



**Lily Pad Kids Yoga & Dance**

SCHEDULE						
Classes	Date	Time	Group	Sessions	Fee	
Hiphop	Monday	15:30-16:30	G1-G3	12	4560RMB	
Zumba	Monday	15:30-16:30	G1-G3	12	4560RMB	
Yoga	Tuesday	15:30-16:30	K3-K5	12	4560RMB	
RAD ballet	Tuesday	15:30-16:30	G1-G3	12	4560RMB	
Zumba	Wednesday	14:30-15:30	K3-K5	12	4560RMB	
Yoga	Wednesday	14:30-15:30	G1-G2	12	4560RMB	
RAD ballet	Thursday	15:30-16:30	K3-K5	10	3800RMB	
Hiphop	Thursday	15:30-16:30	K3-K5	10	3800RMB	

P.S. If students are absent on some days for his /her own reason, no refunds are available.

Minimum 6 children to start class . If there aren't enough children, refunds are available.

# Class Stats

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Class length 45 to 60 minutes

Max 10 per class -1 teacher

Additional teacher supplied above 10

Maximum 15 (depends on age group)

# Theme Driven Classes

## **1. Breathing Exercises /Warm Exercise**

## **2. Visualization Exercise**

Improve children 's imagination

## **3. Trust & Cooperation Games**

Encouraging team work between peers

## **4. Yoga Pose /Dance movement**

Flexibility,agility,focus with fun moments

## **5. Relaxation Exercises/Stretching Exercise**

Stress controlling, relaxing poses /dance movement to calm and soothe



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**QR code of wechat official account**

**Find us at [junjin@lilypadkids.cn](mailto:junjin@lilypadkids.cn) or 400 103 3963 Follow our official WeChat account for further details!**

# Kids Yoga proven results for healthy kids!!

**"A study made at an inner city Los Angeles school in 2003 found:**



Yoga class participation helps students perform better in school academically, and improves their physical health and behavior, to a lesser degree it also improves their attitudes toward themselves.”

A student's grade point averages (GPA's) showed a statistically significant positive correlation with yoga participation. An on average increase of 30%.



## *Kids Yoga K3-5*



Kids yoga classes for pre-school children help to stay healthy and have fun at the same time! These classes are full of energy and creativity and spontaneous play! Professionally trained children yoga instructors bring classes to life through a fun lesson with yoga games and stories.





## *Kids Yoga G1-3*



Classes for students from G1-3 are made to assist rapidly growing kids, they help to develop a balanced body and mind. Students begin to build up strength and balance and understand the meaning of working together with peers.







**Lily Li** is an experienced yoga instructor for both adults and kids ,and a passionate Chinese dancer.

She used to teach CCA yoga (G1-13) at Nord Anglia International School (the former British International School Pudong campus)2013-2020

She started teaching kids yoga in 2013 in Shanghai American school Pudong campus.

She started teaching adult yoga in 2009.

She started practicing yoga in 2003.

Lily's yoga study:

Shanghai Hatha Yoga Center	2006
International Yoga College	2008
The Samadevo Yoga University	2012
Brithlight Kids Yoga(UK)	2013



# **RAD Ballet**





RAD (Royal Academy Of Dance)

The RAD started life in 1920 as the Association of Teachers of Operatic Dancing in Great Britain.

It was born out of a meeting of leading dance professionals, a world leader in dance education and training. Through an international network of dance teachers, support and connect a global community of more than 400,000 students, and dancers of all ages and abilities, in more than 80 countries.

## What does the grading test help with kid's future?

Kids can take RAD ballet course , whichever country they go.

- RAD Grade 6-8 certificate is the same as A-LEVEL(General Certificate Of Education Advance Level)
- General Certificate of Education Advance Level.
- Increase credit hour and can apply scholarship when apply to university in abroad.



