EXCEL PROGRAM
Designed for Individuals and Families with Special Needs

LATE SPRING SESSION 2015
APRIL 26 - JUNE 20

FOR CHILDREN

**Bake with US!**
Special! Workshop
5/9 and 5/16 ONLY
3:30PM - 5:30PM
$28/one family workshop;
$50/both (each household up to 2 adults & 2 children, extra $5 per additional person)

Thursday
Swim Level 1
4:30PM - 5:15PM
$100 for full session

Saturday
Lego Creations
Socialization Group
12:00PM - 1:00PM
$80 for full session

Movement & Improvement
(ages 3 - 8 years old)
2:00PM - 3:00PM
$80 for full session
Swim Level 1
3:00PM - 3:30PM
$90 for full session
Swim Level 1
3:30PM - 4:00PM
$90 for full session

Sunday
Family Yoga *starting 5/10
(ages 3 - 12 years old with caregiver)
12:00AM - 1:00PM
$90 for full session

Martial Arts *starting 5/10
(ages 6 - 12 years old)
1:00PM - 2:00PM
$90 for full session

FOR TEENS & YOUNG ADULTS

Drama Station
10:00AM - 12:00PM
$80 for full session
Zumba/Hip Hop
2:30PM - 3:30PM
$65 for full session
Swim
4:00PM - 5:00PM
$100 for full session

Saturday
Communications & Technology
(Level 1)
1:00PM - 2:30PM
$70 for full session
Communications & Technology
(Level 2)
2:30PM - 4:00PM
$70 for full session
Qi Gong For Families
4:15PM - 5:15PM
$60 for full session

Sunday
Martial Arts
(starting 5/10)
(ages 6 - 12 years old)
1:00PM - 2:00PM
$90 for full session

Swim Level 1
2:30PM - 3:15PM
$110 for full session

Swim Level 1
3:15PM - 4:00PM
$110 for full session

New Time!

**NEW!**

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
EXCEL PROGRAM
FOR CHILDREN

LEGO Creations Socialization Group (starts on 5/2)
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, Science or Arts projects that encourage peer collaboration, communication and creativity.

Movement & Improvement (starts on 5/2)
Gain confidence and build motor and self-regulation skills through simple, gentle movements and music! Movement and dance can also improve cognitive, emotional, physical and social health in your child.

Bake with US! Workshop (held on 5/9 and 5/16)
Learn simple recipes and bake a variety of tasty, healthy treats as a team and a family! Children will develop socialization, sensory integration skills and improve their focus and attention! Come join us for treats, smiles and sense of accomplishment!

Martial Arts (starts on 5/10)
Martial Arts is one of the best activity a child with special needs can participate in because of the structure, discipline and sense of “personal victory” the arts bring. With continuous structure, fun exercises, children with ASD, multisensory issues and other special needs can all find success in our Martial Arts class and develop focus, balance, core strength, spatial awareness and self-regulation.

Family Yoga (Starts on 5/10)
Enjoy a time of relaxation with your child in our Family Yoga class for families with special needs. Yoga can also improve behavior, flexibility, balance, and reduce anxiety. Come together to strengthen your bond and your body at the same time!

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!

University Settlement at the Houston Street Center · 273 Bowery NYC 10002 · 212-475-5008 hsc.universitysettlement.org