



United East Athletics Association 70 Mulberry Street, Suite 201 New York, NY 10013 Tel: (212) 227—9452

www.ueaa.org www.facebook.com/ueaa.org

Contents 目錄

Fun Fun Saturday Staff 職員表3	Junior Engineer 小工程師班
Director's Statement 策劃主管寄語4	Karate 空手道班
Classes 課程6	Kicking and Striking 踢腿和拳擊班
American Sign Language 美式手語班	Lion Dance 舞獅班
Arts & Crafts 手工藝班 Badminton 羽毛球班 Ballroom Dance 社交舞蹈班 Basketball 101 籃球班	Origami: Beginner 摺紙初班 Origami: Intermediate 摺紙高班 Ping Pong 乒乓球班 Recreational Sports 康樂遊戲班
Board and Card Games Beginner 紙牌和桌上游戲初班	Softball 壘球班 Ultimate Frisbee 飛碟班
Boxing (Beginners) 拳擊初班 Chorus 合唱班 Computer (Basic) 電腦初班	Urban Dance 城市舞蹈班 Volleyball 排球班 Yoga AM 瑜伽班
Creative Writing 創意寫作班 Database and SQL 數據庫和 SQL Design and Making 設計製造班	Yoga PM 瑜伽班 Events 活動
English Literacy 英文班 Financial Literacy 財經班 Flag Football 奪旗式欖球班 Get Active! 動起來吧!	
International Chess 國際象棋班 Introduction to Drawing and Painting	

繪畫初班

Junior Chef 小廚師班

2016 Fun Fun Saturday Staff 夏日繽紛星期六職員表

Director | 策劃主管 | Victoria Seto

Assistant Director of Classes | 課程助理策劃 | Kenneth Ho, Karina Moy

Assistant Director of Events | 活動助理策劃 | Fiona Or

Assistant Director of Volunteers | 義工助理策劃 | Jennie Woo

Class Coordinator | 課程統籌 | Jolie Chow, Garmain Wu, Alex Yung

Volunteer Coordinator | 義工統籌 | Shirley Cai

Events Coordinator | 活動統籌 | Sharon (Min Min) Cai, Michelle Lo, Boson Wu, Sonny Tieu

Translation Chairs | 翻譯| Michelle Lo, Boson Wu

Marketing Chair | 市場策劃主席 | Bonnie Tse

Marketing Coordinator |市場策劃 | Holy Cheong



UEAA Board of Directors 美東體育會董事局

Chairman |董事長 | Chung Hing Sin

Vice Chairman |副董事長 | June Jee

Directors |董事 | David Chin, Lillian Moy, Echo Wong, Henry Vuong

2016 Fun Fun Saturday Yearbook Committee 2016 繽紛星期六年刊籌委

Jenny Cao | Holy Cheong | David Chin | Ashley Ip | Michelle Lo | Victoria Seto

Fun Fun Saturday Photographers | 夏日繽紛星期六攝影師
David Chin | Bonnie Tse

Director's Statement

February 2017

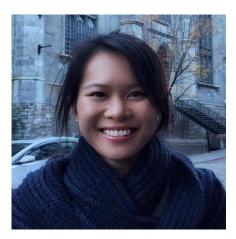
Dear Fun Fun Family,

We have done it again! Another year of this ever progressing program in the books, and I could not be more proud of the year we have put together as a team.

Our roster of 36 classes speaks for itself. Made up of eight new classes and twenty-two new instructors, our program is constantly graced with energetic new talent and a dedicated returning volunteer base. This is what fuels our eclectic roster of classes. Inspiring mainstays like Soccer, Urban Dance, Junior Chef and Junior Engineer constantly attract new instructors into the game. Not only that, volunteers are constantly inspired by the passion of our veteran instructors. New instructors found lessons inside of themselves that they decided to share with the program's students. This year, this generosity amounted to new classes like Design and Making, Boxing, Database & SQL and Introduction to Drawing and Painting. These classes work to spark curiosity and interest in out-of-the-box subjects and activities that our kids would not have been exposed to otherwise.

These unique experiences are the fundamental building blocks that our youth needs to grow into open-minded individuals. It is now, more important than ever, that we begin to teach the youth tolerance and motivate them to learn about realities they may not be accustomed to. At Fun Fun, I see a valiant effort in contributing to the project of molding the youth in the right direction. Every year, approximately 300 students and 100 volunteers pass through the program. Not only do students learn the subjects offered in the program, but both students and volunteers absorb the abundance of the volunteer spirit. To me, that is the ability to find fulfillment in the process of lifting others up. Watching the juxtaposition of the work we accomplished this summer at Fun Fun to the happenings around the America and the world, I am proud to see that we are making a positive impact.

The work that this program has done this year would have been impossible without the hard work of my administration team, the planners group, instructors, assistants, parents, and sponsors. Your dedication to the program has created a ripple effect that will carry Fun Fun for years to come. It was great working with all of you this year, and I will see you all next year!