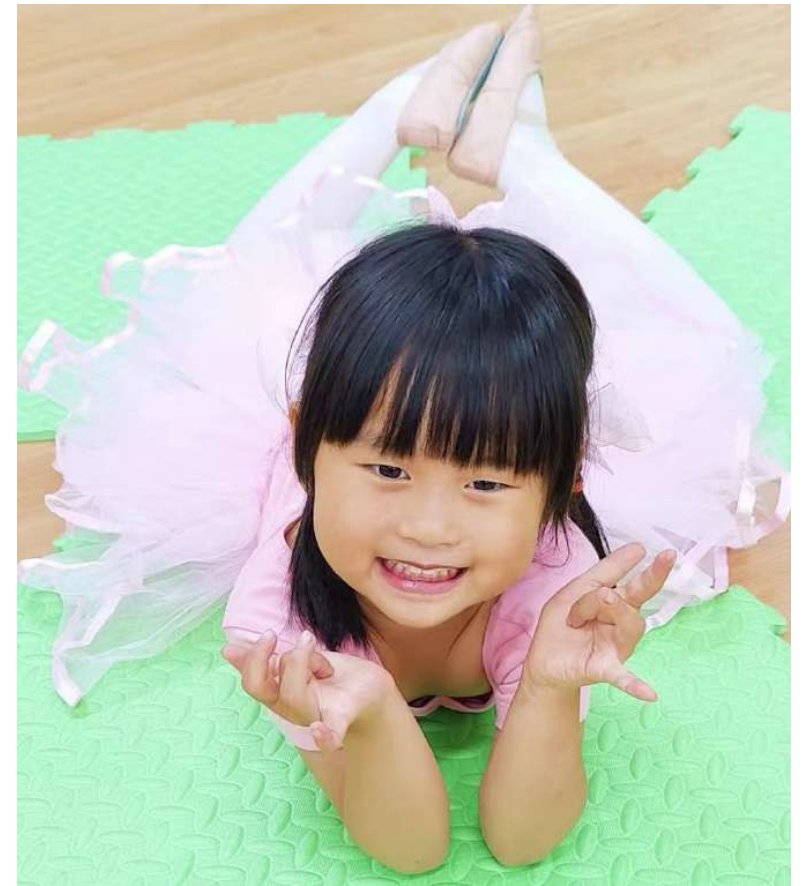
## **RAD Ballet Class Pre-Primary (K3-5)**

**(The course is open to boys and girls)**

The course inspires children's imagination through games, stories and beautiful music melodies. So that children can express their emotions in happy games, and also let the body get comprehensive ability exercise, master the use of space, and cultivate the sense of music. So as to lay a solid foundation for entering RAD ballet initiation course.

### **Learning Outcomes:**

- 1) Increase the awareness of the body and the understanding of spatial movements;
- 2) Strengthen physical control and coordination;
- 3) Improve the sensitivity of music;
- 4) Express your emotions with confidence.







## **RAD Ballet level 1-3(The course is open to boys and girls )**

Through a scientific and systematic teaching mode, the course allows children to learn ballet safely under professional guidance. Build the right posture from an early age , improve muscle quality and ligament flexibility, help to stabilize the body balance, contribute to the healthy growth of the body, improve personal temperament. Another feature of the course is the integration of new dance concepts, including the injection of different musical styles and spatial awareness elements, to stimulate the children's dance motivation and expression, so that they can better develop their physical potential and inner performance, enhance self-confidence, communication and group cooperation ability.

### **Learning Outcomes:**

- 1) Know ballet dance skills;
- 2) Show correct posture and optimize body lines;
- 3) Master the correct center of gravity placement and strengthen the stability of dance skills;
- 4) Improve body coordination and control;
- 5) Good spatial awareness and movement texture;
- 6) Master the musical style and perform with confidence.





