EXCEL PROGRAM
Designed for Youths and Families with Special Needs

EARLY SPRING 2017
FEBRUARY 28- APRIL 24

FOR CHILDREN

Swim Instruction
4:15PM - 5:00PM
$90 for full session

Family Yoga
(Ages 3 - 12 years old with caregiver)
1:00PM - 2:00PM
$100 per family*
*Up to 2 Adults + 2 Children per family

FOR TEENS & YOUNG ADULTS

Saturday
Drama Station
10:00AM - 12:00PM
$80 for full session

Swim Instruction
(Level 1 & 2)
Ages 10-14 yo
1:00PM - 2:00PM

Hip Hop Dance
2:00PM - 3:00PM
$70 for full session

Martial Arts
Ages 10-16 yo
3:30PM - 4:30PM
$90 for full session

Sunday
Communications & Technology
(Level 1)
1:30PM - 3:00PM
$70 for full session

Movement & Improvement
(ages 3 - 8 years old)
2:00PM - 3:00PM

Communications & Technology
(Level 2)
3:00PM - 4:30PM
$70 for full session

Swim Instruction
(Level 1 & 2)
Ages 10-14 yo
1:00PM - 2:00PM

Swim Instruction
(Level 2)
2:00PM - 2:30PM
$110 for full session

Swim Instruction
(Level 1)
3:00PM - 3:30PM
$90 for full session

Swim Instruction
(Level 1)
3:30PM - 4:00PM
$90 for full session

Qi Gong For Families
4:30PM - 5:30PM
$70 for full session

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

Registration Begins
SUNDAY, 2/5 AT 11AM
MUST SIGN UP IN PERSON AT FRONT DESK
Registration Deadline: 02/20/17

University Settlement at the Houston Street Center · 273 Bowery NYC 10002 · 212-475-5008 · hsc.universitysettlement.org
Music & Friends (starts on 3/4)
“Music & Friends” provides children with special needs the opportunity to strengthen social interactions, hearing and motor skills through fun and engaging music making activities. Each week, using sound, rhythm, melody and simple musical instruments, children will develop their creativity, socialization, and communication skills.

Movement & Improvement (starts on 3/4)
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.

Family Yoga (starts on 3/5)
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!

Swimming Instruction (starts on 3/2)
A swim instruction course for Ages 4 and up. Our classes are designed for youths to develop a sense of personal safety and growth; to learn fundamental swimming skills including breathing, kicking and floating. Have fun in the water and learn important new skills in a safe and supportive environment! Class is conducted in a small group setting.

Martial Arts (starts on 3/4)
Martial Arts is one of the best activities 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.

Communications & Technology [Level 1 & 2] (starts on 3/5)
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 (starts on 3/4)
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 (starts on 3/5)
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 Dance (starts on 3/4)
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.