Yours,

Victoria Seto Fun Fun Saturday Director

策劃主管寄語

親愛的繽紛大家族:

我們又一次做到了!又一個不同凡響的一年,我為我們作為一個團隊而感到自豪。

從我們所提供的36個班別本身就已經不言而喻了。其中由八個新課程和二十二個新教師組成的。我們的活動不斷注入充滿活力的新人才加入和一群忠實的義工支持,這為我們多元化的課程而充電。也為我們恒常舉辦的課程,如足球班、城市舞蹈班、小廚師班和小工程師班等課程注入新教師。不僅如此,新義工常常被我們的舊義工引導。新教師經啟發往往能自我構思、探索,而為我們的學生開啟有趣或更好的新課程。今年,這種慷慨付出,令我們提供了設計製造班、拳擊班、數據庫和SQL和繪畫班等新課程。這些課程能激發學生的好奇心和興趣,而這些活動和不常規的科目相信是在外不常見的。

這些獨特的經驗都能成為我們的年輕人成為思想開明,胸襟寬闊應有的基石。現在,我們開始教導年輕人需要有忍耐性和鼓勵他們去學習他們生活中未能預見的事實,沒有比這些更重要的了。在「夏日繽紛星期六」,我見到一班義工在課程上為年輕人塑造了正確方向的決心。每年,大概300名學生和100名義工通過課程學習,不僅學生能在課程吸收到知識,他們也和義工們一樣,都能感受到義務工作的精神。對我來說,這是能在提升他人而找到滿足的能力。對比著我們今夏在「夏日繽紛星期六」的成就和在美國和世界各地所發生的事,我很自豪地看到,我們在產生的是正面的影響。

如果沒有我們的管理團隊,策劃團隊,教師,義工,家長和贊助商的辛勤工作,今年的課程是不可能完成的。你們對課程的奉獻創造了一個漣漪效應,將帶領著「夏日繽紛星期六」未來的每一年。 這一年我慶幸能跟你們合作,明年見!



夏日繽紛星期六策劃主管 Victoria Seto

American Sign Language 美式手語班、



ASL was a class where we learned to communicate with each other without using the spoken language. Instead, we used body language and facial expressions to understand one another. Students learned the 部表情來互相了解。學生學會了手語的字母表,以及如何提出和回 alphabet in sign language and also how to ask and answer simple 答簡單的問題。這是一個入門的課程,為了那些對一種能以獨特的 questions. This class was an introductory course for students who were 方式溝通而感興趣的學生而設,一種用無言的字。 interested in a special mode of communication, one that uses silent words.

在美式手語班我們學習不用言語來互相溝通。我們用身體語言和面

Instructor 導師 | Annie Lai

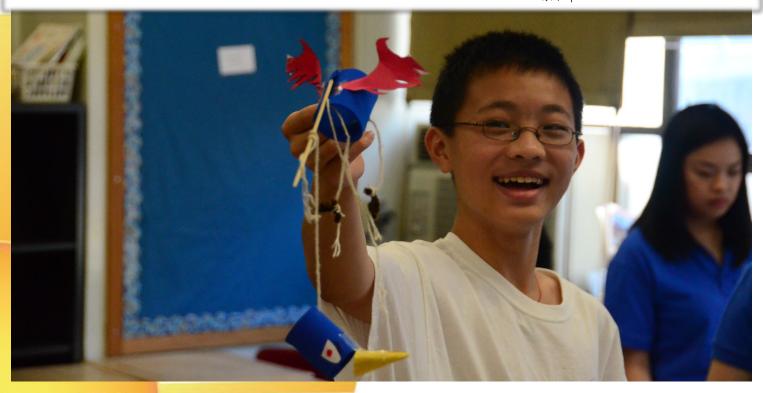


Arts & Crafts 手工藝班



Paper, scissors, string, and glue! These materials sum up this 紙,剪刀,繩索,膠水!這些材料總結了今年夏天的手工藝 summer's Arts & Crafts class in which students took everyday items 班,同學們把日常的東西使他們成為新的有趣的工藝。他們運 to create new and interesting projects. They used their imagination 用了自己的想像力和創造力同時有樂趣!學生不久便學到了制 and creativity while having lots of fun! Students soon learned that 作手工藝品不只是使用的昂貴材料,而是使用想像力! arts and crafts wasn't all about using fancy materials, but rather, about using imagination.

Instructor 導師 | Fiona Or and Victoria Tan



Badminton 羽毛球班



one of the Chinese community's favorite sports, can be played in the 之一。不僅在公園和健身房上可以打羽毛球, encouraged both teamwork sportsmanship. and Instructors hope that students will bring the passion of badminton home with them.

"What sport allows smashing of a bird?" BADMINTON. Badminton,羽毛球,一個被允許砸掉小鳥的運動,是中國社區最喜歡的運動 它更是一個適合所 park, gym and by people of all ages. In this class, students learned the 有年齡的消閒活動。羽毛球課上,學生學到了羽毛球的基礎技術 basic skills and rules of the game. They played friendly matches that 和比賽規則。更通過友誼比賽,學到了團體和體育精神。教師希 望學生能把上課時的激情

Instructor 導師 | Dora Tan & Andy Ng



Ballroom Dance 社交舞蹈班



were challenged to learn both the parts of the leader and the follower. We learned a variety of dances including waltz, foxtrot, 和一群精力旺盛的學生, swing, rumba, and chacha. With a class full of energetic students, we presented a fun new way to exercise.