## Enid Chung

### Senior Hong Kong dance educator, dance director and consultant

- ★ Master of Arts, Beijing Chinese Academy of Arts (Dance)
- ★ Master of Cultural Studies, Lingnan University, Hong Kong
- ★ Bachelor of Arts of Hong Kong Academy for Performing Arts
- ★ Academician of the Royal Association of Teachers of Dance (Western Folk Dance)
- ★ Academician of the Royal Academy of Dance
- ★ Teaching certificate of the Royal Academy of Dance
- ★ Royal Academy of Dance Teacher's Diploma
- ★ Registered teacher of The Royal Association of Teachers of Dance (Western Folk Dance)
- ★ Registered teacher of the Royal Academy of Dance (Ballet)
- ★ Registered teacher of Beijing Dance Academy (Chinese dance)
- ★ Registered teacher of Chinese folk dance
- ★ Certified teacher of American Dance Notation Board (Laban Dance Notation)
- ★ Director of Hong Kong Contemporary Youth Dance Company
- ★ Director of Hong Kong Contemporary Youth Dance Centre
- ★ Approval officer, Hong Kong Arts Development Council (Dance)
- ★ Member of the Board of Directors of the Hong Kong Association of Arts Administrators
- ★ Member of the Standing Committee of Hong Kong Dance Federation

She has received various dance training since childhood, including classical ballet, Western folk dance and character dance. Graduated with high honors from the Hong Kong Academy for Performing Arts in 1990; She has a Bachelor of Arts from the Hong Kong Academy for Performing Arts, a Master degree of dance of Arts from the Chinese Academy of Arts, Beijing, and a Master degree of Cultural Studies from Lingnan University, Hong Kong.

She has been engaged in dance education for more than 30 years. She has been a lecturer at the Hong Kong Academy for Performing Arts, The School of Professional and Continuing Education of the University of Hong Kong, the School of Professional and Continuing Education of the Chinese University of Hong Kong, the Hong Kong Institute of Education, the Hong Kong University of Science and Technology, the City University of Hong Kong, the City Contemporary Dance Company, the Hong Kong Dance Company and the Hong Kong Ballet. Since 2002, she has assisted the Leisure and Cultural Services Department in planning and organizing "Chinese Dance Culture Series" and acted as a speaker in every year. In 2006, she also wrote an article entitled "Hong Kong Dance Education" for "Dance Story" compiled by Hong Kong Dance Federation. In 2008, she was a researcher of the Outreaching education Program in the Hong Kong Dance Company. And wrote "Painting A Dance Xiulian Qian" for the international Association of Performing Arts Critics (Hong Kong branch) in 2019. In addition frequently being invited as a dance guest and competition judge On behalf of Hong Kong. She has been to Seattle, Washington, London, Scotland, South Korea and other places for dance cultural exchanges.





# Kids Hip -Hop

- Improves children's muscular strength and range of motion
- Increases the flexibility of the body
- Enhance balance and coordination
- Build up confidence and team spirit
- Cultivate imagination ,improve posture
- Improve aesthetic awareness and capability



## *Kids Hiphop K3-5*



Cultivate fun!  
To improve kid's creativity and imagination.





## *Kids Hiphop G1-3*



Exercise kid's physical fitness and improve their strength

Physical fitness will become better and better during the hip-hop training. Kids will have more strength and improve their ability to do beautiful dance movements.









### **Karina Mukhortova**

Karina is a diverse dancer and dance teacher. In her 10-years of experience in practicing different sports and performing various dancing styles, she has formed an unique perception of the body and movement in general.

- \* Started dancing hip-hop at 12 y. o.;
- \* Practiced jazz-funk, vogue, locking, popping, house and dancehall;
- \* Participated in Russian dancing camps (Stardance, Vogue camp) and in championships in Russia;
- \* Performed over 100 times in the foreign dancing team in China, as well as many times in Russia;

**2020-12-  
2021-04**

the adults

### **Hiphop Teacher**

*Ananda Academy, Nanjing, Jiangsu*

Teaching basic of Hiphop and other street styles to

Creating curriculum for the classes

**2016-11-  
2019-12**

styles

### **Dance Performer**

*Angels, Nanjing, Jiangsu*

Creating and teaching choreographies in different

Performing at commercial events

**2015-11-  
2016-04**

### **Hiphop Dance Teacher**

*Masta, Togliatti, Russia*





**Lil Deer** has rich teaching experience and teaching philosophy. He started to teaching kid's Hip-hop since 2015. He has obtained his Teacher qualification certificate and grade examination certificate from the Chinese Dancers Association.

