



## Extracurricular Programs 兴趣班介绍

978-397-6481 email\_csa@yahoo.com

安多福中文学校, Chinese School Andover (CSA), 是一所扎根于波士顿东北, 专注于中国语言、文化教育, 促进多文化交流共融, 由热心志愿者组织和管理的 501(C)3, 非盈利性学校。

CSA不仅提供PRE-K到9年级普通班、中文1-8年级双语班、成人班、AP Chinese等中文课程, 同时还有近20项兴趣班以及近10个各类孩子和家长俱乐部。下面是CSA兴趣班的列表和详细介绍。有兴趣加入兴趣班的请用这个链接注册 Registration at: <http://csandover.com/?q=node/24>

Class	Time	Class	Time
儿童古筝 Zither	12: 30-1: 20	青少年羽毛球 Badminton	3: 20 - 4: 15
儿童民族舞 Chinese Folk Dance	4: 10 - 5: 00	青少年篮球 Basketball	4: 15 - 5:00
绘画 Drawing & Sketch	3: 20-4: 15	青少年乒乓球 Ping Pong	4:10 - 4:55
油画 Painting	3: 20-4: 05	青少年武术 Wushu	3:20-4:05, 4:10-4:55
国际象棋 International Chess	3: 20-4: 05	瑜伽 (kids)	3: 20 - 4: 15
电子琴 Keyboard	3: 20 - 5: 00	Zumba (Adults)	1: 30 - 2: 30
语言表达 Youth Communication	12: 30-1: 30	Latin Dance (Adults)	3: 30 - 4: 30
英语写作 English Writing	1: 30-3: 00	瑜伽 (Adults Yoga)	2: 15 - 3: 15
1-1钢琴 one-on-one Piano	Varies	成人古筝 Zither (Adults)	3: 30 - 4: 20



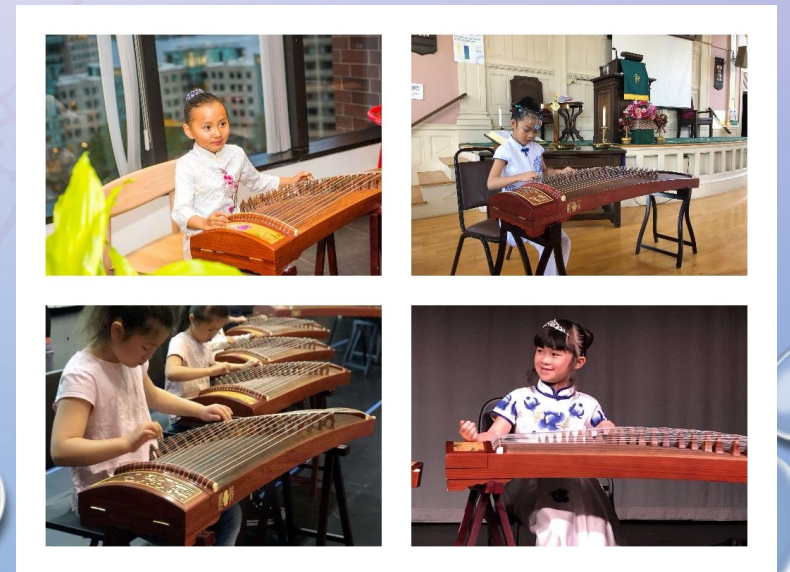
# 儿童古筝

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
丁艺	12:30 - 5:00		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

## 一年一次的古筝零基础班招生!

古筝，中国最具代表性的传统乐器之一，历经2000多年的文化沉淀，它以形制古朴典雅、音色柔美和别具一格的感染力而深受众多人的喜爱，成为当下最受欢迎的民乐之一。

古筝是“仁者之器”，学习过程中能够提升协调能力以及自控能力，并且可以让孩子受到传统文化底蕴的润养。古筝学习具有潜移默化的教化功能，使得孩子在学习音乐的同时也在学习美、感受美、实践美，不断提升孩子自身的文化艺术修养。





# 儿童民族舞 Chinese Folk Dance

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
朱玥玥 Estelle Zhu	4: 05 - 5:00		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

The CSA children's dance class is generally designed for girls of ages 5-10, where they will practice the basics of dance while learning a traditional Chinese dance.

Choreographed by the instructor Estelle Zhu, a PA Senior and founder of PA Asian Dance Club,???,Estelle is also a member of the Angel Dance Company A.

Although the class is mainly geared towards preparing for two shows each school year in Chinese School events (the New Year Celebration and End-of-Year In-School Showcase), the CSA children's Dance Droup has been invited to perform at various schools and events in Andover in past years.





