		Grade 5-9
SMT-6	Mathematics	Smart Math		Grade 3-5
SMT-7	Mathematics	Pre-Mathcounts		Grade 5-6
SEN-1	English	Advanced Nonfiction Reading & Writing Workshop		5-8 grade (Middle School)
SEN-2	English	Youth Confidence and Communication		Grade 3+
SEN-3	English	Youth Confidence and Communication		Grade 3+
SEN-4	English	SAT Vocabulary		Grade 7+
SEN-5	English	SAT Vocabulary		Grade 7+
SEN-6	English	SAT Reading Boot Camp		Grade 9+
SOT-1	Others	Zumba	Zumba 健身舞	adult and family
SOT-2	Others	Chinese Kungfu I	中国功夫 I	Youth Beginner
SOT-3	Others	Chinese Kungfu II	中国功夫 II	Youth Beginner
SOT-4	Others	Chinese Kungfu III	中国功夫 III	Youth Beginner
SOT-5	Others	Chinese Kungfu IV	中国功夫 IV	Youth Beginner
SOT-6	Others	Youth Self-Defense	自卫防身术	Youth/Teen
SOT-7	Others	Youth Toastmasters Leadership	青少年演讲俱乐部	Grade 4 +
SOT-8	Others	High School Leadership Program	高中演讲俱乐部	Grade 9-12
SOT-9	Others	Advanced Art Class	高级美术绘画班	Age 6 - adult

### Notes:

- All classes are online except Kungfu class, which will be in-person (除功夫课外都是网课)
- Additional classes will be published soon. (我们会陆续公布新的暑期课程)
- Based on the enrollment situation and families' request, these courses are subject to change. (我们可能会根据支持情况和大家的要求进行一定调整)
- For any questions, please feel free to send an email to [support@xilinchinese.org](mailto:support@xilinchinese.org) or join our summer class WeChat group. (其他问题可发邮件到 [support@xilinchinese.org](mailto:support@xilinchinese.org) 或加入夏校微信群.)

# Course Introductions 课程介绍

## AP Chinese (AP 中文)

This course is the preparation class for AP (Advanced Placement) Chinese.

AP (Advanced Placement) 是为高中生设置的大学程度的课程。很多大学都会认可 AP 的 4 分或 5 分的成绩, 可以在大学跳级或免修该门课程。希林西北的 AP 中文课是针对注册选修 AP 中文和即将报考 AP 中文的高中学生设立的。其目的 在于 帮助学生把所学过的中文语言和文化知识进行全面系统的汇总, 更好地运用 在实际生活中; 并且熟悉美国大学理事会 AP 考试的要求和格式。学生可以通过该课程的学习, 参加于明年 5 月份进行的 AP Chinese 考试, 我相信这门课程 会让每个学生的中文提升到一个新水平, 而且终生受益。

Teacher: **Tianya Zhao (赵天雅), [tianya.zhao@xilinnorthwest.org](mailto:tianya.zhao@xilinnorthwest.org)**  
Time: 3:00 PM - 4:50 PM  
Date: Saturday, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, Total 7 times  
Who's it for: To prepare for 2023 AP Chinese Exam

## Pre-AP Chinese (Pre-AP 中文)

This course allows students to build a good foundation before taking the AP Chinese class above.

Pre-AP 中文暑期课, 主要是为准备暑期继续学习中文的同学们开设的, 最好是 7-8 年级的同学, 已经在中文学校学习了 5-6 年。这门课注重培养和加强学生听说读写的能力, 为将来的 AP 中文考试打基础。

Teacher: **Tianya Zhao (赵天雅), [tianya.zhao@xilinnorthwest.org](mailto:tianya.zhao@xilinnorthwest.org)**  
Time: 1:00 PM - 2:50 PM  
Date: Saturday, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, Total 7 times  
Who's it for: Grade 7 and up

## Jinan 3 Review & Improve (JN3 复习与提高)

JN1和2学完了笔画、拼音和独体字。JN3开始就会出现大量的同音字和形近字, 学生开始接触将这些字进行总结和分析会帮助孩子建立学习汉语思维。本课会对字和课文进行详细讲解如: 店 电; 请 睛 猜 静...本课适合学完JN3册的学生复习和提高及没有学习过的JN3学生预习。本课注重学习总结好的同音字和形近字, 不死记硬背, 注重学生分析汉字结构思维养成。