He was honored as honorary Mentor of the Walk of Fame. 2016

Shenzhen Christmas Party he won the championship. 2016

He was second place in Guangzhou's Vocational Hip-hop Club.

He was a hip-hop judge in coolpad hip-hop Competition. 2017

He acted as the final referee of the hip-hop competition Freestyle. 2017

Hunan TV New Year's Eve concert dancer. 2017

Participated in Shenzhen New Year's Eve concert and Beijing CCTV program Charm Chinatown. 2021

Freestyle champion at Shenzhen Stage of Dance Forest Conference .2021



# Lily Pad Kids Zumba



Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Zumba kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.











Hi I am **Valentina** from Russia  
certified Zumba instructor

Studied music at the very young  
age at 6 and by that time I felt  
that my passion is on dancing, at  
the age of 12 I've join and won  
several hiphop competitions and  
started tea cg kids back in Russia.

Flew here in China and  
immediately sharing my love on  
Zumba dance from kids to adult.

I believe that dancing help me a  
lot to be physically and mentally  
healthy and also become positive  
in all aspect in life so I am inviting  
everybody to join my fun Zumba  
dance class !



**Lily Pad 少儿 瑜伽 & 舞蹈**

课程表					
课程	日期	时间	年龄段	课时	费用
街舞	星期一	15:30-16:30	G1-G3	12	4560元
尊巴	星期一	15:30-16:30	G1-G3	12	4560元
瑜伽	星期二	15:30-16:30	K3-K5	12	4560元
英皇芭蕾	星期二	15:30-16:30	G1-G3	12	4560元
尊巴	星期三	14:30-15:30	K3-K5	12	4560元
瑜伽	星期三	14:30-15:30	G1-G3	12	4560元
英皇芭蕾	星期四	15:30-16:30	K3-K5	10	3800元
街舞	星期四	15:30-16:30	K3-K5	10	3800元

备注： 在开课期间因自身原因缺课，不退缺课费，不够6个小朋友开课，将全额退款



# 课程说明

课长45-60分

10个学生-1 老师

10个学生以上加1助教（视年龄段而定）

每班 最多15个学生 (视年龄段而定)

# 课堂安排

## 1热身

充满创意的热身

## 2. 想象力练习

提高想象力

## 3. 合作的游戏

鼓励相互合作

## 4瑜伽体式/舞蹈动作练习

增加力量、身体的柔韧和灵活

## 5. 拉伸



Kids Yoga & Dance 少儿瑜伽&舞蹈

上海 浦东新区



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# 科学验证少儿瑜伽有助儿童的健康和学习成绩的提高！

在2003年洛杉矶市内一所学校进行的一项研究发现：



习练少儿瑜伽有助于学生提高学习成绩，使他们身体更健康，生活和学习都更自律。同时也改善他们对自己的态度。学生的平均积分点显示显著相关的练习瑜伽的正面影响-平均值提高30%。

## 少儿瑜伽 K3-K5



欢乐的学前儿童瑜伽有助于孩子们保持身材健康！  
活力十足的课堂充满了趣味性和创造性！ 专业训练的  
儿童瑜伽教练通过瑜伽接近生活的游戏和故事带  
来充满乐趣的课程！







## 少儿瑜伽 G1-G3



身体快速成长年龄阶段的少儿瑜伽保持身心的平衡. 此课程由专业的少儿瑜伽老师授课,孩子们将和伙伴们互动合作完成体式中学会互相合作, 同时身体变得有力量, 平衡能力得到提高。







李俊锦—资深成人和少儿瑜伽老师，同时也是傣族舞者。

她曾在上海英国学校浦东校区教一年级到高三的课外少儿瑜伽课程。2013-2020

她于2013在上海美国学校浦东校区教少儿瑜伽。2009年教成人瑜伽。2003开始习练瑜伽！

李俊锦的瑜伽教育：

上海哈他瑜伽中心	2006	国内瑜伽教练证书
国际瑜伽学院	2008	国际高级瑜伽教练证书
萨玛德瑜伽大学（法国）	2012	完成萨玛德瑜伽初级课程
Brithlight 少儿瑜伽（英国）	2013	获得少儿瑜伽老师教学资格



