

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.

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。

## 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

創意聯繫

Ages 5-18, In-person

12 sessions, \$300

2nd & 4th Wednesday, 4:30 pm - 6 pm

(4/10, 4/24, 5/8, 5/22, 6/12, 6/26)

每月第二和第四個星期三 下午4點30分至6點

### InterAge Rhythms: DanceConnect 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: 45-min Swim Instruction Level 2

水中探險家：2級游泳課

Ages 11-14, In-person

12 sessions, \$420

SAT, 2:15 pm - 3 pm

### AquaGather: Community Splash

水樂社區：休閒自由游

Ages 18+, In-person

12 sessions, \$180

SAT, 2 pm - 2:45 pm or 3 pm - 3:45 pm

### Water Explorers: 45-minute 1 on 1 Swim Instruction

水中探險家：1對1 游泳課

Ages 5+, In-person

12 sessions, \$900

SAT, 3:00 pm - 3:30 pm

### Water Explorers: 30-min Swim Instruction Level 1 (1:2)

水中探險家：1級游泳課 (1對2)

Ages 5-18, In-person

12 sessions, \$540

SAT, 3:00 pm - 3:30 pm

### Water Explorers: 30-min Swim Instruction Level 1 (1:4)

水中探險家：1級游泳課 (1對4)

Ages 5-18, In-person

12 sessions, \$300

SAT, 3:35 pm - 4:05 pm

### Water Explorers: 30-min Swim Instruction Level 1(1:4)

水中探險家：1級游泳課 (1對4)

Ages 5-18, In-person

12 sessions, \$300

SAT, 3:35 pm - 4:20 pm

### Water Explorers: 45-min Swim Instruction Level 3 (1:4)

水中探險家：3級游泳課 (1對4)

Ages 5-18, In-person

12 sessions, \$420

SAT, 3:00 pm - 3:30 pm

### Aquatic Social & Exercise (30 Minutes)

水中互動與健身

Ages 5-18, In-person

12 sessions, \$300

SAT, 3:35 pm - 4:20 pm

### Aquatic Social & Exercise (45 Minutes)

水中互動與健身

Ages 5-18, In-person

12 sessions, \$420

### COMMUNICATIONS & TECHNOLOGY

This class enhances students' communication and computer skills through MS Office, Google Suites, and Canva. It emphasizes the effective use of social media for social and career development. Students will be placed in Level 1 or Level 2 class based on their current skill level.

### DRAMA STATION

In this team-based class, students will cultivate creativity and performance skills while exploring their personal growth. Using drama as a tool, this course enhances expression, speech, and vocal abilities, fostering confidence, friendship, and a sense of community.

### CREATIVE NEXUS

Experience a vibrant social connection class tailored for ages 5-18, blending movement, artistic expression, and technology for an invigorating journey. Each 1.5-hour session begins with 45 minutes of joyful dance, fostering creativity through movement. The remainder explores the fusion of arts and technology in small, collaborative groups. By mastering digital tools, students unlock new avenues for artistic expression, fostering curiosity and personalized creativity.

### DANCECONNECT

Embark on an electrifying journey with our DanceConnect class, immersing yourself in a dynamic dance experience tailored to elevate coordination, fitness levels, and listening skills. Through the joyful art of dance, participants cultivate essential group collaboration abilities, fostering a supportive community and forming lasting bonds that extend far beyond the dance floor.

### WATER EXPLORERS: SWIM INSTRUCTION

Designed for all skill levels, this engaging course offers comprehensive instruction in swimming techniques and water safety. From beginner strokes to advanced techniques, participants will gain essential skills to navigate the water confidently. With experienced instructors providing personalized guidance, we foster a positive learning environment for all students.

### AQUATIC SOCIAL & EXERCISE

Experience invigorating sessions that combine the benefits of social interaction with the therapeutic effects of water-based exercise led by experienced instructors. Students will relish activities designed to boost physical fitness, forge social bonds, and enhance overall well-being. Throughout each session, students will engage in water aerobics aimed at improving cardiovascular health and flexibility, all while minimizing stress on the joints. They'll immerse themselves in group water games and activities, cultivating camaraderie and refining coordination, balance, and motor skills. Moreover, they'll embrace social interactions to foster connections and mental wellness, all while acquiring crucial water safety techniques for a secure aquatic experience.

### AQUAGATHER: COMMUNITY SPLASH

Community Splash fosters a supportive and inclusive environment for all ages and skill levels. Whether you're a beginner or experienced, our aim is to improve your swimming abilities, enhance water safety knowledge, and ensure a fun experience in the water.