Students learned strokes, pinyin, and single characters in JN1 and JN2. At the beginning of JN3, there will be a large number of homonyms and similar characters. Students need to learn how to summarize and analyze these characters, which will help understand how to think about learning Chinese. This class is suitable for students who have completed JN3 and are looking to review/improve upon their knowledge, or for students who have not yet taken JN3 and are looking to preview the course material. This class will mainly focus on how to think about and analyze the structure of Chinese characters.

Teacher: **Grace Shi (Xiangyun Shi), [zw200h@gmail.com](mailto:zw200h@gmail.com)**  
Time: 3:00 PM - 4:50 PM  
Date: Sunday, 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31  
Who's it for: Jinan Level 3

## Story time in Chinese Mandarin (中文故事)

小朋友们通过观看形象生动的图片和聆听故事, 练习和学习简单词语和句子, 为继续学习中文奠定基础。 Students

will practice and learn simple words and sentences by looking at vivid pictures and listening to stories, laying the foundation for future classes in Chinese.

Teacher: **Lijuan Tang, liliantangtang@gmail.com**  
Time: 11:00 AM - 11:50 AM  
Date: Monday, 5/30, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8  
Who's it for: Grade 3-6

### **Bilingual Chinese - Chinese Speaking and Radicals (中文偏旁部首和口语)**

Radicals and character components are the building blocks of Chinese characters. In addition, radicals are hints that help readers figure out the meaning behind characters. We will learn radicals together. In addition, clearly and correctly speaking Chinese is the key to building students' confidence in speaking Chinese. We will spend two weeks together to focus on language speaking. ( I need more time to update later)

Teacher: **Sherri Liang-Zhou (梁向绍), zw200h@gmail.com**  
Time: 2:00 PM - 3:50 PM  
Date: Monday, 6/14-24  
Who's it for: Grade 7

### **Shuangshuang Chinese 7: Chinese Geography (双双中文七: 中国地理)**

Teacher: **Haiying Wang, whying2000@gmail.com**  
Time: 6:40 PM - 8:30 PM  
Date: Monday, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22  
Who's it for: Grade 5+

### **Shuangshuang Chinese 7: Chinese Geography - Session 2 (双双中文七: 中国地理 二班)**

Teacher: **Haiying Wang, whying2000@gmail.com**  
Time: 2:50 PM - 4:35 PM  
Date: Sunday, 5/15, 5/22, 5/29, 6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21  
Who's it for: Grade 5+

### **Shuangshuang Chinese 9: Chinese Myths and Legends (双双中文九: 中国神话传说)**

Teacher: **Haiying Wang, whying2000@gmail.com**  
Time: 1:00 PM - 2:45 PM  
Date: Sunday, 5/15, 5/22, 5/29, 6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21  
Who's it for: Grade 6+

### **Shuangshuang Chinese 12: Chinese Literature (双双中文12: 中国文学)**

Teacher: **Haiying Wang, whying2000@gmail.com**  
Time: 3:30 PM - 5:20 PM  
Date: Saturday, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20  
Who's it for: Grade 7+

## Olympiad Math Middle/Elementary School MOEM Summer Camp (奥林匹克数学竞赛 - 中/小学数学夏令营)

MOEMS® (Mathematical Olympiads for Elementary and Middle Schools) was created in 1977 by Dr. George Lenchner, an internationally-renowned math educator. Last year, nearly 170,000 students from 6,000 teams worldwide participated in the Olympiads. All 50 states and about 35 countries participated. Math Olympiad Competition Bootcamp classes for summer will help students boost their mathematics skills and prepare students for grade school mathematics competitions, especially the Math Olympiad Competition starting in November 2021. Math Olympiad Competition problems will be covered with problem solving strategies as well as step by step analysis. Logical math problem solving skills will be introduced in progression, which will help students advance to their highest level.