# 英皇芭蕾



英国RAD舞蹈学院，创建于1920年，专注芭蕾舞教育.考级和师资培训。RAD芭蕾舞考级证书体系布遍全球，拥有跨越世界80个国家及地区的40万余会员.其严谨的体系规范，已成为世界芭蕾舞教育之典范。

RAD'考级分为业余和专业两个课程体系，考级成绩被列入英国教育部资格认证框架(National Qualification And Credit Framework),可用于在英国教育体系内升学的学分认定。 RAD (Royal Academy Of Dance)

## 孩子们通过RAD考级对未来有什么帮助.

- 未来无论孩子们去任何国家，都可以同步学习RAD芭蕾舞课程.
- RAD 6-8级证书具有同等的A-LEVEL级别,即 General Certificate of Education Advance Level.
- 申请国外大学,在增加学分的同时还可同步享受申请奖学金



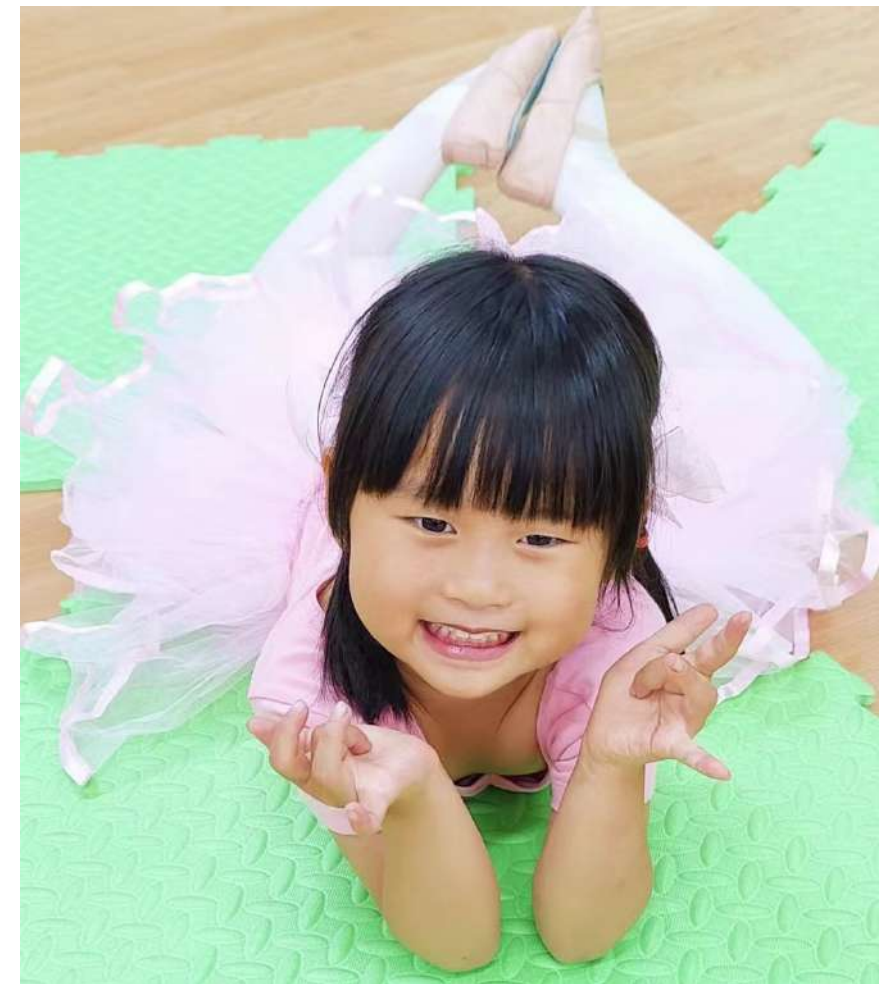


### **\*RAD芭蕾启蒙班、初级班\*(适合男女报名)**

课程透过趣味性的教学方式和愉快的学习环境，为学员营造芭蕾舞艺术的整体氛围；并运用多元的音乐风格和道具丰富孩子的创作力和音乐感，激发孩子的兴趣与及表现力。课程更着重专业的教学让孩子掌握正确的芭蕾舞训练，改善不良的体态，及有效的提高孩子的肢体能力，为进入RAD芭蕾一级课程做好稳固的基础。

