

Course code	Course name	Lesson time	Tuition, lesson #
101	学生唱歌班 /Student Singing	Sunday 3:30-4:20pm	\$420/ 30 lessons
102	学生绘画班 /Student Painting	Sunday 3:30-4:20pm	\$175/ 25 lessons
106	奥数班/Math Olympiad ES-5	Sunday 9:00-10:15am (Online)	\$340/ 31 lessons *\$460+\$20 for non-Chinese-school students
108	奥数班/Math Olympiad MS-7	Sunday 7:00-8:15pm (Online)	\$340/ 31 lessons *\$460+\$20 for non-Chinese-school students
110	太极拳课/Tai Chi	Sunday 3:30-4:20pm	\$125/ 25 lessons
111	学生舞蹈班/Student Dance	Sunday 3:30-4:20pm	\$360/ 30 lessons
112A	成人舞蹈表演班/Performance Dance	Sunday 2:30-3:20pm	\$360/ 30 lessons
112B	成人舞蹈健身班/ Fitness Dance	Sunday 1:30-2:20pm	\$360/ 30 lessons
121	成人篮球班/Adult Basketball	Sunday 1:30-3:20pm	\$110/ 25 lessons
122A	学生篮球班/Student Basketball	Sunday 3:30-4:20pm	122A: \$110/ 8 lessons
122B	Three sessions (* see syllabus below)		122B: \$110/ 8 lessons
122C			122C: \$80/8 lessons
124	编程入门/Introduction to programming	Sunday 3:30-4:20pm	\$130/ 18 lessons

101. 学生唱歌班 / Student Singing

李琪琦老师毕业于广州星海音乐学院的音乐教育专业。从事音乐教育多年，有丰富的教学经验。课程安排：每节课 1 或 2 首歌曲，在学习新歌曲中穿插乐理，听音练耳，引导正确发声。通过学唱歌培养学生对整体艺术的感受力，提高音乐表现能力。低年级学生的练习曲歌词为中文，以提高学生的中文表达能力。中，高年级学生的练习曲主要选择英文歌，以提高学生演绎英文流行歌曲的水平和在学区学校的合唱团演唱的能力。

102. 学生绘画课 / Student Painting

戴维斯高中11年級的張詩琪（Helen Zhang）小老師，自幼習畫，作品曾獲獎；她擅長兒童卡通繪畫，水彩，和數碼繪畫。她擅長和小學生們溝通，上課活潑風趣，能大大激發孩子們的想象力和創造力，讓學生們可以充分學到畫畫技巧，從而熱愛畫畫。

106 & 108. 奥数班/Math Olympiad Program

Program Information:

https://drive.google.com/file/d/1HWodHpfuleajqhKnvOp8Og0bguPl_YRR/view

Class levels and session times (online class):

- MO ES-4: Sundays 10:00-11:00am 4th-5th grade beginners, very strong 3rd graders. Class focuses on arithmetic accuracy and speed.
- MO ES-5: Sundays 9:00-10:15am 5th-7th grade beginners, very strong 4th graders, with strong arithmetic/mental math ability.
- MO ES-6: Sundays 7:00-8:15pm 6th-7th grade students with good MO experience. 8th grade student with some MO experience.
- MO MS-7: Sundays 7:00-8:15pm 7th-8th grade students with good MO/competition experience, 9th grade students with experience.
- MO MS-8: Sundays 7:00-8:15pm 7th-10th grade students. Must have very strong MO/competition experience.

New Students only: 2025-2026 MO Admission Process

All new students requesting ES-5 and above must pass an admission exam to be admitted.

- Sun Jun.29th Information session for new/potential parents/students (7:00-8:30pm, [Zoom link](#))
- Sat Jul.26th Email exam setup (if you registered and Zelle/Paypal \$20 assessment fee to mo.coaches@gmail.com).
- Sat Aug.2nd admission exam - reserve the date/time. Tentatively: ES-5/MS-7 at 9-11am, ES-6/MS-8 at 7-9pm
- Aug.3rd- 6th announce admission decision and class placement by email. Admitted students pay tuition.

Registration:

- ES-4/ES-6/MS-8 are operated by the Sierra Chinese School. Please register at: <https://docs.google.com/forms/d/e/1FAIpQLSdKVTvPQpmxIITv57IpQFuF8p6jZ0OdWees8ARSdYCYZqhBkw/viewform> Prorated refund (minus registration fee) for withdrawal before 3rd session starts. No refund after that. Allow single semester registration - \$200 if also enrolled in Chinese class, \$260 + \$20 if not.
- ES-5/MS-7 are operated by the NewStar Chinese School. Please register below. (Full refund for withdrawal before 3rd session starts. 50% refund for withdrawal before 2nd semester starts.)