One, two, three. Back, side, close. Ballroom was a fun class full of 一,二,三。退後,側面,靠近。社交舞蹈班是一個充滿音樂和 music and dance. As a new class, the volunteers and students 舞蹈的有趣課堂。義工和學生通過共同努力,使課堂增加趣味性 worked together to make the class fun and educational. Students 和教育性。學生們同時學習了領舞者和跟舞者的舞步。學生學習 了各種社交舞蹈,包括華爾茲,狐步舞,搖擺,倫巴和恰恰舞。 我們展示了一種有趣新穎的方式來鍛煉 身體。

Instructor 導師 | Christina Lai & Brandon Or



Basketball 101 籃球班



In this class, students learned and reviewed the fundamentals of 在這課上,學生學習了籃球的基礎技術和比賽規則。他們通過訓 basketball. They participated in drills that improved their dribbling, passing, defense, and shooting skills. Through these drills and games, students applied their new skills into helping their teams excel and win. Most of all, everyone had a great time!

練來增加運球, 傳球, 防守, 上籃和投籃的技術。並在比賽裏, 使用學到的新技術來幫助他們的小隊帶來勝利。希望每人都能在 課上有一個快樂的時光。

Instructor 導師 | Ivan Xie



Board and Card Games Advanced

紙牌和桌上游戲初班



Board and Card Games- Advanced wraps up another year of strategic 紙牌和桌上游戲初班又經歷過了一年「戰略」的樂趣。學生被介 fun. Students were introduced (and reintroduced) to a wide variety of board and card games. These games ranges from the modern classic set collection train game, Ticket-to-Ride, to the city building game of Machi Koro, and all the way to the destructive kaiju game, King of Tokyo. Utilizing these games, students were able to refine their mental abilities and improve their communication skill through face-to-face interaction, all while having a blast!

紹(和重新被介紹)了各種各樣的棋盤和紙牌遊戲。這些遊戲從 現代經典火車遊戲、「車票之旅」、到城市建築遊戲「骰子 街」、到破壞怪獸遊戲、「東京之王」。 利用這些遊戲, 學生通 過面對面的互動可以精煉他們的心理能力和提高他們的交流技巧, 同時享受遊戲裡的樂趣。

Instructor 導師 | Ricky Dang



Board and Card Games Beginner

紙牌和桌上游戲高班



Board and Card Games- Beginner wraps up another year of strategic 紙牌和桌上游戲高班又經歷過了一年「戰略」的樂趣。 fun. Students were introduced (and reintroduced) to a wide variety of board and card games. These games ranges from the modern classic 現代經典火車遊戲、「車票之旅」、到城市建築遊戲「骰子 set collection train game, Ticket-to-Ride, to the city building game of Machi Koro, and all the way to the destructive kaiju game, King of Tokyo. Utilizing these games, students were able to refine their mental abilities and improve their communication skill through face-to-face interaction, all while having a blast!

紹(和重新被介紹)了各種各樣的棋盤和紙牌遊戲。這些遊戲從 街」、到破壞怪獸遊戲、 「東京之王」。 利用這些遊戲, 學生通 過面對面的互動可以精煉他們的心理能力和提高他們的交流技巧, 同時享受遊戲裡的樂趣。

Instructor 導師 | Ricky Dang



Boxing (Beginners) 拳擊初班



Boxing has been called "The Loneliest Sport". However, this summer I watched a room full of Fun Fun Saturday kids bond over it. They learned basic punches, footwork, defense, combinations and evasive maneuvers throughout the summer. Even the youngest and smallest students in the class were punching like pros by the end. There is no substitute for the confidence and balance gained from mastering these techniques.

拳擊被稱為「最孤獨的體育運動」。但是,這個夏天我看著一班滿滿的繽紛星期六學生因為它結盟。整個夏天他們學習了基本拳法、步法、防守、組合和evasive maneuvers。最後,最少和最小的學生也像專家一樣拳擊。通過掌握這些技巧得來的自信和平行是沒有替代品的。

Instructor 導師 | Ed Pokropski



Chorus 合唱班



Students were introduced to the basic musical scale and learned to 向學生介紹了基本的樂譜和學會了一起唱歌。他們練習小合唱歌 sing songs together. They practiced small chorus songs to help them 來幫助他們成為一個組合。這個班的目標是確保學生有參與和得 become a group. The goal of the class was to ensure the students 到樂趣, 同時在唱一首歌上每周有進步。 participated and had fun while progressing every week on singing a particular song.

Instructor 導師 | Holy Cheong



Computer (Basic) 電腦初班



In this Computers Basics class, students learned many things, including 在這電腦初班,學生們學會了很多東西,包括如何使用Windows操 how to use Windows, organize folders, and type. Students also worked 作系統,整理文件夾和打字。學生也創作了Power Point。在創作 on creating Powerpoints. While making Powerpoints, students learned Power Point時,學生學會了如何使用搜索引擎來獲得他們在研究的 how to use a search engine to obtain the information on the topic they 題目的資信。此外,使用「畫圖工具」,學生也創作了用來當電腦 were researching. Not only that, using Paint, students also 背景的照片。 created pictures for their computer backgrounds.

Instructor 導師 | Janna Sin



Creative Writing 創意寫作班



In Creative Writing, students flexed their literary muscles. We went 在創意寫作班,學生動用了他們的文學細胞。我們教授了寫故事 The class was devoted to writing and reading out loud each other's 時,學生挑選他們最喜歡的作品在小雜誌上發表。 work. At the end of the summer session, the students chose their favorite work to publish in a small magazine.

over the building blocks of a story and each week, learned a new 的模塊和每周學習一個新技巧。每周,我們用我們學到的寫一個 technique. Every week, we wrote a new story using what we learned. 新故事。這個班著重寫作和互相朗讀大家的作品。在暑期結束

Instructor 導師 | Tabitha Sin



Database and SQL 數據庫和 SQL



For the first summer ever, Database & SQL was offered as a class. This was an Advanced Computing class and it taught students what a database was. They also learned how it was used in today's commercial and public world. Not only that, simple SQL was taught using online examples.

