

Badminton Class – January to May 2020

Fee: \$140/20 lessons (by cheque made payable to RHCBC)
Pro-rated fee will apply if you do not join the class from the start day
Age: 7 years (as of program start date) and up

Day	Start	End Day	Time	Level
Monday	Jan 6	June 1	7-8pm	Beginner/Intermediate
Wednesday	Jan 8	May 20	6-7pm	Beginner/Intermediate
Wednesday	Jan 8	May 20	7-8pm	Advanced

No class on Monday, Feb 17 (Family Day) and Monday, May 18 (Victoria Day).

Beginner Erhu Class – January to March 2020

Time: Every Wednesday, 12 classes from 6:00pm – 7:00pm
(minimum four students to start class)
Instructor: Feva Lai
Fee: \$89 and a one-time registration fee of \$15
Pro-rated fee will apply if you do not join the class from the start day
Language: Cantonese & Mandarin (English translation can be provided)

8 Healthy Eating Sharing Sessions - February 5 to March 25, 2020

Time: 1:00-2:00pm
Fee: \$10 registration fee (by cash or cheque payable to “RHCBC”)
Language: Cantonese & Mandarin (English translation will be provided if necessary)

2/5 Breakfast
• Invest at the start of a day - 5 minutes Healthy Breakfast

2/12 Appetizers
• Home made appetizers with handy ingredients

2/19 Meals
• Efficient meals without processed meat

2/26 Snacks
• Snacks your way into healthy habits

3/4 North American meals
• Hearty North American meals

3/11 Meals II
• Western vs. Eastern cooking styles

3/18 Desserts
• End with a sweet note - natural vs. artificial sweetness

3/25 Snacks II
• Continue to snack your way into healthy habits

If you are looking for a way to motivate yourself and others to be more health conscious, we encourage you to join us!

Praise Dance

Time: - Every Wednesday from February 5 to March 25, 2020 (8 weeks) at 12:00 noon to 1:00pm
- Every Friday at 9:45am to 10:45am (no class in the summer and during holidays)
Fee: Free
Language: Cantonese & Mandarin

Math Improvement Class

數學提升班

Purpose:

- To help students build a solid foundation in Math in a small group setting.

Approach:

- Group tutoring, classwork and homework for Grades 6 to 11, 12 (Advanced Functions)
- Free additional online video learning for Grade 11 students (www.eduinfuture.com)
- train students' critical and logical thinking and problem-solving skills
- Help with school work
- Small group tutoring (5 to 15 students)

Instructors:

- Silver Lau: Experienced High School Teacher; BSc, Dip Ed, Dip C Sc, MEd
- Ida Lau: Experienced High School Teacher; BSc, Dip Ed, MSc

Dates: Thursdays, Feb 6 to June 11, 2020 (no class on March 19); 18 classes in total

Time: 4:30 to 6:00pm

Fee: \$216.00

Bible sharing: There may be a 5-minute Bible sharing at the class.

English Class

Time: Every Thursday from 12:30 pm – 2:00pm

Instructor: Rebecca K.C. Lai

Fee: Free

Language: English

Topics: Learning to read, comprehend and speak in English

Christian Wushu Fellowship

Teaching Chinese Martial Arts to adults and children

Martial Arts forms – Wushu, Wingchun

Time: Every Wednesday, 7:30pm – 8:30pm

Instructors: Sifu Nelson Chan, Sifu Enoch Chan

Fee: \$130+13% HST for 3 months

Language: English, Cantonese & Mandarin

Instructors also teach Chinese culture through martial arts

website: www.christian.wushu.com

**To register for these classes, please contact Angela Wong at
email: community@rhcbc.org or tel: 905-508-8354**