Tuition:

- \$20 for the admission exam fee (New Students only, Zelle/Payal directly to mo.coaches@gmail.com by 7/26/2025)
- \$340 for the entire school year if also enrolled in Chinese class
- \$460 + \$20(non-refundable registration fee) if not enrolled in Chinese class.

Class will start on 8/17/2025

110. 太极拳课/Tai Chi

太极拳颐养性情，强身健体，刚柔并济，内外兼修。太极拳已被联合国教科文组织列入人类非物质文化遗产代表作名录；是老少咸宜的运动项目，练者受益。授课老师郭唯女士师

从胡小鹏老师学习太极拳二十多年，参加过李德印大师课。常年坚持习练杨式 24 式、32 式、42 式太极拳，传统 85 式太极拳，陈氏太极拳，以及太极扇，太极剑。
课程安排：课前热身-健身气功八段锦,身体抻拉练习。太极拳学习-从 24 式简化太极拳开始。学习和掌握太极拳的基本动作，了解拳理拳法，套路演练。逐渐学习更多的竞赛套路和太极扇，太极剑等。

111 & 112. 舞蹈班/Dance Class

舞蹈课教练季卫红出生成长在山明水秀，地杰人灵的西南省份贵州，自幼熏陶于民风淳朴，多民族聚居的少数民族地区，那里的苗族，侗族和布依族等少数民族皆能歌善舞，以此传情达意喜庆丰收，抒发自己的丰富情感。季卫红自幼耳濡目染，11 岁考上贵州省艺术学院民族民间舞蹈专业，15 岁毕业后成为民族歌舞团的骨干舞蹈演员之一，曾参加全国文艺汇演，并荣获舞蹈一等奖，演出常获美誉；19 岁考入中央民族大学舞蹈音乐系，师从众多知名舞蹈家，专攻民族民间舞，其中优以苗族舞最为精纯；毕业后回到民族歌舞团继续参加演出，并抽出时间传授，辅导舞蹈幼苗，拥有丰富的演出经验。2006 年季卫红老师来到 Sacramento 地区，被华人圈中国舞蹈热潮所吸引，排练民族舞蹈为节庆活动演出。季老师已在新星中文学校授课舞蹈 10 年，积极投入各项活动并参加每年的春节联欢会，教授和编排了许多优美的民族舞蹈，深受大家的喜爱，推广和弘扬了中国民族舞蹈。

111. 学生舞蹈班

季卫红老师经过考核获得了北京舞蹈学院中国考级证书，选用北京舞蹈学院中国舞考级教材来给孩子们上课，课堂内容主要是立足于帮助儿童树立良好的身体体态，解决儿童的基本柔韧性，提升孩子的节奏感及对舞蹈的持续热爱，带动孩子热爱舞蹈，学会坚持，学会爱与被爱。舞蹈启蒙对孩子来说非常重要，练习舞蹈能让身体健康，气质提升，大脑与四肢都能灵活运用！不管是男孩还是女孩都可以来加入，每年上台表演的机会也能帮助孩子胆大自信。

112. 成人舞蹈班

112A. 成人舞蹈表演班：课程内容有热身，古典舞蹈气吸练习和舞蹈片断练习（古典舞，民族舞，形体舞）。每一位学员都能登上舞台参加中文学校的春节晚会的表演！

112B. 成人舞蹈健身班：主要是以锻炼健身为主，零基础都可以参加。课程内容有热身拉伸动作和舞蹈片断练习，用优美的旋律加上民族健身操和形体舞动作。学员可以选择参加或者不参加春节晚会的表演。不管您是有舞蹈基础还是零基础，练习舞蹈都能让您塑形健体，提升气质，大脑与四肢焕发青春！

121. 成人篮球班/Adult Basketball

成人篮球班旨在通过分组练习和小型比赛，让学员们练习篮球技能并学会如何在团队中合作、沟通，并理解如何在比赛中发挥各自的优势。通过开办篮球班，既能丰富中文学校的办学内容，又可以扩大中文学校的影响，为华人社区做贡献。篮球班的学员们将有机会在愉快的氛围中学习和进步，不仅提高篮球技能和身体素质，还能培养团队合作、领导和坚韧的品质。

