

# SDHXCS Enrichment Program

by

*Emerald City Academy  
of Rhythmic Gymnastics*

*Where Grace Meets Sport*

## Rhythmic Gymnastics!

Would you like to learn a sport that incorporates the grace of ballet, the athleticism of gymnastics and the flexibility of Cirque du Soleil? As highlighted in the London 2012 Olympic Games, rhythmic gymnastics is an extraordinarily elegant and expressive sport.

Watch your daughter develop poise, elegance and flexibility and fitness, all while enjoying a challenging and fun athletic experience.

### When

&

### Where ?

**SUNDAYS**

11:30 to 12:20 pm  
&  
3:30 to 4:20 pm

**J-100 Gymnasium  
(next to pool)**

### Contact us !

**San Diego Hua Xia Chinese School**

**Tel:** 858-720-1110

**Fax:** 858-720-1268

**E-mail:** [info@sdhxcs.net](mailto:info@sdhxcs.net)



## 聖地亞哥華夏中文學校

才藝課：朗誦班

老師：白燕平

- 通過朗誦增強孩子記憶力和表達能力。
- 幫助孩子克服害羞膽小，增強自信。
- 通過朗讀來提高孩子對中文的學習興趣，加深並理解對中國傳統文化的熱愛
- 給孩子展現自我的舞台：學習+實踐+表演健康快樂成長。



在2013、2014连续两年的“洛杉矶城市儿童朗诵比赛”中，分别获得了冠亚军的好成绩。



全美華人文化教育基金會(ACCEF)主辦聖地亞哥2013、2014年新春慈善文藝晚會表演：《孩子的愛》、《母愛頌》受到各界人士的好評。

演出录像《孩子的愛》《母愛頌》MP4：

<http://youtu.be/Yr28OkLgRvU>

<http://www.youtube.com/watch?v=9rqD6WnWhAE>



## Chess Classes at SDHSCX



*“The game of Chess is not merely an idle amusement. Several very valuable qualities of the mind, useful in the course of human life, are to be acquired or strengthened by it, so as to become habits, ready on all occasions.”*

- from Benjamin Franklin’s *“The Morals of Chess”*

### **Instructor:**

Mario Amodeo is a full-time professional chess instructor, teaching chess in the San Diego area since 1997. Students have gone from beginner to strong tournament player, including many of the strongest local players ages 4-14. For student results and parent feedback visit [chessinstructor.net](http://chessinstructor.net)

### **Testimonial:**

*“Mario Amodeo is a first-rate Chess Instructor of very long standing in San Diego.”*-David Saponara, Longtime San Diego Chess Club President, former United.States Chess Federation Board Member, U.S. Navy Fighter Pilot (Retired), and Parent

Very first student called Mario for lunch the week after he graduated Yale 2014.

### **Class Sizes:**

16 students

### **Levels:**

Beginner, Intermediate and Advanced Chess Classes

### **Content:**

Structured chess classes emphasize understanding and skill building, as well as broader applications of chess lessons to life. For more information visit coach Mario’s website:[www.chessinstructor.net](http://www.chessinstructor.net)

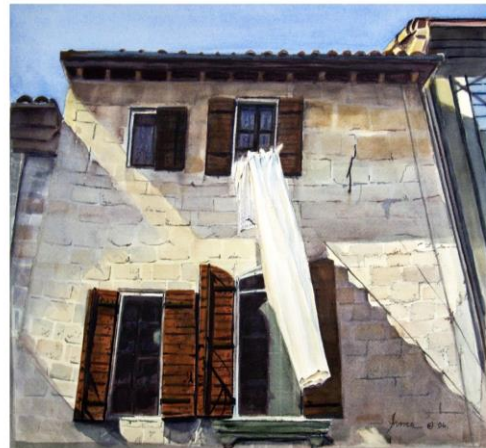


# Exploring Art Through Water Color

Website: [www.imart1.wix.com/imartinez](http://www.imart1.wix.com/imartinez)

We will move quickly from the basics of color wheel, washes, paint application, blending and in no time, into complete paintings. Using loose washes and stipple we will paint animals, landscapes and still life paintings. Come join the fun.

Irma Martinez, San Diego artist for 25 years. Her work has shown and sold at the San Diego Art Institute, the San Diego Watercolor Society and with the Del Mar Thoroughbred Club. Her favorite mediums are oil and watercolor. She loves to paint portraits, landscapes, still life, flowers and horses. Recently is working on large Thoroughbred paintings and triptyques.



## 女高音歌唱家冯伟简历

声乐表演和教育学双硕士，原山东歌舞剧院著名女高音歌唱家，音乐教育家。三十年来，冯伟女士积累了丰富的声乐教学与美国中小学教育经验

，她既能教授华人，又善于美国大、中、小学音乐教学；能用中，英，意，德

，法五种语言演唱不同风格的歌剧、普通歌曲和艺术歌曲。

她出版过题为《愿我的歌声回荡在你的心里》的声乐光碟，并在国内外多次举办独唱音乐会，深受社区、听众的喜爱。

曾师从山东著名女高音歌唱家许荣爱教授，中央音乐学院沈湘教授和上海音乐学院周小燕教授。1984年冯伟女士获中国艺术院校声乐比赛一等奖。

1985年毕业于山东曲阜师范大学音乐学院，

毕业后任山东歌舞剧院独唱演员，并在该院的《江姐》和《原野》歌剧中扮演主角。

1988年获聂耳，星海声乐比赛优秀奖。

1992年获芝加哥Roosevelt

大学音乐学院的全额奖学金赴美深造。师从音乐学院声乐系主任，著名男高音歌唱家Roger Scanlan。在音乐学院系统地学习美声唱法，Diction 和歌剧的表演。在学期间，扮演歌剧“LA BOHEME”，“DON GIOVANNI” and “The BALLAD of BABY DOE”