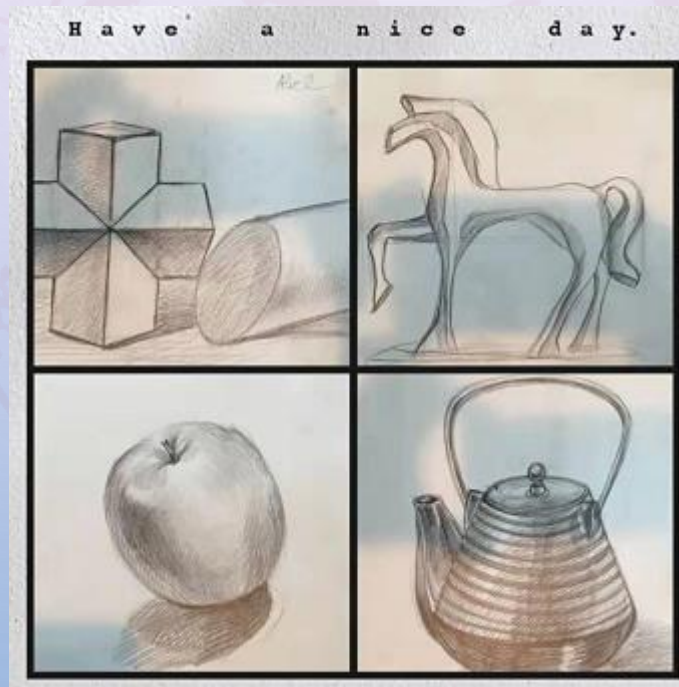
# 初级绘画：素描与写生 Drawing

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
范亮	3: 20 -4: 15		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

素描是绘画艺术形式的基础。我们将通过素描与写生，提高学生的观察能力，学习比例、透视、结构、明暗、构图等基本绘画要素。课堂静物写生和室外景物速写相结合，尝试多种形式的绘画技巧，让学生提高绘画水平的同时享受艺术创作的乐趣！素描与写生课，适合一年以上、有初级绘画基础的学生。

下面是部分学生作品：





# CHINESE SCHOOL ANDOVER 青少年篮球 BASKETBALL

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
孙 铮	3:15pm - 4:10pm		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

CSA篮球班注重培养孩子勇敢、自信、独立、合作、包容的能力，创造一个积极的环境，教会孩子们体育精神和团队协作精神！收获良好体质同时更收获一份健康积极、阳光快乐的心态！

训练内容包括：

- 控球：培养良好的控球手感，为进阶篮球技术打下基础；提高弱侧手控球能力；提高手眼协调能力；三威胁姿势
- 投篮：正确的投篮姿势和脚步；接球后投篮；急停投篮
- 进攻：空间感训练；简单的战术配合；转换进攻 / 快攻
- 防守：滑步训练；训练盯人防守；联防站位；篮板卡位
- 传球：胸前传球；击地传球；单手传球
- 游戏：投篮比赛 / 竞速比赛，让训练不再枯燥，提高协调性，敏捷性。



# CHINESE SCHOOL ANDOVER ZUMBA

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Sophia Xu	1: 30 - 2: 30		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

An exciting Zumba class for our CSA Zumba lovers. Great music, great dance and great workout. Sophia Xu, the certified Zumba instructor, will put her enthusiasm into this class.

Zumba dance moves are designed to enhance body flexibility, strengthen the core and build up muscle in the arms, legs and glutes. It also helps you improve mental fitness and make you feel much happier. Sophia has been benefited so much by dancing Zumba for almost 10 years and would like to share her benefits to you.

You may also scan the below group chat code to become one of our awesome dancing members! Look forward to having a great fun time with you! 🎉



Valid until 9/9 and will update upon joining group



# CHINESE SCHOOL ANDOVER LATIN DANCE (ADULTS)

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Peter Chen	4:00 pm - 5:00 pm Sundays		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

## 拉丁舞



拉丁舞分为国标拉丁舞和土风拉丁舞。国标拉丁舞是规范、严格、标准的，它是在拉丁舞的基础上发展规范形成的竞技专业舞蹈，内容伦巴、恰恰、牛仔、桑巴、斗牛等等。拉丁舞又称拉丁风情舞或自由社交舞，它是拉丁国标舞的起源。

