

舒展修身舞

【課程簡介】

- 揉合舞蹈元素與正確伸展法，伸展不再單調與沉悶，變得富動感與優美
- 配合動態伸展，循序漸進鍛練肌力，加強身體穩定性
- 適合初學或任何想舒展+舞動身心的您
-

【課程內容】

*動態伸展：以加入現代舞元素的伸展方式，擴展肢體與關節柔軟度。

*韻律舞動：以帶氧舞動強化心肺功能及韻律感，加強基礎體力。

*舞蹈練習：每期課程學跳一段導師的編舞，從學習簡單舞步開始循序漸進，讓學員享受用舞蹈表達的快樂與舒壓。

日期: 2026 年 1月9, 16, 23, 30日; 2 月6, 13, 20, 27日 逢星期五 (共8堂)

時間: 下午 1 時至 2 時

地點: TBC

導師: 杜美寶小姐

- CSTD澳洲聯邦舞蹈教師協會-現代爵士舞教師證書
- 美國New York Peridance Capezio舞蹈學院-Dance Studies Program證書
- AASFP亞洲運動及體適能專業學院 -伸展教練證書

授課語言: 廣東話 (如有需要可輔以英語)

名額: 15 人

收費: 會員\$800; 非會員\$830 (請在第一課付款)

網上報名, 先到先得, 教職員協會會員/附屬會員優先:

https://ust.az1.qualtrics.com/jfe/form/SV_8f5oCcpulCh887A

報名截止日期: 2026 年 1 月 5 日

查詢: 趙小姐 (電郵 xfzhao@ust.hk)

歡迎非會員加入本會，享用會員福利，年費港幣 30 元. 登記網址:

http://staff.ust.hk/membership_form.html 所有參加者都必須是科大教職員或教職員協會會員/附屬會員

***成功報名者, 將會收到電郵通知, 不成功者, 不會獲得通知**

Stretchy Dance

【Course Introduction】

- The course would combine proper stretching whilst adding dance elements, so that stretching becomes dynamic and graceful.

- With dynamic stretching methods, it will gradually enhance one's muscle strength and body stability.
- Ideal for beginners or anyone who wants to stretch and dance with their body and mind.
-

【Course Content】

Dynamic Stretching: Improves limb and joint flexibility with modern dance-inspired stretches.

Rhythm Dance: Strengthens cardiopulmonary function and sense of rhythm with aerobic dance, and enhances basic physical strength.

Dance Practice: Learn to dance a piece choreographed by the instructor in the course, and develop basic dance moves and techniques, so that students would enjoy freedom of expression in dance.

Date: 9, 16, 23, 30 January; 6, 13, 20, 27 February 2026, every Friday (8 sessions)

Time: 1:00pm to 2:00pm

Venue: TBC

Instructor: Ms. Mable Too

- CSTD Australian Commonwealth Dance Teachers Association-Modern Jazz Dance TeacherCertificate
- New York Peridance Capezio Dance Academy-Dance Studies Program Certificate
- AASFP Asian Academy of Sports and Fitness Professionals - Stretching Instructor Certificate

Medium of instruction: Cantonese (supplemented by English if necessary)

Quota: 15 people

Fees: Member \$800; Non-member \$830 (Please pay in lesson 1) (Non-members are welcome to join Staff Association to enjoy member benefits. Annual fee is \$30.) SA membership application form can be downloaded at:

http://staff.ust.hk/membership_form.html

Registration: https://ust.az1.qualtrics.com/jfe/form/SV_8f5oCcplCh887A

The quota is available on a first-come-first-served basis. All participants should be faculty/staff of the University or Full/Associate Member of Staff Association. Priority will be given to Members/ Associate Members of Staff Association.

Deadline: 5 January 2026

Enquiry: Ms. ZHAO (Email: xfzhao@ust.hk)

*An email will be sent to successful registrants. Unsuccessful registrants will not be notified