



芝加哥少林寺  
CHICAGO SHAOLIN TEMPLE

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星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday
					9:00 am – 11:00 am 成人班 Adult Kung Fu	9:00 am – 11:00 am 成人班 Adult Kung Fu
	10:00 am – 11:30 am 成人班 *Adult Kung Fu	10:00 am – 11:30 am 成人班 *Adult Kung Fu	10:00 am – 11:30 am 成人班 *Adult Kung Fu	10:00 am – 11:30 am 成人班 *Adult Kung Fu	1:30 pm – 3:00 pm 儿童班 Children Kung Fu	1:30 pm – 3:00 pm 儿童班 Children Kung Fu
学校休息 SCHOOL CLOSED	* For 10:00 am – 11:30 am weekday morning classes, please tell us the day before that you will be attending * *周日上午 10 时-下午 11:30 的上午班，你必须在前一天告诉我们你将会出席*				3:00 pm – 4:30 pm 少年班 Teenager Kung Fu	3:00 pm – 4:30 pm 少年班 Teenager Kung Fu
	4:00 pm – 5:30 pm 儿童班 Children Kung Fu	4:00 pm – 5:30 pm 儿童班 Children Kung Fu	4:00 pm – 5:30 pm 儿童班 Children Kung Fu	4:00 pm – 5:30 pm 儿童班 Children Kung Fu	4:30 pm – 5:30 pm Performance Practice Yellow and Above	4:30 pm – 5:30 pm Performance Practice Yellow and Above
	5:30 pm – 7:00 pm 少年班 Teenager Kung Fu	5:30 pm – 7:00 pm 少年班 Teenager Kung Fu	5:30 pm – 7:00 pm 少年班 Teenager Kung Fu	5:30 pm – 7:00 pm 少年班 Teenager Kung Fu	5:30 pm – 7:00 pm 擒拿 Qin Na	5:30 pm – 7:00 pm 散打 San Da
	7:00 pm – 8:00 pm 散打 San Da	7:30 pm – 9:00 pm 气功 Qi Gong	7:30 pm – 9:00 pm 气功 Qi Gong	7:00 pm – 8:00 pm 散打 San Da	7:30 pm – 9:00 pm 气功 Qi Gong	7:30 pm – 8:30 pm 打坐 **Sitting Meditation
	8:00 pm – 9:30 pm 气功 Qi Gong	9:00 pm – 10:00 pm 成人班 Adult Kung Fu	9:00 pm – 10:00 pm 成人班 Adult Kung Fu	8:00 pm – 9:30 pm 气功 Qi Gong	**打坐是开放给任何 有兴趣的人	**Sitting Meditation is open to anyone that is interested

课程:  
儿童班: 5 – 12 岁  
少年班: 13 – 17 岁  
成人班: 18 岁以上  
气功: 以内功来健体 / 强身  
散打: 中国跆拳道  
擒拿: 缠拿, 关节锁扣, 自卫

学费:  
一个月 功夫 / 气功 / 散打: \$150  
(添加 擒拿 \$50)  
一个月 擒拿 / 散打: \$120  
  
一次支付 6 个月, 免费赠一  
一次支付 12 个月, 免费赠二

Classes:  
Children Level : 5 – 12 years old  
Teen Level : 13 – 17 years old  
Adult Level : 18+ years old  
Qi Gong : internal forms for health / power  
San Da : Chinese kickboxing  
Qin Na : grappling, joint-locks, self-defense

Fees:  
1 month Kung Fu / Qi Gong / San Da: \$150  
(to also include Qin Na add \$50)  
1 month Qin Na / San Da only: \$120  
Training Uniform Cost: \$100  
Pay for 6 months in advance, get 1 month free  
Pay for 12 months in advance, get 2 months free

Visit our website to signup for our mailing list and to find our Facebook and Twitter accounts.

Class schedule and fees may be changed. All fees are non-refundable. If students fail to attend class, substitutions are not allowed.