

After School Activities 2010 - Block 1

Name of Activity	Teacher in-charge	Day	Time	Venue	Year levels	Description	Cost
Ashtange Yoga for beginners	Angelika Lin	Monday	3:30 - 4:30	Primary Gym	7, 8, 9, 10, 11, 12, 13	The classical form of yoga is taught in its traditional sequence. The practice starts with sun-salutations, and then standing postures, seating postures and finally inversion postures followed by relaxation. The postures are fixed and the asana sequences are designed to gradually open the ankles, hips, knees and other parts of the body. Shortened Primary and Finishing sequences. Students need to bring their own yoga mat to school.	
Circus Skills	Phill Morgan	Monday	3:30 - 4:30	Drama Studio	7, 8, 9, 10, 11, 12, 13	Circus Skills - Learn to juggle balls, hoops, clubs. Learn to swing poi and spin diabolos. A fun and active activity. Great for co-ordination concentration and relaxation!	None
Digital Media	Ian Johnson	Monday	3:30 - 4:30	SS314	10, 11, 12	Digital Design Workshop Learn how to use Adobe Flash, ProDesktop 3D Modelling or 2D Design	None
Japanese Club	Stephanie Lo	Monday	3:30 - 4:30	TBC	7, 8, 9, 10, 11, 12, 13	<p>Japanese Course – Level 5 (For Beginner)</p> <ul style="list-style-type: none"> <li>- Total 12 hours (1 hour per week) @ HK\$100.00 per hour per student;</li> <li>- Can be promoted to Level 5 (Elementary) or higher level subject to the performance of each student;</li> <li>- Class size will be around 6-8 students to ensure that each student is able to receive maximum individual attention;</li> <li>- Course content will include Listening; Vocabulary; Oral and Writing;</li> <li>- Handouts and homework on the content of each lesson, which specially designed by the Tutor, will be provided to make sure that each student is able to use the language fluently and effectively under practical situations;</li> <li>- Fees to be paid on monthly basis;</li> </ul> <p>Academic Qualification of Tutor</p> <p>The Tutor had been learning Japanese for over 5 years in Hong Kong and had taken a 1-year Full-time Japanese course in the "Japanese Language School affiliated with Tokyo International University", which located in Tokyo, Japan. She has also completed the Japanese Language Proficiency Test – Level 1 (Highest Level).</p> <p>She had been staying in Japan for nearly 2 years, with her experience gained in Japan; she is able to help the students to meet their language goals as quickly and efficiently as possible.</p> <p>Remarks: The class will be taught in Cantonese.</p>	HK\$100 / hour/ student

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Model United Nations	Jane Thomas	Monday	3:15 - 4:15	SS205	10, 11, 12, 13	<p>Make an impact! Step into the shoes of ambassadors from UN member states to debate current issues on the organisation's agenda. Make speeches, prepare resolutions, negotiate with allies and adversaries, resolve conflicts, and navigate the conference rules of procedure - all in the interest of mobilizing "international cooperation" to resolve problems that affect countries all over the world.</p> <p>Participants must employ a variety of communication and critical thinking skills. Boost your application. The MUN is a prestigious organisation widely recognised by universities around the world.</p>	
RCHK Orchestra	David Niermeier	Monday	3:15 - 5:00	PAC 201	7, 8, 9, 10, 11, 12, 13		
Ten Pin Bowling	Tina Leggett	Monday		Bel Air Bowling	7, 8, 9, 10, 11, 12, 13	Ten-Pin Bowling is open to anyone who wants to bowl for fun. It will take place every Monday at Bel Air bowling alley, near City One MTR station. Cost for bowling will be HKD200 paid at the beginning of the session. Students will be dismissed at the bowling alley and have to make their own way home.	Approx. HK\$200 / student
Trashion	Kirsi Frimanson	Monday		313	7, 8, 9, 10, 11, 12, 13	<p>Do you like designing? Do you care about environment? Interested in fashion? Are you an art lover? If you are, then share your creativity for our fund-raising night event:</p> <p>Trashion show!</p> <p>The fashion show, "Trashion", would use recycled materials to produce any design of your wish!</p> <p>HOW YOU ENTER: Submit portfolio on or before 8/9/10 at Mrs Frimanson's Office 314</p> <p>PORTFOLIO MUST CONSIST OF:</p> <p>At least 3 fashion sketch ideas for Trashion To prevent bias judgement, you DO NOT write your name on your portfolio. You MUST write your name only inside a SEALED ENVELOPE.</p> <p>ONLY 12 DESIGNERS COULD QUALIFY AT MOST FOR TRASHION SHOW</p> <p>ANNOUNCEMENT OF QUALIFIED DESIGNERS: 10/09/10 "Trashion" will run over 2 blocks</p>	None, need to find recyclable material