暑期上首次,數據庫和SQL成為一個班。這是一個進階的電腦班, 班上教授學生什麼事數據庫。他們也學習在商業和社會上如何使 用數據庫。通過網上的例子學習簡單的SQL語言。

Instructor 導師 | Eric Kwai



Design and Making 設計製造班



This was the first summer Design and Making was offered. It was an introduction to product design and students were guided with instruction on how to both create and rethink common objects. Through various projects, students practiced different techniques in making, developing their ability to both envision and execute their designs. With limitations in the tools and materials that they could use, students were encouraged to think creatively to carry out their design intents. The students exceeded the expectations of this class, interpreting the instruction given to them in imaginative ways, proving themselves to be more resourceful and creative than they had originally believed. One of the many small (unexpected) victories in this class was that, from making night lights to tote bags, each student discovered a strength that they felt comfortable sharing with his or her classmates — a crucial component to a learning environment that I believe Fun Fun Saturday is founded on: leading by example.

這是第一個有設計製造班的夏天。這班介紹產品設計,學生被引領如何創造和重做日常物品。通過不同項目,學生練習不同技巧去製造,發展他們預想和實行設計的能力。用有限的工具和可用物料,學生被鼓勵有創意地想如何實行他們設計的意圖。學生們超越了這班的期望,對指令有想像力的去闡釋,證明他們比自己原來想像的更足智多謀和有創意。這班其中一個小(意外)勝利是,從製造夜燈到手挽袋,每個學生都發現了一種他們能舒暢地對他們同學分享的長處一個學習環境的關鍵組成部分,我相信繽紛星期六是建立在:通過例子來領導。

Instructor 導師 | Macy Goh





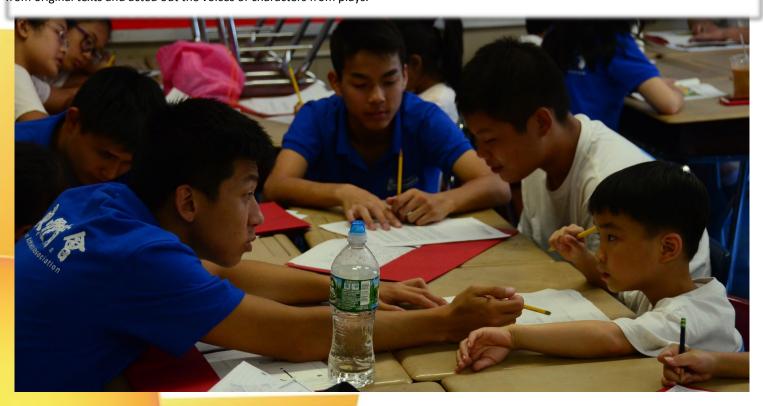
English Literacy 英文班



speak English. They not only worked with their tutors, but also worked together with other students to achieve their common goal. In addition, they played a variety of word games to stimulate interest in learning and to expand their vocabulary. They also read many fiction 有文章寫作了自己的故事來演變出新次元世界,也扮演話劇人物 and non-fiction passages to explore, enjoy, and learn. Not only that, students wrote their own stories to develop new dimensional worlds from original texts and acted out the voices of characters from plays.

In the English Literacy class, students learned how to read, write, and 在英文班,學生學會了如何讀,寫和說英語。他們雖然不單向導 師學習, 更與其他同學一組共同努力實現那些目標。另外, 他們 玩各種字句遊戲來激發學習興趣和擴大他們的詞彙知識。他們閱 讀很多小說和非現實小品來探索,享受和學習。此外,學生從原 的聲調。

Instructor 導師 | Iris Hsieh



Financial Literacy 財經班



Students learned about money, banking, the stock market, and 學生了解貨幣,銀行,股市,投資。他們所掌握的技能,幫助他們 a lot. Students played games to learn the importance of income 性。此外,每位學生每週回顧一次他們的虛擬股票投資檔案。 diversification. In addition, each student had an imaginary stock portfolio that was reviewed on a weekly basis.

investing. They acquired skills to help them lead financially and fiscally 過經濟上和財政上負責任的生活。雖然本課程似乎有些困難,但是 responsible lives. Although the class was difficult, the students learned 學生們學到了很多東西。他們以遊戲方式去學習收入多元化的重要

Instructor 導師 | David Chin



Flag Football 奪旗式欖球班



pastime and worked on improving their general fitness. With the coaches and volunteers providing a fun and dynamic environment, students learned how to throw and catch a football, make moves against their defenders and grab flags. Most importantly, students learned the significance of teamwork and good sportsmanship.

This summer, students learned to appreciate an all-time American 學生在這個夏天學習欣賞一個長期受美國人喜愛的消閒運動和改 善他們的體質。在老師和義工提供的有趣和動態的環境,學生學 習如何抛球和接球,相對防守者的動作和拔旗。最重要的是,學 生學會了團隊合作和良好體育精神的重要性。

Instructor 導師 | Alice Zhang & Richard Zheng



Get Active 動起來吧



included playing with balloons, relay races, and jumping around. Kids learned a healthy way to relieve stress as they interacted with their fellow classmates and got active this summer.