#### **学习成果：**

- 1) 建立身体位置的意识和灵活性.
- 2) 加强空间感的展示能力.
- 3) 提高动作质感的运用，协调性和控制能力.
- 4) 培养具有自信和感染力的表演.







NS BALLET CAMP 2



## **RAD芭蕾1-3级(适合男女报名)**

课程透过科学系统的教学模式，让孩子在专业的引导下安全学习芭蕾舞。从小建立正确体态，提高肌肉质素和韧带的柔韧性，帮助稳定身体平衡，有助身体的健康成长，提高个人气质。课程另一特色是揉合了新的舞蹈概念，包括注入不同音乐风格和空间意识元素，激发孩子的舞蹈动机和表现力，使更好地发挥身体潜能和内心表现，增强自信心、沟通和群体合作的能力。

### **学习成果：**

- 1) 认识芭蕾舞舞步技能；
- 2) 展示正确体态，优化身体线条美；
- 3) 掌握正确重心摆放，加强舞蹈技能稳定性；
- 4) 提高身体协调性和控制力；
- 5) 具备良好的空间意识和动作质感；
- 6) 掌握音乐风格并能充满自信地表现。





## 钟冠怡 Enid Chung

### 资深香港舞蹈教育家，舞蹈总监及顾问

- ★ 北京中国艺术研究院(舞蹈学)文学硕士
- ★ 香港岭南大学文化研究硕士
- ★ 香港演艺学院艺术(荣誉)学士
- ★ 英国皇家舞蹈教师协会(西方民间舞)院士
- ★ 英国皇家舞蹈学院院士
- ★ 英国皇家舞蹈学院教师证书
- ★ 英国皇家舞蹈学院教师文凭
- ★ 英国皇家舞蹈教师协会(西方民族舞)注册教师
- ★ 英国皇家舞蹈学院(芭蕾舞)注册教师
- ★ 北京舞蹈学院(中国舞)注册教师
- ★ 中国民族民间舞蹈注册教师
- ★ 美国舞谱局(拉班舞谱)注册教师
- ★ 香港当代青年舞蹈团团长
- ★ 香港当代青年舞蹈中心总监
- ★ 香港艺术发展局(舞蹈艺术)审批员
- ★ 香港艺术行政人员协会董事局成员
- ★ 香港舞蹈联会常委成员

自幼接受多种舞蹈训练，包括古典芭蕾舞、西方民族舞及性格舞等。1990年以高级优异成绩毕业于香港演艺学院;随后，考取香港演艺学院艺术(荣誉)学士学位、北京中国艺术研究院文学硕士学位(舞蹈史论专业)，及香港岭南大学文化研究硕士学位。

钟氏现为英国皇家舞蹈学院院士、英国皇家舞蹈教师协会院士，持英国皇家舞蹈学院教师证书及教师文凭;并获取多个中外舞蹈注册教师资格，包括：英国皇家舞蹈学院(芭蕾舞)等级考试、英国皇家舞蹈教师协会(西方民族舞)等级考试、北京舞蹈学院(中国舞)等级考试，及美国舞谱局(拉宾舞谱)等级考试。钟氏现担任香港当代青年舞蹈团团长、香港当代青年舞蹈中心总监、香港艺术发展局(舞蹈艺术)审批员、香港艺术行政人员协会董事局成员、香港舞蹈联会常委成员。