MOEMS®(中小学数学奥林匹克)是由国际知名的数学教育家乔治·伦奇纳博士 (George Lenchner) 于 1977 年创建的。去年,来自全球 50 个州和大约 35 个国家的 6,000 个团队的近 170,000 名学生参加了 中小学数学奥林匹克 数学竞赛。奥林匹克 数学竞赛课程 通过解决奥林匹克数学问题, 激发对数学的热情, 介绍重要的数学概念和解决问题的方法, 循序渐进地培养学生的分析问题, 解决问题和逻辑思维的能力。数学奥林匹克竞赛小组夏季训练营课程将帮助学生快速地提高 数学技能, 从而做好数学比赛的准备, 尤其是 2021 年 11 月开始的数学奥林匹克竞赛。数学奥林匹克竞赛小组夏季训练营课程将介绍解决问题的策略以及逐步分析问题的方法。逻辑数学解决问题的技能将由渐进的数学奥林匹克竞赛数学问题引入, 这将帮助学生进步到最高水平。

This course introduces problem-solving strategies by working on Olympiad Mathematics problems. It gradually cultivates students' ability to analyze problems, solve problems, and teach students the methods of logical thinking. Students will learn a variety of mathematical concepts and problem-solving techniques by solving hundreds of Olympiad Mathematics competition problems. The Middle School curriculum is designed for but not limited to students in grades 6, 7, and 8. The Elementary School curriculum is designed for but not limited to students in grades 3,4,5, and 6.

奥林匹克数学竞赛 - 中学 夏季课程是专为6至8年级的学生设计的。奥林匹克数学竞赛 - 小学 夏季课程是专为3至6年级的学生设计的。课程通过解决奥林匹克数学问题激发对数学的热情, 介绍重要的数学概念和解决问题的方法, 循序渐进地培养学生的分析问题, 解决问题和逻辑思维的能力。

Teacher: **Ying Lu, yingluxilinchinese@gmail.com**

### Middle School (中学数学夏令营)

Time: 5:00 PM - 6:50 PM

Date: Saturday, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6

Who's it for: Grade 6 and up

### Elementary School (小学数学夏令营)

Time: 5:00 PM - 6:50 PM

Date: Sunday, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7

Who's it for: Grade 3 and up

## SAT Math Summer Camp (SAT数学夏令营)

This course provides lectures and hands-on practice to prepare for the SAT math test. Detailed SAT test strategies and problem solving skills will be discussed to improve students' test scores. 为 SAT 数学考试做准备, 本课程提供讲座和动手练习。我们将讲解 SAT 考试策略和解决问题的技巧, 以提高学生的考试成绩。

Teacher: **Ying Lu, yingluxilinchinese@gmail.com**

Time: 12:00 PM - 1:50 PM

Date: Sunday, Saturday, 7/9, 7/10, 7/16, 7/17, 7/23, 7/24, 7/30, 7/31, 8/6, 8/7, 8/13, 8/14

Who's it for: Grade 13 +

## AOPS Introduction to Algebra A (AoPS)

Introduction to Algebra A Class using AoPS Algebra book

We'll use AoPS math Pre-Algebra and Algebra books for the class. Besides the basic algebra concepts, AoPS books are known for preparing students for math competitions like Mathcounts, AMC 8, AMC 10, and AMC 12. We will teach algebra concepts as well as prepare students for challenging questions which prepares them for the competitions.

Teacher: **Rose Ran, [rose\\_ran@hotmail.com](mailto:rose_ran@hotmail.com)**  
Time: 1:00 PM - 2:50 PM  
Date: Sunday, 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14  
Who's it for: Grade 5-8

## AoPS Introduction to Counting & Probability

This class is the introduction to counting and probability. We'll use AoPS' book.

Teacher: **Rose Ran, [rose\\_ran@hotmail.com](mailto:rose_ran@hotmail.com)**  
Time: 3:00 PM - 4:50 PM  
Date: Sunday, 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14  
Who's it for: Grade 5-9

## Smart Math

This class introduces elementary school students (3rd-5th graders) the tricks to mental math and rules to quickly completing accurate calculations. I believe learning techniques on how to do math quickly can help students develop greater confidence in math, improve their math skills and understanding, and excel in advanced courses.

