EXCEL PROGRAM
Designed for Individuals and Families with Special Needs

WINTER SESSION 2015
JANUARY 3 - FEBRUARY 26

FOR CHILDREN

Thursday
Swim Level 1
4:15PM - 5:00PM
$90 for 8 weeks

Saturday
Communication Station
(age 6 & up)
1:00PM - 2:00PM
$70 for 8 classes

Movement & Improvement
2:00PM - 3:00PM
$70 for 8 classes

Swim Level 1
3:00PM - 3:30PM
$90 for 8 classes

Swim Level 1
3:30PM - 4:00PM
$90 for 8 classes

Sunday
Imagination Playground
11:30AM - 12:30PM
$100 for 8 weeks

Lego Creation
12:30PM - 1:30PM
$70 for 8 weeks

Swim Level 1
2:00PM - 2:30PM
$90 for 8 weeks

Swim Level 2
2:30PM - 3:00PM
$90 for 8 weeks

FOR TEENS & YOUNG ADULTS

Saturday
Drama Station
10:00AM - 12:00PM
$80 for 8 classes

Zumba/Hip Hop
2:30PM - 3:30PM
$65 for 8 classes

Swim
4:00PM - 5:00PM
$100 for 8 classes

Sunday
Communications & Technology
(Level 1)
1:00PM - 2:30PM
$70 for 8 classes

Communications & Technology
(Level 2)
2:30PM - 4:00PM
$70 for 8 classes

Qi Gong For Families
4:15PM - 5:15PM
$60 for 8 classes

FRIENDS AND SIBLINGS WELCOME
20% Off fees when you enroll in 3 courses or more
Sibling discount & Additional Scholarship available!

University Settlement at the Houston Street Center · 273 Bowery NYC 10002 · 212-475-5008 hsc.universitysettlement.org
Gain confidence and build skills through simple, gentle dance moves. Movement and dance can also improve cognitive, emotional, physical and social health in your child. In addition to a fun learning environment in the classroom, each student will have the unique opportunity to demonstrate their new skills and perform at University Settlement's professional theater! Lights, Camera, Action!

**Imagination Playground**

Imagination Playground is designed to prompt creativity and sensory exploration with a manipulable environment that uses custom designed blue building blocks and other materials to encourage child-directed free play. Trained Play Associates will guide children to turn their playground into a space constantly built and re-built by their imagination. Let your child's imagination lead the way!

**LEGO Creation**

Lego Making provides children with special needs the opportunity to engage with peers as they improve social interactions and motor skills through a fun and engaging Lego-Making activity. Each week, children will engage in shared Lego projects that encourage peer collaboration, communication and creativity.

**Movement & Improvement**

Gain confidence and build skills through simple, gentle dance moves. Movement and dance can also improve cognitive, emotional, physical and social health in your child. In addition to a fun learning environment in the classroom, each student will have the unique opportunity to demonstrate their new skills and perform at University Settlement's professional theater! Lights, Camera, Action!

**FOR TEENS & YOUNG ADULTS**

**Communications & Technology (Level 1 & 2)**

This class is designed to strengthen students’ communications skills, enhance fundamental computer skills (including MS Word, Excel and Powerpoint), build on knowledge on how to use the internet (with emphasis on social media) for social as well as career development purposes. Laptops will be provided for each student to practice exercises in class. Students will be placed in Level 1 or Level 2 class based on their current skill level.

**Drama Station**

In a team setting, students will develop creativity and performance skills while discovering new things about themselves. This course uses drama to enhance expression skills and build confidence, friendships and community. There will be an opportunity to perform in University Settlement's professional theater, Speyer Hall at 184 Eldridge St.

**Qi-Gong for Families**

Through gentle movements, meditation, and controlled breathing techniques, Qi-Gong promotes the circulation of Qi, the ancient notion of “energy flow,” within the body, enhancing physical and emotional health.

**Hip Hop/Zumba**

A feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations. Learn coordinations, get fit and practice listening skills and group work while building friendships!