从事舞蹈教育三十余年，钟氏先后出任香港演艺学院、香港大学专业进修学院、香港中文大学专业进修学院、香港教育学院、香港科技大学、香港城市大学、城市当代舞蹈团、香港舞蹈团，及香港芭蕾舞团舞蹈讲师;2002年起，每年协助康乐及文化事务署策划举办《中国舞蹈文化系列》并担任讲者;2006年亦为香港舞蹈联盟编制的《舞缘•舞故》撰写「香港舞蹈教育」一文;2008年为香港舞蹈团外展教育计划之研究员；及2019年为国际演艺评论家协会（香港分会）编制的《香港当代舞蹈历史、美学及身份探究》撰写〈绘出舞蹈钱秀莲〉。除了经常获邀为舞蹈访问嘉宾及比赛评判;钟氏更多次代表香港到世界各地包括远赴西雅图、华盛顿、伦敦、苏格兰、南韩等地作舞蹈文化交流演出。



# Lily Pad 少儿街舞

- 提高身体柔韧性
- 增加平衡能力和协调能力
- 建立自信心和团队精神
- 改善体型，丰富想象力
- 提高运动意识
- 增加肌肉力量，调节情绪





## 少儿街舞 K3-5



充满乐趣!!  
发展创造能力和丰富想象力.





# 少儿街舞 G1-3



锻炼身体素质，提高自身力量

练习街舞的过程中身体素质会越来越棒，有更多的力量去做漂亮的动作







## Karina Mukhortova

Karina 擅长各种舞种的舞者和舞蹈老师. 她在10年的不同运动和表演各种不同舞蹈风格的经验中, 形成了一种对身体和运动的独特感知。

- \* 12岁开始跳 hip-hop, 放克爵士 vogue, 锁舞, 机械舞, house and dancehall;
- \* 参加俄罗斯的俄罗斯舞蹈营大赛夺冠 (Stardance, Vogue camp)
- \* 在中外舞蹈团在演出100余次

<b>2020-12-</b>	<b>Hiphop 老师</b>
<b>2021-04</b>	阿南达学院, 江苏南京 教授成人hip - hop和其他街头风格的舞蹈基础知识, 安排课程
<b>2016-11-</b>	<b>舞蹈演员</b>
<b>2019-12</b>	天使舞蹈,江苏南京 创作和教不同风格的舞蹈, 商演
<b>2015-11-</b>	<b>Hiphop 老师</b>
<b>2016-04</b>	<i>Masta, Togliatti</i> ,俄罗斯 开发课程, 编排舞蹈,教 孩子(5-10岁) Hiphop 基础知识



**Lil Deer** 有着丰富的教学经验和教学理念。

2015年开始教授儿童Hiphop。

获得中国舞蹈家协会颁发的街舞教师资格证书和等级考试证书。

2016年，他被授予荣誉导师称号

2016年深圳圣诞晚会他获得冠军

曾获广州市职业街舞俱乐部第二名

他是酷派嘻哈大赛的嘻哈裁判 2017

他担任了2017年freestyle嘻哈比赛的最终裁判

湖南卫视跨年音乐会舞蹈演员 2017

参加深圳跨年音乐会和北京中央电视台节目《魅力唐人街》

深圳舞蹈森林大会自创舞冠军 2021



# Lily Pad 少儿 尊巴



尊巴儿童课程以尊巴舞蹈为基础，为孩子们量身打造。我们分解步骤，在课堂结构中加入游戏、活动和文化探索元素。尊巴帮助儿童拥有健康的生活方式，使健身变得有趣，将健身作为儿童生活的自然组成部分。课程包含了重要的儿童发展元素，如领导力、尊重、团队合作、自信、自尊、记忆力、创造力、协调能力和文化意识。











我是来自俄罗斯认证的尊巴老师瓦伦蒂娜

我6岁开始学习音乐，然后发现我的爱好是舞蹈并且学习舞蹈.12岁参加好几个街舞大赛获冠军.同时开始在俄罗斯教小孩子舞蹈.

我来到中国在香港获得认证后立即在学校和孩子们与成人分享我对舞蹈和健身的热爱.

我相信舞蹈和健身对我的身心健康有很大的帮助，并且让我在生活各方面都变得积极，所以我邀请小朋友们来参加我的有趣好玩的尊巴舞蹈课！！！！