School has always been about math, writing, science, and other boring 學校裏總是關於數學、寫作、科學和其他沈悶的科目。活躍些啦是 subjects. Get Active was the opposite of those traditional classes. 那些傳統科目的反面。這班能讓孩子得到樂趣,同時學習能讓他們 Instead, it was a class where kids got to have tons for fun while also 身體健康的新遊戲和活動。遊戲包括玩氣球、接力比賽、和到處 learning new games and activities that helped them get fit. Games 跳。孩子通過和同學交流學習一個健康減壓的方法和在這個夏天活 躍起來。

Instructor 導師 | Sandy Dai



International Chess 國際象棋班



In international chess, students learned and practiced notation, opening, developing pieces, castling, en passant, forks, pins, and checkmates. The class ended with a tournament showcasing the students' skills and strategies, which they had honed throughout the summer.

在國際象棋班中,學生獲得了記譜,開局,出動棋子,王車易位,吃過路兵,抽將和牽制戰術,將殺等知識。課程結束時,學生以一場比賽展現出他們的技巧和策略,這也是他們整個夏天中的磨練。

Instructor 導師 | Ivan Ip



Introduction to Drawing and Painting

繪畫初班



In this class, students let their creativity flow as they created pieces 在這班上,學生通過創造寫生、水彩、顏料和人物素描的作品讓他 topic of study, and then creating their own work with minimal 對與錯的。 guidance. The course emphasized that there was no right or wrong way to make art.

of works that focused on still life, water color, paint, and figure 們的創意流動。學生在每節課上第一樣是學習當天課題的技巧,然 drawing. They spent each class first learning the technics for the 後在很小指導下創造他們自己的作品。這個課程著重做藝術是沒有

Instructor 導師 | Betty Chen



Junior Chef 小廚師班



The Junior Chef class allowed kids to use their imaginations in 學生在小廚師班發揮了無窮的想像,創造了美味可口的食物。學生 personal and unique creation. Fresh ingredients, simple 健康的料理。 techniques, and a little imagination led to scrumptious and healthy meals.

creating delicious dishes. Students made sushi, tacos, shaved ice, 做了壽司, 炸玉米餅, 和刨冰等食物。把平凡的材料變成一個獨特 and much more. Students turned everyday ingredients into a 的作品。新鮮的材料,簡單的技巧,和一點點想像力帶來了美味和

Instructor 導師 | Brenda Kuang



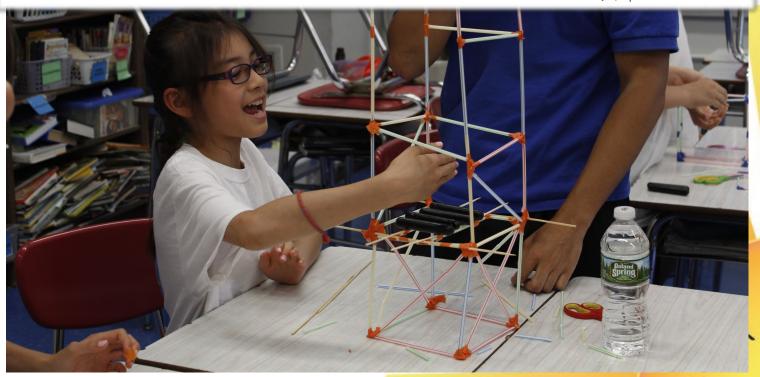
Junior Engineer 小工程師班



are ways to make them stronger and taller with less material? The 的?這些問題都是今年夏天中,學生們在解決問題如利用報紙製 students explored these questions as they tackled challenges such as creating skyscrapers out of newspaper and racing to build a bridge using straws. Using everyday materials, the class learned how structures behaved in the outside world.

How do buildings and bridges stand up? Why do they fall down? What 建築物和橋樑是如何站立的?它們為什麼會倒塌?它們是什麼做 作塔和利用吸管製作橋樑時所探討的問題。這班是以戶外尋物遊 戲結束課程的高峰, 通過互相合作, 他們發現在我們周圍的世界 可以隨處找到土木工程師的作品。

Instructor 導師 | Kenneth Ho



Karate 空手道班



Over the summer, students worked to their limits, parrying and 今年夏天,學生們努力學習了空手道進攻和防守的基礎知識。 learning the basics of attacking and defending. While they were 雖然他們每次都練習到筋疲力盡,但他們學習到了武術更多的知 definitely exhausted, they left with more knowledge and skills 識和技能,也對空手道有了更深的理解。 in the martial arts and an understanding of the branches of karate.

Instructor 導師 | Brian Dang



Kicking and Striking 踢腿和拳擊班





This summer, students learned basic blocking, punching, foot 這個夏天,學生學習基本防守、拳擊、步法和踢腿技巧。 work and kicking techniques. By practicing consistently, 通過常常練習, 學生開始改善他們的身體協調和平行。 students started to improve their body coordination and balance. 在這夏天過去的同時, 很開心見到學生對他們踢腿和拳擊的 As the summer progressed, students became more confident in 能力更有自信 their ability to kick and strike which was very pleasing to see.

Instructor 導師 | Eric Kwai

Lion Dance 舞獅班



In this class, students were introduced to the basics of lion dancing. We started with the history of lion dancing. Soon after, we introduced the music and dancing that went along with the lion heads. Each student was taught how to play the instruments that accompanied the lions and a simplified lion dance routine. The goal of the class was to increase the students' interest in Chinese culture through lion dancing while have fun learning music and dancing.

