

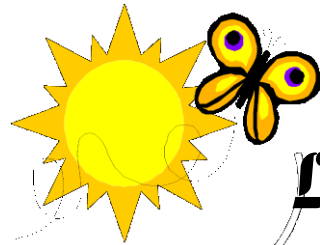
排舞班

Line Dance Class

日期 (Date) : 每逢星期四/Every Thursday
 時間 (Time) : 7:45 pm — 8:00 pm (基本訓練/Basic Tutorial)
 8:00 pm — 9:30 pm (上課/Lesson)
 地點 (Venue) : 麥咸華人宣道會體育館 (MCAC Gym.)
 地址(Address): 1 Chatelaine Drive, Markham, ON L3S 3S9
 學費 (Fee) : \$39, 三個月 (3 Months) / \$5, 一堂 (Per lesson)
 語言(Language): 中文為主 (Mainly Chinese)
 報名 : 請先致電報名登記。
 (Registration) Please call to pre-register.
 電話(Telephone): (905)201-6344 (Ext. 21)
 電郵 (E-mail): office@markhamcac.com

排舞 (Line Dancing) 源於美國西部，其步法來自土風舞、爵士舞及社交舞，長期跳排舞對身體好處多多：能增強心肺功能，舒緩壓力，並能提升集中力、記憶力和身體各部份的協調力、柔軟性及關節靈活性等，無年齡、性別限制，不需舞伴，隨著輕快的音樂節奏，簡單的舞步，學員可以享受一段無拘無束的歡樂時光。

Line Dancing was originated from western United States. Its basic steps are steps from folk dance, jazz dance and social dance. Long-term practising of line dancing will benefit the whole body: improve heart and lung functions, relieve stress, improve concentration and memory, better coordination of various parts of the body, increase muscle strength and joints flexibility. No age and gender restrictions. No partner required. Participants can relax and enjoy the happy time with cheerful music and simple dance steps.



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