Teacher: **Zhongjing Chen, [zhongjing.chen@xilinnorthwest.org](mailto:zhongjing.chen@xilinnorthwest.org)**  
Time: 7:00 PM - 7:50 PM  
Date: Tuesday, Thursday, 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30  
Who's it for: Grade 3-5

## Pre-Mathcounts

This class continues the topic studies from spring semester and provides more practice on Mathcounts problems.

Teacher: **Zhongjing Chen, [zhongjing.chen@xilinnorthwest.org](mailto:zhongjing.chen@xilinnorthwest.org)**  
Time: 3:00 PM - 4:50 PM  
Date: Monday, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1  
Who's it for: Grade 5-6

## Computer programming with Python

This class will introduce students to the programming language Python and the concept of Object-Oriented Programming.

Teacher: **Limin Peng, liminpeng@yahoo.com**  
Time: 4:00 PM - 4:50 PM  
Date: Sunday, 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31  
Who's it for: Grade 7 +

## AP Computer Science

This class will teach students Java Programming and Object-Oriented Programming in order to prepare for the AP Computer Science test

Teacher: **Limin Peng, liminpeng@yahoo.com**  
Time: 2:00 PM - 3:50 PM  
Date: Sunday, 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31  
Who's it for: Grade 7 +

## Introduction to Python B

This class will transition students from basic Python to more elaborate Python programming. The goal of the course is for the student to develop a basic Python program.

Teacher: **Victor Susanto, ying.xia@xilinnorthwest.org**  
Time: 10:00 AM - 11:30 AM  
Date: Sunday, 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31  
Who's it for: Grade 4 - 12

## Advanced Python

This class will examine Python codes in more critical detail. Students will take the knowledge they gained from the previous Python classes and improve upon that knowledge. A comprehensive Python knowledge is a must for this class.

Teacher: **Victor Susanto, ying.xia@xilinnorthwest.org**  
Time: 1:00 PM - 2:30 PM  
Date: Sunday, 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31  
Who's it for: Grade 6 - 12

## Java Programming - 1 & 2

Java programming class will cover basic Java programming syntax, Java Object-Oriented programming concepts, Java Class exceptions, file input and output processes, Java API, Java Applet, and data structures. NetBeans IDE will be used for programming. The course syllabus is based on AP Computer Science course. However, class content is revised to fit different student levels. Java编程课程教授学生如何开发Java应用程序。涵

盖的主题包括Java编程语言基础, 使用Java面向对象编程, Class(类), 异常处理, 文件输入/输出, API, Applet, 和数据结构等。学生使用 NetBeans IDE 编写和调试应用程序。课程基于高中AP课程教学大纲, 然而课程内容被修改为适合不同的学生水平。

Teacher: **Ying Lu, [yingluxilinchinese@gmail.com](mailto:yingluxilinchinese@gmail.com)**

**Java Programming - 1 (Java 编程课 - 1)**

Time: 10:00 AM - 11:50 AM

Date: Sunday, Saturday, 6/11, 6/12, 6/18, 6/19, 6/25, 6/26, 7/2, 7/3, 7/9, 7/10

Who's it for: Grade 8+

**Java Programming - 2 (Java 编程课 - 2)**

Time: 10:00 AM - 11:50 AM

Date: Sunday, Saturday, 7/16, 7/17, 7/23, 7/24, 7/30, 7/31, 8/6, 8/7, 8/13, 8/14

Who's it for: Grade 8+

### Advanced Nonfiction Reading & Writing Workshop

Students will read multiple pieces of nonfiction text and learn the necessary elements to include in an informational essay, which they will write on a topic of their choice. Typically, nonfiction comprehension is an area of weakness for middle school students, and this course will strengthen their understanding of nonfiction text as well as develop formal informational writing skills.

Teacher: **Robin Padal, [robinpadal5@gmail.com](mailto:robinpadal5@gmail.com)**

Time: 10:00 AM - 11:50 AM

Date: Friday, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15

Who's it for: Grade 5-8, Middle School

### Youth Confidence and Communication

Understanding how to present oneself in public is a powerful skill. This course helps students improve their communication skills and develop their own natural confidence. Students will learn essential interpersonal skills and how to identify areas of challenge in an enjoyable way. Daniel Harbecke, who has taught children of all ages in several countries around the world, will teach this course.