在這班,向學生介紹舞獅的基本。我們開始時學習舞獅的歷史。 然後,我們介紹和獅頭配合的音樂和舞蹈。每個學生都學習了如 何演奏和獅子配合的樂器和一個簡單的舞獅套路。這班的目標是 通過舞獅增加學生對中國傳統文化的興趣同時有趣地學習音樂和 舞蹈。

Instructor 導師 | Stacey Wu



Origami: Beginner 摺紙初班



they folded everything from animals to paper airplanes and worked on 紙飛機,和其它不同的摺紙工程時,學生開始變得越來越少保留, various projects that they chose, students became less reserved and 而且更加開放和顯露出他們充滿活力和奇特的個性。他們的興奮隨 more open with their energetic and quirky personalities shining 著他們學到更多而增加。 through. Their excitement grew as they learned more and more each week.

In Origami for Beginners, students learned basic folding techniques. As 在摺紙初班,學生學會了基本的折疊技術。當他們選擇從摺動物到

Instructor 導師 | Jackie Ho



Origami: Intermediate 摺紙高班



The Origami Intermediate class started out quiet, but eventually became more open and excited as the students started to connect through origami. Innovative designs combined with traditional origami rings, wreaths, and cubes fueled the children's imagination. They soon realized that anything could be made from paper.

摺紙高班在開始時是文文靜靜,隨著他們通過摺紙認識,變得開朗和興奮。創新的設計混合著傳統的紙圈、紙花環和紙方塊等滿足著孩童的幻想。他們也明白到紙什麼也能做成。

Instructor 導師 | Frances Ho & Jackie Ho



Ping Pong 乒乓球班



In this class, students learned the fundamental rules of ping pong in two different play styles of their choice. Though ping pong may look simple, students learned that it requires a lot of concentration, reflexes and stamina. Exercises include warmup, drills and proper forms and techniques. These techniques were forehand, backhand and serves. Combined with the ping pong related drills and proper hand forms, students were able to hit and return with each other and enjoyed the fun exercise.

在這個課上,學生學習了**乒乓**球的基本規則並由他們選擇兩種不同的握拍方式。**乒乓**球看似簡單,但卻需要無窮的集中力,反應力和耐力。學生通過熱身運動和操練,學習正確的動作和正手、反手和發球技巧。結合了**乒乓**球的相關操練和正確的手部動作,學生可以互相搓球和享受練習的樂趣。

Instructor 導師 | Boson Wu



Recreational Sports 康樂遊戲班



Recreational Sports focused on having students role play as a trainee at a Superhero Training Academy. Young children joined us as we entered a world of fantasy where they trained to become a superhero! They learned secret techniques to increase their speed and agility through various running obstacles and acquired knowledge passed down from generations of heroes on how to control strength and improve flexibly through Mixed Martial Arts. They also learned how important teamwork was in our Academy.

康樂遊戲著重學生扮演一個超級英雄訓練營的實習生。年幼孩子加入我們進入一個夢幻的世界,他們將受訓成為一個超級英雄!他們學習秘密的技巧來增加他們的速度和敏捷,通過不同的移動障礙和學習從代代英雄流傳下來,如何控制力量和通過混合武術來改善柔軟度的知識。他們也學習到在我們訓練營裏團體合作的重要。

Instructor 導師 | Kevin Tse & Grace Sin



Rubik's Cube 魔方班



This summer, students had the opportunity to learn the 這個夏天,學生有機會學習魔方背後的秘密。學生流暢地學習正 secrets behind solving a Rubik's cube. Students fluently learned proper notations and algorithms to solve the cube. We started with 學生一些新的東西,令他們更加接近成功。我們儘量令過程變得 building the cross and each week, instructors taught students something new, which got them closer to the finished product. We 的手眼協調,手指靈活,和批判性思維的技巧。魔方班非常成 tried to make it as fun as possible by teaching them how to think 功。 strategically on their own. Throughout the summer, the students improved their hand-eye coordination, finger dexterity, and critical thinking skills. The Rubik's cube class was so successful!

確的符號和法則來解開魔方。我們以十字開始。每週,老師會教 更有趣, 教他們自己有策略地思考。通過夏天, 學生增加了他們

Instructor 導師 | Daniel Li & Andy Wang



Soccer 足球班



Soccer demands skill, stamina, and teamwork, each of which 足球需要技巧,耐力和團隊合作精神,正是學生們在夏天期間 students learned and practiced during the summer. Classes began 的學習和實踐。學生們由慢跑開始,熱身和練習到比賽結束。 with light jogs, warm-ups, and drills, and ended with games. With 在每個班級中,其中一些學生從最初完全不懂如何正式地踢 each class, students of various levels developed into more skillful 球,發展成為技術過硬,熱心的足球運動員。 and avid soccer players.

Instructor 導師 | Sai Sok Sok



Softball 壘球班



the students were new to the sport on Day 1, they were ready for 新丁,但在暑期將完的時候,他們已備有條件參加大聯賽了! the big leagues by the end of the summer!