## 教師簡介



### Peter Chen

热爱舞蹈，从舞二十余年。曾在2007和2017年参加世界冠军



Mirko Gozzoli & Alessia Betti 和 Bizoka s & Katusha Demidova 舉辦的國際標準舞研習班學習。現任教於新星藝術學校和康樂中心

## 关于我们



## 课程介绍

### 伦巴(Rumba)

伦巴起源于古巴，音乐为4/4拍，节奏是，two,three,four,one。

### 恰恰(Chacha)

恰恰起源于墨西哥，音乐为4/4拍，速度每分钟31小节左右。节奏是，two,three,chacha,one。

### 桑巴(Samba)

桑巴起源于巴西，音乐为4/4或2/4拍，速度每分钟51小节左右。桑巴舞音乐热烈，舞态富有动感，舞步摇曳多变，深受人们的钟爱！



## 语言表达 YOUTH COMMUNICATION

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
张洪浪	12:30 pm - 1:20 pm		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

The Ability To Communicate May Be THE Most Valuable Skill One Must Possess: To Teach; To Persuade; To Defend

“If you cannot tell everyone what you have been doing, your doing has been worthless.” \_\_ Erwin Schrödinger

To have effective oral communication, it is critical to

1. know your intention: this class will provide a structured guidance and intensively practice on forming clear communication objective
- develop smooth presentation skills: this class will take 7 practical skills that focus on engaging the audience, to ensure deliver of the message in impactful ways
- practice: The class will be highly interactive along with a series of activities. Students need to bring a recordable device for 3-5 minutes video storage in each class session.

### *Class objectives*

As a result of this programme, we expect each student to make respective progress in:

1. understand key factors and critical skills for effective communication
2. identify and articulate talking objective
3. deliver impactful presentation and casual communication, with taught techniques, that align with the objective
4. following guiding process to intensively practice in articulating ‘story’ clearly and concisely





# 国际象棋 INTERNATIONAL CHESS

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Steve Wu	3:20 -4:05		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

The chess club provides students a fun filled experience to learn and practice chess skills. For beginners, students will learn the rules of the game, chess notation, and chess tactics. For students with some chess experience, we will teach some strategies of chess, such as the opening, middle game and end game. For advanced students, they can improve their skills through playing with teacher assistants or the teacher. The class is mostly unstructured, meaning it is not a classroom setting, but playing games. Students may be asked to solve puzzles when the situation is appropriate. Currently, the club has several highly motivated high school student volunteers helping students so that each student has our attention at all times. A little bit about myself: I founded the CSA chess club 8 years ago and taught students since then. I love to work with kids and believe the philosophy of learning by playing. I was a volunteer at the North Andover Franklin School Chess club and I was a chess merit badge counselor at the Boy Scouts of America Troop 87.



老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Jennifer	3:20 - 4:05		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

This class will welcome students of all ages who are of the beginner level. We will primarily focus on painting and drawing with acrylic painting to explore the foundations of painting: form, landscape, color mixing. If the schedule permits or the parents request, we can also explore other mediums such as watercolor, chinese watercolor, multimedia, etc.

Supplies are not included but I will be happy to give recommendations on where to purchase them.

### Supplies list

<https://docs.google.com/document/d/19JDk7Lg5icRyZ3XpozW0AMt-pWtpAZTc22FH9mvoltE/edit>



# 英语写作 ENGLISH WRITING

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Vincent Bradley	1:30 - 3:00		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

The class will help students to focus on developing an original argument and supporting it with evidence and analysis. Students will be instructed in organization, clarity and the importance of the editing process. In addition to writing essays, students will develop their critical reading, grammar and vocabulary skills to strengthen their comprehensive English language mastery.

Mr. Vincent G. Bradley, MA, MEd is a veteran humanities educator. A frequent speaker at the College Board's Advanced Placement National Convention, Mr. Bradley has been an Advanced Placement Grader and an SAT Grader. He holds advanced degrees from Marquette University, where he received a full tuition scholarship and served as an Instructor for college freshman, and Boston College, where he earned 80% fellowships. The office of his college admissions consultancy, Bradley College Solutions, is located in North Andover, MA. His clients have gained acceptance to Phillips Academy Andover, Tufts University, Carnegie Mellon University, Boston College, Northeastern University, Boston University, Lafayette College, Lehigh University, Cornell University, University of Pennsylvania, Dartmouth College, and Yale University. He lives in Andover, MA with his two sons his wife, Dr. Susan Bradley. He is a member of the Boston College Club in Boston.