Teacher: **Frederick Harbecke, [rise2fate@yahoo.com](mailto:rise2fate@yahoo.com)**

Time: Session I - 10:00 AM - 10:50 PM; Session II - 11:00 AM - 11:50 AM

Date: Sunday, 6/5-8/21

Who's it for: Grade 3 +

### SAT Vocabulary

The SAT examination can be intimidating to most students, especially those who grow up in homes where English is not the primary language. This course is designed to introduce students to the advanced vocabulary they are required to master for SAT success. Daniel Harbecke, who has taught English to children of all ages in countries around the world, will teach this course.

Teacher: **Frederick Harbecke, [rise2fate@yahoo.com](mailto:rise2fate@yahoo.com)**

Time: Session I - 2:00 PM - 2:50 PM; Session II - 3:00 PM - 3:50 PM

Date: Sunday, 6/5-8/21

Who's it for: Grade 7 +



## ZUMBA

Welcome everyone to the family ZUMBA fitness dance class! Zumba is a very effective high-energy fat-burning aerobic dance class. It originated in the 1990s from Colombian dancer and choreographer Alberto "Beto" Perez. Now, there are more than 14 million people in 185 countries who participate in Zumba worldwide. The music is fiery, and the steps are easy to follow.

欢迎大家一起参加家庭 ZUMBA 健身舞运动！Zumba 是一种十分有效的高能量燃烧脂肪有氧运动舞蹈课程。它是在 1990 年代由哥伦比亚舞者及编舞阿尔贝托“贝托”佩雷斯创造的一个舞蹈的健身计划。现在世界各地有超过 185 个国家约 14 万人参加每周一次的 Zumba 舞蹈课程。炽热的国际音乐和易于学习舞步的 Zumba 锻炼会让你精力充沛。

This class is designed for students to learn and dance Latin styles such as Merengue, Salsa, Reggaetón, Samba, Cumbia, Tango, Bachata, Cha Cha, and Mambo to the tunes of Top 40 popular songs and Hip-hop. Our Zumba class will move you! It is the best workout to help you shape your body!

Zumba is a very effective high-energy fat-burning total-body cardio and aerobic workout dance class. Besides its high calorie burning benefit, Zumba can help lower the risk of heart disease, reduce blood pressure and bad cholesterol, and increase good cholesterol.

本课程旨在学习和跳拉丁风格舞蹈：Merengue, Salsa, Reggaetón, Samba, Cumbia, Tango, Bachata, Cha Cha, Mambo, 和 Top 40 舞蹈, Hip-hop 舞蹈。我们的 Zumba / Werq 课程会帮助您塑造最佳的身体！Zumba 是一种非常有效的高能量脂肪燃烧全身有氧运动和有氧运动舞蹈课程。除了高热量燃烧的好处外, Zumba 还有助于降低患心脏病的风险, 降低血压和坏胆固醇, 并增加好胆固醇。

Teacher: **Ying Lu, [yingluxilinchinese@gmail.com](mailto:yingluxilinchinese@gmail.com)**  
Time: 4:00 PM - 4:50 PM  
Date: Sunday, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7  
Who's it for: Adult / Family

## Advanced Art (绘画)

Teacher Zheng has been teaching at our school for a long time. He has helped his students create award-winning paintings every year.

This class will cover sketching and watercolor painting. Students will learn many techniques for how to produce sketches and watercolor paintings and learn the basics of composition, texture, perspective, and more. Teacher Zheng, who is a professional fine artist, will teach students with step-by-step instructions on how to create sketches and beautiful watercolor painting, helping students love and enjoy creating artwork.

郑老师一直在我校教 Advanced Art。每年都带领学生都得绘画比赛获奖。

Teacher: **Jack Zheng (Jie Zheng),**  
Time: 5:00 PM - 5:50 PM  
Date: Thursday, 6/2, 6/9, 6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11  
Who's it for: Age 6 - adult

## Chinese Kungfu (中国功夫)

Youth Kungfu focuses on basic skills, fist forms (boxing), and weapon forms. Students build not only physical, mental, and emotional control, but also a healthy lifestyle and core values that last a lifetime.