This summer, students learned ins and outs of the game--from 繽紛星期六的壘球班是一熱賣的課程!學生們從投、接、打和守球 throwing and catching to hitting and fielding. While the majority of 中學會這比賽的來龍去脈。在首天的課程,雖然大部份的學生都是

Instructor 導師 | Sharon Cai & Michelle Popovitch



Ultimate Frisbee 飛碟班



Students learned and practiced the fundamentals of Ultimate Frisbee. Through drills and games, in which they played on teams, students 比賽,學生改善了技巧,如扔飛盤的準確和一致性,以及在不同 improved skills such as accuracy and consistency of throws, as well as 情況的遊戲正確接飛盤的技巧。所有人都有一個愉快的時間。在 proper technique for catching the disk in a variety of different game scenarios. Everyone had an extremely fun time. By the end of the session, students played a scrimmage, using their newly acquired skills to play the game.

學生學習和練習終極飛盤的基礎。通過訓練和遊戲, 他們以團體 課堂結束前, 學生用他們新學會的知識來作一場友誼競技。

Instructor 導師 | Nick Tsapakos & Helen Li



Urban Dance 城市舞蹈班



Known as one of the most primitive and universal forms of self-expression, dance is also great exercise and a lot of fun! The 作為一個最原始和最普遍的自我表達方式,舞蹈不但是一種很好的 objective of Urban Dance this year was to give students the confidence to move their bodies to music, through a combination of simple and complex taught choreography, as well as an ample opportunity to free dance. By the end of the summer, students had learned an entire dance to Justin Timberlake's "Can't Stop the Feeling" and developed their own unique vocabularies of movement to begin their creative dance journeys!

鍛煉,也帶給我們很多的樂趣。通過學習一系列簡單和複雜的套路 和跟著音樂的自由舞動,今年城市舞蹈班的目標是讓學生有信心將 自己的身體交給音樂。暑假結束前,學生學習了Justin Timberlake 的整支舞蹈 "Can't Stop the Feeling"和創造了屬於他們自己的舞蹈動 作來開始他們創意舞蹈的旅程。

Instructor 導師 | Kristina Wong & Shirley Cai



Volleyball 排球班



Although some students were new to the sport, this class was still a success. Students perfected bumping, setting, spiking, and other fundamental skills over the course of the summer. In addition, students enjoyed a fun workout each week.

雖然對于一些學生是一項新的運動,這仍然是一個成功的班。學生 在這個夏天熟練了打球,置球,扣球和其他基本技能。另外,每周 學生們也享受一個有趣的鍛煉。

Instructor 導師 | Judson Deng & Ryan Sin





Yoga (AM) 上午瑜伽班



Yoga this summer was all about our minds and bodies. Students learned Vinyasa Yoga, a series of poses that can move you through the power of inhaling and exhaling. We taught basic flows, like the Warrior flows and sun salutations, and also incorporated a strengthening and cardio portion in each class. The students were encouraged to establish healthy habits in daily life through learning yoga philosophy.

心神和身體是今年夏天瑜伽班的教學重點。學生學習了流瑜伽, 一系列通過吸氣和呼氣來移動的動作。每節課都會融合強化身心 的練習,同時也學習了如戰士式和拜日式的基本動作。希望學生 通過學習瑜伽的理念,能在日常生活中養成健康的生活習慣。

Instructor 導師 | Janna Sin



Yoga (PM) 下午瑜伽班



Yoga this summer was all about our minds and bodies. Students learned Vinyasa Yoga, a series of poses that can move you through the power of inhaling and exhaling. We taught basic flows, like the Warrior flows and sun salutations, and also incorporated a strengthening and cardio portion in each class. The students were encouraged to establish healthy habits in daily life through learning yoga philosophy.

心神和身體是今年夏天瑜伽班的教學重點。學生學習了流瑜伽, 一系列通過吸氣和呼氣來移動的動作。每節課都會融合強化身心 的練習,同時也學習了如戰士式和拜日式的基本動作。希望學生 通過學習瑜伽的理念,能在日常生活中養成健康的生活習慣。

Instructor 導師 | Jin Lin



Sports Day 運動日



Fun Fun Saturday hosted its annual Sports Day on July 16, 2016. With the sun brightly shining down, volunteers set up the park, excited for what was to come. Soon enough, at around 9 am, kids started to pile in with their white t-shirts. Sports Day began and it was filled with laughter, cheering, and most of all, excited children. Events included tug-owar, relay races, sprints, powerball, and of course, soccer and basketball. As the day continued, friendships were rekindled, memories were made and new bonds were formed. The event concluded with medals and champions, but medal or not, everyone was a winner!

Date 日期: 07/16/2016



於2016年七月十六日,「夏日繽紛星期六」舉行了一年一度的運動日。當天陽光普照,義工準備好公園場地,非常興奮的等待即將來臨的一天。很快,約上午九時,穿著白色T恤的孩子們陸續進入賽場。運動日開始,場上立刻洋溢着歡笑聲和歡呼聲,最重要的是充滿了興奮的孩子。當天活動包括了:拔河、接力賽、賽跑、強力球、足球和籃球。隨著時間過去,孩子們建立了友誼、製造了回憶和形成了新的互信關係。活動結束前,大會頒發了獎牌和公佈了各隊的總排名。不管有沒有贏取到獎牌,大家都是大贏家。

Fun Fun Fest 繽紛學生節

On Saturday, August 13th, we concluded our summer program with a fun and interactive festival. Through brief class workshops and a class fair, students and their parents had the opportunity to learn what Fun Fun had to offer. Students were able to design their own schedules for the day, and explored classes through the school. The school buzzed with laughter and smiles all throughout the day.

This fun-filled day ended on an electric note. We hosted a carnival where students queued up to try their hand at many hoola hoop, marbles, and frisbee-filled carnival games. The excitement didn't stop there though; students ended their Fun Fun summers lining up to exchange the tickets they had accumulated for stuffed animals, drawstring bags, and even fan-favorite funko pops.

