

EXCEL is an inclusive program that offers recreational and educational activities for individuals of all abilities, aiming to provide meaningful support to individuals and families. It is grounded in the belief that everyone possesses unique talents and can EXCEL with the right support and nurturing. EXCEL Program is dedicated to ensuring affordable access to our services. If you are experiencing financial challenges, scholarships are available to support your participation. For further details, please contact University Settlement at the Houston Street Center: 212-475-5008 or houstonstreetcenter@universitysettlement.org.

傑出計劃是一個融合性項目，旨在為不同能力的人提供有意義的娛樂和教育活動，同時提供相應的家庭支持。我們深信每個人都擁有獨特的才能，只要得到適當的支持和培訓，就能脫穎而出。如果您的家庭因經濟困難無法支付全額學費，我們將根據情況提供學費減免。欲了解更多詳情，請聯繫大學睦鄰之家豪斯頓社區中心：212-475-5008 或 電郵 houstonstreetcenter@universitysettlement.org

Art & Technology Classes/Activities 藝術與科技課程及活動

SAT, 10 am - 11:30 am
Communications and Tech Level 1
初級電腦與溝通
Ages 14+, Online
13 sessions, \$260

SAT, 9:30 am - 11 am
Communications and Tech Level 2
中級電腦與溝通
Ages 14+, In-person
13 sessions, \$260

SAT, 12 pm - 2 pm
Drama Station
戲劇舞台
Ages 14+, Hybrid
13 sessions, \$325

SAT, 2 pm - 3 pm
Creative Nexus: Art, Social, and Tech Basic
創意聯繫：藝術、社交與電腦基礎
Ages 5-19, In-person
13 sessions, \$195

Dance & Fitness Classes/Activities 舞蹈與健身課程及活動

SAT, 1 pm - 2 pm
Dance & Fitness
有氧舞蹈與健身
Ages 5-19, In-person
13 sessions, \$195

2nd & 4th Wednesday (9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/13), 4:30 pm - 6 pm
InterAge Rhythms: DanceConnect
每月第二和第四個星期三 下午4點30分至6點 舞蹈聯動
Ages 11+, In-person
7 sessions, \$175

Water-based Classes/Activities 水中課程及活動

TUE, 5:15 pm - 5:45 pm
Water Explorers
游泳之旅：水中探險家
Ages 11-14, In-person
13 sessions, \$325

SAT, 2:15 pm - 3 pm
AquaGather: Commutiy Splash & Leisure
愜意泳池：休閒自由游
Ages 18+, In-person
13 sessions, \$195

SAT, 3 pm - 3:45 pm
Aqua Exercise
水中運動
Ages 5-19, In-person
13 session, \$325

SAT, 3:45 pm - 4:30 pm
Aquatic Social: Leisure Swim & Community Fun
水樂社區：休閒戲水
Ages 5-19, In-person
13 sessions, \$195