通过学习武术可以锻炼意志、培养品德。练武对意志品质考验是多向的：练习基本功要克服疼痛关，磨练"冬练三九、夏练三伏"，常年有恒、坚持不懈的意志品质；套路练习要克服枯燥关，培养刻苦耐劳、永不自满的品质。练习武术可以培养同学们遇到困难要克服消极逃避关，锻炼勇敢无畏、坚韧不屈的拼搏意志。同时"教武育人"贯彻在武术练习全过程，培养讲礼守信、尊师爱友、不凌弱逞强等品质。武术训练可以通过身体活动和团体经验来增强同学们的自信心，使得同学们学会放松、专注、果断、诚实地相互沟通与交流。

武术初级班注重培养同学们的基本功的训练，以及拳击和基本兵器的训练。同学们通过周期性坚持不断的训练，得到身心德智体全方位的磨练，为他们的身体健康打下坚实的基础。

Teacher: **Kaifei Song (宋开飞 773-556-3728) [info@soaringeaglekungfu.com](mailto:info@soaringeaglekungfu.com)**

**Chinese Kungfu I 中国功夫一期**

Tuesday: 6:00 PM - 6:50 PM

Saturday: 11:30 AM - 12:20 PM

Date: Tuesday, Saturday, 6/7,6/11,6/14,6/18,6/21,6/25,6/28,7/5,7/9

**Chinese Kungfu II 中国功夫二期**

Tuesday: 6:00 PM - 6:50 PM

Saturday: 11:30 AM - 12:20 PM

Date: Tuesday, Saturday, 7/12,7/16,7/19,7/23,7/26,7/30,8/2,8/9,8/13

**Chinese Kungfu III 中国功夫三期**

Thursday: 5:00 PM - 5:50 PM

Sunday: 1:00 PM - 1:50 PM

Date: Tuesday, Saturday, 6/9,6/12,6/16,6/19,6/23,6/26,6/30,7/7,7/10

**Chinese Kungfu IV 中国功夫四期**

Thursday: 5:00 PM - 5:50 PM

Sunday: 1:00 PM - 1:50 PM

Date: Tuesday, Saturday, 7/14,7/17,7/21,7/24,7/28,7/31,8/4,8/11,8/12

Who's it for: Youth Beginner

Location: **291 North Northwest Highway, Palatine, Illinois 60068**

**Youth Self-Defense (自卫防身术)**

Youth Self-Defense teaches self-defense forms and individual movements used for offense and defense. Students learn to proactively keep themselves out of dangerous situations.

Teacher: **Kaifei Song (宋开飞 773-556-3728) [info@soaringeaglekungfu.com](mailto:info@soaringeaglekungfu.com)**

Friday: 7:30 PM - 8:20 PM

Date: Friday, 6/10-8/12

Who's it for: Age 5 +

Location: **291 North Northwest Highway, Palatine, Illinois 60068**

**Youth and High School Toastmasters Leadership Program (青少年和高中讲演俱乐部)**

Participating in the Youth Leadership Program enables young people under the age of 18 to develop their communication and leadership skills through practical experience. Young people learn valuable skills including how to evaluate their own speaking ability, prepare for and give speeches, give impromptu talks, develop control over their tone of voice, improve their vocabulary and use of gestures, give constructive feedback to peers, etc.

这两节课主要是让同学们锻炼在公众场合演讲和点评的能力。从增强他们的自信心开始，到他们能够完整无缺的表达他们的思想，逐步形成每个人自己所特有的个人魅力，进而为他们将来做真正的领导打下坚实的基础！这两节课，计划不定期请一位成人 Toastmasters 来做嘉宾演讲，并且给同学们的练习做基本点评。希望有更多的同学受益！

**High School Leadership Program (高中讲演俱乐部)**

Teacher: **Timothy Feng, Ryan Liu, Jayden Tsai**

Sunday: 12:00 PM - 1:00 PM

Date: 6/5-8/4

**Youth Toastmasters Leadership (青少年讲演俱乐部)**

Teacher: **Emma Chen, Vivian Liu**

Sunday: 1:00 PM - 2:00 PM  
Date: 6/5-8/4