# 青少年羽毛球 BADMINTON

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Yiqing Wang	4:15 - 5:00pm		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

羽毛球运动是大众十分喜爱的一项体育运动，适量的羽毛球运动能提高练习者的反应、观察能力、应变能力和身体的柔韧性，特别对于生长发育阶段的青少年来说更是一项增强体质、提高身体素质的体育运动。为了能让更多的小朋友参与到羽毛球的快乐中，充分感受到羽毛球运动带来的乐趣，我们羽毛球课根据学生的不同水平分成基础班和提高班。

基础班-培养球员对羽毛球运动的兴趣爱好，增强球感基本掌握握拍、颠球、发球、高球、步法。网前搓球和挑球等基本技术。提高跑跳能力及身体协调性，了解基本的比赛规则。

提高班-提高网前搓、勾、推、扑，后场高、吊、杀，劈，熟练的掌握各种步法，加强跑跳能力及协调性，灵活的运用前、中、后场各种技术。实战比赛中开始贯穿讲解战术意识。



CHINESE SCHOOL ANDOVER  
 青少年乒乓球 PING PONG

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Michael Ong	4:10 - 4:55		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

Basic Table Tennis lessons by USTTA certified coach with over 20 years of coaching experience in different local clubs. Currently head coach in TTOF@CBCGB fellowship group for 10+ years.





# CHINESE SCHOOL ANDOVER 青少年武术 WUSHU

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Dennis Chen	3:20 - 5:00		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

Instructor Dennis Chen is practicing martial artist in both contemporary Wushu and traditional Kung fu. He has 15 years of experience in Hung Sing Choy Lee Fut under Sifu Kevin Chan, as well as 2 years of contemporary wushu from China. Dennis is accomplished in various competitions such as the International Chinese Martial Arts Competition, Kuoshu, and New Tang Dynasty Traditional Martial Arts Tournament.

Wushu is a contemporary sport standardized by China after 1946. Currently, it has become an international sport through the International Wushu Federation and was debuted as the Beijing Olympics as a guest event. Competitions are based on sanda (fighting) and taolu (forms), which are similar to gymnastic routines. Students will learn a range of techniques from punches and kicks to weapons such as swords and staves. Students will also have the opportunity to compete in local tournaments to test their skills against other school for friendly competition!





# CHINESE SCHOOL ANDOVER 儿童电子琴 KEYBOARD

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
Gavin Pu	3:15 - 5:00		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>



## 《新开》CSA电子琴班



从钢琴学音乐是非常行之有效的办法，以电子琴开始最快捷简单。新开设的CSA电子琴班为您家孩子提供一个难得的机会。电子琴是现今最热门的键盘乐器，其音色优美多变功能丰富，且方便携带易于学习。电子琴不仅可以作为兴趣和特长，更有利于提高孩子的智商和情商。任课老师是Gavin Pu（11年级）。Gavin四岁起学习电子琴，两年后转学钢琴，对古典钢琴和作曲有浓厚兴趣。现一直是Reading高中爵士乐团钢琴手，该乐团两年期间共获得州际三个金奖一个银奖，深受家长和师生喜爱。Gavin老师非常愿意与各位家长和孩子分享对电子琴和钢琴的理解。

本课程欲设两个班： Keyboard I 3:15 - 4:05 p.m. , Keyboard II 4:10 - 5:00 p.m. 目标是培养孩子基本音乐知识和素养，对音乐的兴趣，并用琴声表达出来，以此提高孩子的自信和社交能力。 教学内容包括识谱及琴理，音乐趣闻，名家介绍，指法练习，台上技巧等等。希望更多喜欢音乐的学生来参加。

### CSA Piano/Keyboard Lessons:

Elementary instruction on how to play a keyboard, including musical theory and performance technique.

NO PRIOR EXPERIENCE REQUIRED. Any interested student is welcome.

### About the teacher:

Gavin Pu is currently in 11th grade, and has 12 years of piano experience. He is the pianist for Reading high school's jazz band, and has won 3 gold medals and 1 silver medal in state over the past two years.



# CHINESE SCHOOL ANDOVER 中文AP AP CHINESE

978-397-6481 email\_csa@yahoo.com

老师 Instructor	上课时间 Class Time	上课地点 Class Location	注册 Registration
李莉	3:20 - 4:15		<a href="http://csandover.com/?q=node/24">http://csandover.com/?q=node/24</a>

AP 中文是针对高年级同学，由CSA资深的李莉教师教学辅导，非常注重因材施教和强化基础并提高各种标准考试的能力。深受学生和家的好评。AP课程的学生，在往年的统考中，基本都取得了5分满分的好成绩。

