

康體鍛鍊 HEALTH AND FITNESS

Line Dancing

(Cantonese/Mandarin/English)

Line Dancing is a healthy activity. Dancing with the music helps eliminate stress and fatigue, promotes physical and mental healthiness and increases positive energy. Course covers a rich mix of dances: Cha Cha, Waltz, Mambo, etc ... Come participate with family and friends, improve relationship and social life.

Fee: \$75 (10 weeks)

Start Date: Sept 19 / 20

Course no.	Location	Time
HAE3	Alpha	Fri. 6:45 - 8:15pm
HA11	Alpha	Sat. 9:45 - 11:15am
HA50	Alpha	Sat. 1:15 - 2:45pm
HC12	Central	Sat. 9:45 - 11:15am

Joint Exercise

(Mandarin)

Twenty-five steps of joint exercise are based on the characteristics of human physiology and kinesiology. Aerobic exercises improves flexible joints, thus to achieve health keeping. Joint exercise is well complimented by fitness dance in the course.

Fee: \$75 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HC11	Central	Sat. 9:45 - 11:15am

Course Locations:

Alpha Secondary:

4600 Parker Street, Burnaby

Burnaby Central Secondary:

4939 Canada Way, Burnaby

Moscrop Secondary:

4433 Moscrop Street, Burnaby

Tai Chi

(Cantonese/Mandarin/English)

Learn the basic Chi Gong breathing, the basic 24 styles of Chi Gong agility, simplified forty styles of Yang form Tai Chi routines revised by Master Zhong Da Zhen who followed Yang's originality of Yin and Yang alternation to achieve symmetry of all directions.

Fee: \$100 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HC10	Central	Sat. 9:45 - 11:15am

Tai Chi & Kung Fu

(Cantonese/Mandarin/English)

This course teaches you Yang form Kuo Style Tai Chi, Northern Shaolin Kung Fu, Shaolin boxing, Shaolin fan, Shaolin umbrella, dragon-style sword and self-defense. Improve physical and mental strength, develop self-confidence and discipline.

Fee: \$103 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HA10	Alpha	Sat. 9:45 - 11:15am

語言技巧 LANGUAGE SKILLS

Conversational Cantonese

(Cantonese/Mandarin/English)

Introduces the most common language used in Hong Kong, the Guangdong province and the local Chinese community. Learn by the way of Romanized pronunciations, the conversations practiced every day.

Fee: \$75 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HA54	Alpha	Sat. 1:15 - 2:45pm

Conversational Mandarin

(Mandarin/English)

Mandarin is one of the world's most popular languages. This course will teach the Pin-yin method with Romanized characters to practice our everyday conversations.

Fee: \$75 (10 weeks)

Start Date: Sept 19 / 20

Course no.	Location	Time
HAE1	Alpha	Fri. 6:45 - 8:15pm
HA13	Alpha	Sat. 9:45 - 11:15am
HA53	Alpha	Sat. 1:15 - 2:45pm
HC14	Central	Sat. 9:45 - 11:15am
HC50	Central	Sat. 1:30 - 3:00pm

Conversational Mandarin

(Mandarin/English)

In addition to the Pin-yin method with Romanized characters to practice our everyday conversations, this course will also introduce Taiwanese phonetic symbols, to broaden the learning experience.

Fee: \$75 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HM51	Moscrop	Sat. 1:30 - 3:00pm

Conversational English

(Cantonese/Mandarin/English)

Designed for new learners, focusing on everyday English conversations in Canada. Learn new vocabulary and grammar, practice speaking with teacher and classmates.

Fee: \$75 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HA14	Alpha	Sat. 9:45 - 11:15am
HA55	Alpha	Sat. 1:15 - 2:45pm
HC15	Central	Sat. 9:45 - 11:15am
HC51	Central	Sat. 1:30 - 3:00pm
HM14	Moscrop	Sat. 9:45 - 11:15am
HM52	Moscrop	Sat. 1:30 - 3:00pm

Conversational French (French/English)

For the absolute beginners. Students will become functionally proficient in French through the basic skills of reading, writing, listening and speaking. Explore the diversity and influence of the French culture in a global context.

Fee: \$75 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HM10	Moscrop	Sat. 9:45 – 11:15am

電腦 COMPUTER

Computer for Seniors (Cantonese/Mandarin/English)

For learner of age 60 plus, this course covers basic computer knowledge: powering up and the use of mouse, document handling, the Internet and e-mail, photo file management skills and more.

Fee: \$60 (10 weeks)

Start Date: Sept 20

Course no.	Location	Time
HC13	Central	Sat. 9:45 – 11:15am

Computer & Internet Made Easy (Cantonese/Mandarin/English)

For those who have no knowledge of computer, this course explains computer basics in layman's terms. Students will experience using Microsoft Windows and surf the Internet.

Fee: \$89 (3 weeks)

Start Date: Sept 19 / 20

Course no.	Location	Time
HAE2	Alpha	Fri. 6:30 – 8:30pm
HA12	Alpha	Sat. 10 – 12:00pm

Computer File Management (Cantonese/Mandarin/English)

How to store digital pictures, downloaded music and files? How to use storage media? This course teaches you to effectively manage and maintain your data and storage in Microsoft Windows operating system.

Fee: \$89 (3 weeks)

Start Date: Sept 20

Course no.	Location	Time
HA52	Alpha	Sat. 1:00 – 3:00pm

Start Date: Oct 17 / 18

Course no.	Location	Time
HAE4	Alpha	Fri. 6:30 – 8:30pm
HM11	Moscrop	Sat. 10 – 12:00pm

Surfing Internet (Cantonese/Mandarin/English)

Teaches the effective uses of Internet and e-mail. Covers basic terminology, web browsing, downloading and using search engines, the social networking sites, to send and receive e-mail, handle e-mail address books and attachments.

Fee: \$89 (3 weeks)

Start Date: Oct 18

Course no.	Location	Time
HA57	Alpha	Sat. 1:00 – 3:00pm

Start Date: Nov 14 / 15

Course no.	Location	Time
HAE5	Alpha	Fri. 6:30 – 8:30pm
HM16	Moscrop	Sat. 10 – 12:00pm

Tablet Made Easy (Cantonese/Mandarin/English)

An introduction to Tablet PC basic operations: how to download "apps", surfing Internet, sending emails, camera usage, managing files and more. The course content is based on the Android operating system. Students must bring their own tablet to class.

Fee: \$89 (3 weeks)

Start Date: Nov 15

Course no.	Location	Time
HA56	Alpha	Sat. 1:00 – 3:00pm

文化藝術 ART & CULTURE

Chinese Calligraphy (Mandarin/English)


Learn the basic skills of ancient Chinese calligraphy art. Know the origin of Chinese characters and how to use traditional brush to make beautiful Chinese writing.

Fee: \$75 (10 weeks)

Start Date: Sept 27

Course no.	Location	Time
HM12	Moscrop	Sat. 9:45 – 11:15am

For enquiries &
Registration

 604-296-6905

To Register:

(1) By Phone: 604-296-6905

(2) By mail:
5325 Kincaid Street
Burnaby, BC V5G 1W2

(3) Online:
www.burnabyccce.ca

(4) Payment:
Cheque: Payable to Burnaby
School District
Credit Card: Visa / MasterCard