

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

Communications and Tech Classes/Activities 科技與溝通課程及活動

SAT, 10 am - 11:30 am

Communications and Tech Level 1

初級電腦與溝通

Ages 14+, Online

12 sessions, \$300

SAT, 9:30 am - 11 am

Communications and Tech Level 2

中級電腦與溝通

Ages 14+, In-person

12 sessions, \$300

Arts and Social Classes/Activities 藝術與社交課程及活動

SAT, 12 pm - 2 pm

Drama Station

戲劇舞台

Ages 14+, Hybrid

12 sessions, \$300

SAT, 1 pm - 2:30 pm

Creative Nexus: Dance, Art, Social, and Tech Basic

創意聯繫：有氧舞蹈、藝術、社交與電腦基礎

Ages 5-18, In-person

12 sessions, \$300

2nd & 4th Wednesday (1/10, 1/24, 2/14, 2/28, 3/13, 3/27), 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

6 sessions, \$150

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

TUE, 5:15 pm - 6 pm

Water Explorers: LV 2

水中探險家：2級游泳

Ages 11-14, In-person

12 sessions, \$420

SAT, 2:15 pm - 3 pm

AquaGather: Commutiy Splash

水樂社區：休閒自由游

Ages 18+, In-person

12 sessions, \$180

SAT, 2:00 pm - 2:45 pm

Water Explorers: 45-minute 1 on 1 Instruction

水中探險家：1對1 游泳課

Ages 5+, In-person

12 sessions, \$900

SAT, 2:55 pm - 3:25 pm

Water Explorers: LV 1 Instruction (30 mins)

水中探險家：1級游泳課

Ages 5-18, In-person

12 sessions, \$300

SAT, 3:35 pm - 4:20 pm

Water Explorers: LV 3 Instruction (45 mins)

水中探險家：3級游泳課

Ages 5-18, In-person

12 sessions, \$420

SAT, 2:55 pm - 3:25 pm

Water Exercise

水中互動與健身

Ages 5-18, In-person

12 sessions, \$300

SAT, 3:35 pm - 4:05 pm

Water Exercise

水中互動與健身

Ages 5-18, In-person

12 sessions, \$300

* The instructional swim class is taught in a small group setting, limited to 4 students with 1 instructor and 2-3 swim escorts. 游泳課採取小班教學，每班最多4名學生，配備1名游泳教練和2-3名游泳助理。