



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	TEMPLE CLOSED 学校休息	
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	10:00 am – 11:30 am 成人班 *Adult Kung Fu	1:30 pm – 3:00 pm 儿童班 Children 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	4:00 pm – 5:30 pm 儿童班 Children Kung Fu	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 少年班 Teenager Kung Fu	5:30 pm – 6:40 pm 擒拿 Qin Na		
7:00 pm – 8:00 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	7:00 pm – 8:00 pm 气功 Qi Gong		7:00 pm – 8:00 pm 打坐 *Sitting Meditation
8:00 pm – 9:30 pm 气功 Qi Gong	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 free and open to everyone

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

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