122. 学生篮球班/Student Basketball

为丰富学生的文体活动，让孩子们在学习之余强身健体，新星中文学校开设学生篮球班，招收初学者和已有一定篮球基础的学员。在两位经验丰富的篮球教练指导下，学生们充分热身，练习篮球基本功，并通过分组比赛来熟悉篮球比赛规则，循序提高篮球运动水平，锻炼体能，磨练意志，加强团队合作精神。考虑到篮球运动涉及到极速奔跑，急停，跳跃，争抢球权和身体碰撞，有时会有难以预料的身体受伤，给孩子报名的家长需签订免责声明。

<https://drive.google.com/file/d/1ikVIUVhliOWejymvUPChS3LHOz4SRWbR/view>

The NSCS Youth Basketball Program is excited to announce a restructured format for the upcoming 2025-2026 school year, designed to maximize learning, engagement, and fun. Our program will consist of three distinct sessions, each approximately eight-class long, tailored to different skill levels and interests. Below is an overview of each session, including objectives, target age groups, tuition, and schedules.

Program Overview

Session 1: Start of School Year – Thanksgiving (Approx. 8 classes)

Session 2: Thanksgiving – Spring Break (Approx. 8 classes)

Session 3: Spring Break – End of School Year (Approx. 8 classes)

Tuition: \$110 per student for session 1 (#122A) and 2 (#122B), \$80 per student for session 3 (#122C); Interested players can sign up for multiple sessions.

Session 1 (#122A): Basketball Fundamentals (Start of School Year – Thanksgiving)

Focus: Build a strong foundation in basketball through basic fundamentals, individual skills (e.g., dribbling, shooting, passing), and an introduction to game rules.

Target Group: Ages 6–10 or students new to basketball.

Goals: Develop confidence, coordination, and an understanding of the game in a supportive environment.

Session 2 (#122B): Advanced Skills & Team Concepts (Thanksgiving – Spring Break)

Focus: Enhance individual skills and introduce team-oriented concepts, including offensive and defensive strategies. Limited full-court play may be incorporated toward the end of the session.

Target Group: Ages 10 and older or students with prior basketball experience.

Goals: Improve technical skills, teamwork, and game awareness for more competitive play.

Session 3 (#122C): Open Gym & Self-Led Play (Spring Break – End of School Year)

Focus: Provide an open gym format with minimal structured instruction, encouraging students to lead games and practice full-court play. Led or supervised by coach(es) or other instructors.

Target Group: Open to all ages and skill levels.

Goals: Foster independence, creativity, and leadership through self-directed play.

Coach George and Coach Kong are thrilled for this coming school year with this new format, which ensures accessibility and maximizes impact for players of all levels. Join us for a fun, skill-building basketball experience!

Questions? Contact Coach George at George.zhuohu@gmail.com or at WeChat (id: wxid_s97vyixshnug12).

Coach George's first love was soccer while growing up in Guangzhou, but when he immigrated to Chicago in the 1990's, he got into basketball and has been playing the game obsessively ever since. Besides informal coaching gigs, he was an assistant coach for junior high girls and boys basketball teams for one season and then as the head coach for another season. The girls team got second place in the city that year! Besides playing basketball, he likes to swim, hike, play board games, and cook with his three silly kiddos.

Coach Kong grew up in Hong Kong and started playing basketball when he was in 4th grade, and he has loved basketball ever since. He loves this competitive sport because it requires teamwork, as well as mental and physical strength. He had been playing inter-mural, inter-district, and open basketball tournaments in Hong Kong before moving to the US in his early 20's. Besides basketball, he also enjoys playing badminton, volleyball, cooking, traveling, hiking, and camping.

124. 编程入门/Introduction to programming

This beginner-friendly course introduces 3rd to 6th graders to the basics of programming using Scratch, a coding platform for kids. Students will get to design and create their own video games while learning key coding concepts like loops, logic, events, and variables. At the end of the course, there will be a showcase for students to present their games to parents. With a focus on creativity, problem solving and fun, this course is a perfect introduction into other programming languages like Python and JavaScript. Prior coding experience is not required. Laptops or iPads equipped with a keyboard that can access internet are needed for this course. This course will last from September 2025 to February 2026, comprising 18-20 lessons.

This course will be instructed by Erica Liu and Rain Li who both are DSHS juniors. Erica Liu has seven-year coding experience and has completed the AP Computer Science. She is fluent in several programming languages including Scratch, Python, Java and HTML. She also has experience in coding video games using Python and the Godot game engine. Rain Li is a qualified scratch teacher who has rich experience in both teaching and programming in several coding languages. With over six years of experience in Scratch, he has learned and revised many fun games that he is excited to share in this class!