The festival's second year proved, yet again, a rewarding and exciting experience for our students and parents. It allowed us the opportunity to open all of our classes' doors to the students of the entire program instead of just the select few who were able to register.



Date 日期: 08/13/2016

八月十三日星期六,我們以有趣和互動的節日來結束我們的夏季課程。通過小型工作坊和班別展覽,學生和家長有機會認識到繽紛星期六不同的課程。學生可以設計自己當天的節目表,探索「夏日繽紛星期六」舉辦的不同課程。學校全天都洋溢著歡笑聲和歡呼聲。

最後,我們用一個嘉年華會來結束這充滿快樂的一天。學生們排隊參加呼拉圈競技、 波子遊戲和飛盤等嘉年華遊戲。但是刺激還沒停止,學生們以排隊換禮物來結束他們 的繽紛夏日。禮物包括毛絨公仔、拉繩袋和大家喜愛的funko pop公仔。

這個第二次舉辦的節日,又一次證明到,對學生們和家長們是一個難忘和令人興奮的經驗。也讓我們給予全部學生一個嘗試所有的班別的機會,而不是只有小數能夠參加。









Thank You Dinner for our Volunteers!























Volunteers 義工名單

Alex Yung	Dora Tan	Jessica Kwan	Rich Fang	
Alice Zhang	Edward Pokropski	Jin Lin Richard Zheng		
Alvin Chiu	Eric Chan	Jocelyn Cai	Ricky Dang	
Alvin Chiu	Eric Kwai	Joey Leung Ryan Sin		
Amy Su	Eric Poon	Jolie Chow	Chow Sally Kung	
Andres Xu Lee	Eugene Lai	Jonathan Cheng Sandy Dai		
Andy Ng	Fiona Or	Judson Deng	Sandy Tan	
Andy Wang	Frances Ho	Juliann Lin	Sharon MinMin Cai	
Annie Lai	Franklin Koo	Kai Kai Jiang Sharon Tong		
Ashley Ip	Garland Wong	Justin Wong Shirley Cai		
Ashley Lin	Garmain Wu	Karina Moy Shirley Hu		
Avis Wu	Grace Sin	Kelly Wu He Sofia Collins		
Betty Chen	Hailey Lam	Kenneth Ho Stacy Wu		
Bonnie Tse	Hammond Liang	Kenneth Kan	Sonny Tieu	
Boson Wu	Hao Liang	Kenny Luong	Stacy Wu	
Brandon Or	Helen Chan	Kevin Tse	Sydney Mok	
Brandon Or	Helen Li	Kent Lei	Tabitha Sin	
Brenda Kuang	Hinton Lam	Kristina Wong	Tai Wei Jiang	
Brian Dang	Helen Li	Kevin Tse	Theresa (Shufan) Kong	
Carla Chan	Holy Cheong	Kimberly Chiu	Timothy Tan	
Charles Kan	Iris Hsieh	Linda Chen Theresa Huang		
Chan Diep	lvan lp	Kristy Ho	Kristy Ho Timothy Tan	
Charles Kan	Ivan Xie	Linda Chen Victoria Phang		
Charlie Chen	Jacqueline Ho	Macy Goh Victoria Seto		
Christina Lai	Jamie Eng	Marco Sin	Victoria Tan	
Christopher He	Jamie Guan	Martin Xu	Vivian Cheng	
Chung Hing Sin	Janna Sin	Mary Cao	Wai Jan Lau	
Connie Htam	Jason Edwards	Matthew Zhang	William Moy	
Cortney Chen	Jeffrey Kwan	Michael Lee	XinRong Li	
Daniel Chin	Jennie Woo	Michael Liang	Yan Sin	
Daniel Li	Jennifer Kwan	Michael Lo	Yen Lau	
Danny Li	Jennifer Nguyen	Michele Huang	Yin Chow	
David Chin	Jennifer Nguyen	Michelle Cheng	YongYi Liu (Winnie)	
Debra Chan	Jenny Cao	Michelle Popovitch	Ze Yu Guan	
Dongren Deng	Jenny Yu	Nicholas Tsapakos	Ziu Wing Michelle Lo	
Donna Poon	Jerry Jin	Rebecca Chow		

Donors & Sponsors 支持者及贊助商

We would like to thank all the Fun Fun families and individuals that have donated to our program for the last 23 years. Without your support, our program would not exist. Below are some of the families that donated to the 2016 Fun Fun Program:

Yan Nong Li Nyet Peng Hoh Shirly Wu/Timothy Tan Peggy Lee Wai M. Eng/ Kevin Eng Vivain, Victor Tsang Yizhong/Quan Zhang Vicent, Iris/ Guang Chen **Nhi Truong Family** Ting Pin, Gary/Edward Huang Hoi Wan Chan **Eric and Tiffany Chan** Dao Ming Zhong Seng Yan Sin **Garland Wong** Amy Mak Chan Peter Eng Helen Ng Fung-Kam Lee Xiao Feng Wu Lili Chueng Yung Hay Ng Eric Kwai / Kit Chun Lee **Anson Wong** Lillian Y. Tsang Eyvonne (Fennie) Huang Chung Hing Sin & Janna Sin Victor and Lucy Kan **David Chin**

Shirley Wu

Donors, Sponsors, and Corporate Matching



