中的主角。1995年以优异的成绩获得该校的声乐表演硕士学位。同年参加了芝加哥歌剧院“DON GIOVANNI”

歌剧的演出。1995年在芝加哥国际声乐比赛中获一等奖。并成功的举办了个人独唱音乐会。

1998年应聘在东田纳西州立大学（East Tennessee State

University）音乐学院教授声乐。同时，两年内完成了第二硕士学位，获得东田纳西州立大学中小学教育学硕士学位。在这期间经常参加社区、教会的公益演出，及其他活动；任Central Baptist Church合唱团声乐艺术指导和独唱演员。

2000年，应邀到山东师范大学，曲阜师范大学及山东艺术学院从事教学交流，举办独唱音乐会。

2004年全家迁移到夏威夷（Hawaii），在夏威夷的公立中小学从事教学长达四年。在这四年的时间里，积累了丰富的教学经验。2008年，为儿子网球训练发展，辞去夏威夷的优越工作来到了美丽的城市圣地亚哥。两年以来，积极投入华人社团的活动与演出；

2009年华人庆祝建国60周年文艺晚会任独唱；2009年12月与著名华裔指挥家，圣地亚哥交响乐团(San Diego Symphony

Orchestra) 林望傑共同合作演出圣诞音乐会担任独唱；2010年2月由ACCEF and SDCA

举办的华人新春晚会担任独唱；2010年开始担任圣地亚哥圣乐团的声乐艺术指导；2010年9月在

博华民乐团举办的中秋音乐会上担任独唱；2010年10月应邀担任了第二届圣地亚哥华人老乡“佳音杯”卡拉OK大奖赛的评委。





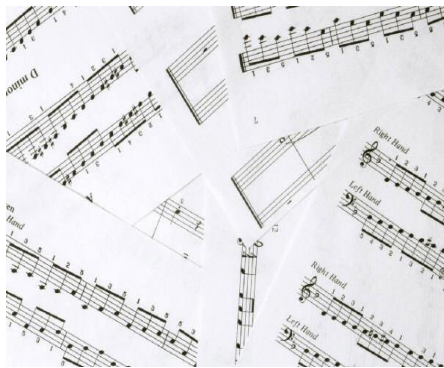
# Music



## Through Art

*Explore the exciting world of art and music!*

- Listen to music
- Make arts and crafts
- Learn about the history of music theory
- Learn about different types of art



***Natasha and Jessica***



***PM Class Room I – 105***

# 华夏瑜伽班 *Yoga Class for Parents*

**(Kids above 10 are welcome)**

**时间地点:** AM Class: Sunday 10:30-11:30 Room A111

PM Class: Sunday 1:30-2:30 Room A111

**老师:** Shelley Wu (吴晓莲)

PhD, E-RYT (Certified Yoga Teacher, Yoga Therapist)

Tel. 858-231-0963

Web Site: [www.drwumindbody.com](http://www.drwumindbody.com)

**简介:** *Yoga is a health system combining breathing, meditation and physical excise. Its benefits include increased flexibility, toned muscles, healthy joints, massaging internal organs, detoxification, stress-reduction, mental health, and inner peace. As a yoga teacher and therapist, Shelley has studied many styles of yoga both in America and in India, including Ashtanga, Iyenga, Vinyasa, and Yin Yoga. She taught classes in health clubs such as YMCA, LA Fitness, Rainier Fit, Keystone Athletic Center. In her own Yoga studio, Shelley has been working one-on-one with students and clients with various physical and mental health concerns. At Huaxia, this is the 4<sup>th</sup> year she offers Yoga classes for parents.*

- 内容:
- 身心的结合健康观念与练习  
瑜伽呼吸技巧、放松、减压、静心、养脑
- 健身: 脊椎、肩臂、腰背、健胸、紧腹、塑臀;
- 每节课包括不同的身体部位以及全身综合锻炼
- 收费: \$100 per semester. Make check to SDHXCS

\* You'll need a yoga mat, which can be purch from stores or from the teacher.



# 拉丁健美操

华夏家长班

## *Zumba Fitness for Parents*

*Starting Date: September 26, 2010*

*周日早晨10:00-10:30 (Right Before Yoga Class)*

*教室A111*

*老师: Shelley Wu, Certified Zumba Teacher*



Want to learn the basics of art?

Enroll in Children's Art!



Contact Teresa at [teresachen08@gmail.com](mailto:teresachen08@gmail.com) or 240-480-8850

Emerging young artist & designer

Illustrates for nationally-ranked school paper, The Falconer

Exhibited at MCASD and Mission Valley Library



## 3D Game Development: Introduction to Java™ Programming

电脑编程启蒙

Recommended Age:9-14

*Following HuaXia Fall Semester Enrichment Class Calendar*

*Sundays @ 11:30 am– 1:00 pm*

This class, using Alice 3, will teach game development, introduce programming fundamentals, and foster creativity. Students discover key 3D game development concepts including game planning, character movement, collision detection, in-game dialogue, and playability. They will also learn Object-Oriented programming concepts in a Java™ enabled



## 3D Game Development using C# (Unity) I

电脑动漫设计

Recommended Age:11-17

*9/21/2014 - 11/16/2014 (10 weeks)*

*Sundays @2:00:00 pm-3:30 pm*

Students learn intensive video game creation, visualization and production. You will use the latest software, hardware and development tools to create concepts and prototypes for 3-D video gaming.

This class also serves as an introduction to programming concepts.

