

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.

Saturdays

COMMUNICATION & TECHNOLOGY

9:15 am -
11:15 am

- ✔ Ages 14+, In-person Only
- ✔ 2 hours/session, \$50/session, 12 sessions total: \$600

This class enhances students' communication and computer skills through MS Office, Google Suite, and Canva. It emphasizes the effective use of social media for personal and career development. Additionally, field trips and experiential learning opportunities provide a practical dimension to classroom learning, helping students apply and reinforce their skills in real-world contexts.

DRAMA STATION

12:00 pm -
2:00 pm

- ✔ Ages 14+, Hybrid
- ✔ 2 hours/session, \$50/session, 12 sessions total: \$600

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.

Rhythmic Movement & Fitness

1:15 pm -
2:00 pm

- ✔ Ages 5+, In-person Only
- ✔ 45 minutes/session, \$20/session, 12 sessions total: \$240

This energetic class kicks off with a lively dance or fitness segment, allowing students to express themselves joyfully through movement. Throughout the session, students will develop specific social-emotional skills, such as building self-confidence, practicing teamwork, and enhancing coordination. They'll work on body awareness by following structured movement sequences and build both fine-motor skills (like hand-eye coordination) and gross-motor skills (such as balance and agility). The class provides a supportive setting where students can focus on their physical well-being and enjoy active, skill-building fun.

Creative Arts

2:15 pm -
3:15 pm

- ✔ Ages 5+, In-person Only
- ✔ 1 hour/session, \$25/session, 12 sessions total: \$300

In this class, students engage in collaborative artistic projects that blend different art forms, from painting and drawing to craft, and mixed media. Through these activities, they'll build skills in creativity and self-expression, developing their unique artistic voices. The class environment supports both individual growth and teamwork, offering opportunities for students to explore new creative techniques while building essential skills like patience, attention to detail, and creative problem-solving.

Caregiver Hangout Group

12:00 pm -
2:00 pm

Take a break and join us for Caregiver Hangout Group! Unwind, sing your favorite tunes, connect with fellow caregivers, and enjoy some well-deserved "me time" in a relaxed, supportive space.

On Predetermined Wednesdays (Class Date: 1/8, 1/22, 2/5, 2/19, 3/5, 3/19)

DanceConnect

4:30 pm -
6:00 pm

- ✔ Ages 14+, In-person Only
- ✔ 1.5 hour/session, \$40/session, 6 sessions total: \$240

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.

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育，就能脫穎而出。傑出計劃始終致力於讓公眾能夠以可承擔的費用參加我們的課程，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。

星期六課程

9:15 am -
11:15 am

科技與溝通

- 14歲及以上, 現場教學
- 每節課2小時, \$50一節; 本學期共12節課, 合計\$600

本課程通過微軟辦公軟件、谷歌辦公軟件以及可畫平台來提升學生的溝通能力和計算機技能。課程著重強調有效利用社交媒體助力個人發展及職業發展。此外，實地考察以及體驗式學習機會為課堂學習增添了實踐維度，有助於學生在現實情境中運用並強化自身技能。

12:00 pm -
2:00 pm

戲劇舞台

- 14歲及以上, 現場與網絡同步教學
- 每節課2小時, \$50一節; 本學期共12節課, 合計\$600

在這堂以團體為單位的課程中，學生能在探索個人成長的同時，培養創造力和表演技能。本課程以戲劇為媒介，提升學生的表達、演講及發聲等方面的能力，助其建立自信心、收穫友誼和增加社群意識。

1:15 pm -
2:00 pm

律動健身

- 5歲及以上, 現場教學
- 每節課45分鐘, \$20一節; 本學期共12節課, 合計\$240

這堂充滿活力的課程以各類運動或健身舞蹈為主要內容，讓學生能透過肢體動作快意地展現自我。在整個課程中，學生將培養特定的社交情感技能，例如建立自信心、練習團隊合作以及提升協調能力。他們會依照有規律的動作次序，去強化身體的感知能力，同步培育精細動作技能，比如手眼的協調配合，以及大肌肉動作技能，例如平衡感和敏捷性。

2:15 pm -
3:15 pm

創意藝術

- 5歲及以上, 現場教學
- 每節課1小時, \$25一節; 本學期共12節課, 合計\$300

在這堂課程裡，學生會參與合作式的藝術項目，這些項目融合了不同的藝術形式，繪畫、素描到手工藝以及混合媒材等皆有涉及。通過這些活動，學生將會培養創造力以及自我表達方面的技能，進而逐步形成其獨特的藝術表達方式。課堂環境既支持個人的成長，也助力團隊合作，為學生提供了探索新創作技巧的機會，同時能培養諸如耐心、注重細節以及創造性地解決問題等重要技能。

12:00 pm -
2:00 pm

家長歡聚時光

暫時放下手邊的事，來加入我們的家長歡聚小組！放鬆一下，唱唱你最愛的歌曲，與其他家長交流聯絡，在一個輕鬆且充滿支持的空間裡，享受一些理應屬於自己的「私人時光」。

特定星期三課程 (1月8日、1月22日、2月5日、2月19日、3月5日、3月19日)

4:30 pm -
6:00 pm

舞動聯動

- 14歲及以上, 現場教學
- 每節課1.5小時, \$40一節; 本學期共6節課, 合計\$240

加入我們的「舞動聯動」課程，踏上一段激情澎湃的奇妙旅程，全身心沉浸在活力四射的舞蹈體驗裡。此「舞動聯動」課程專為提升協調能力、健身水平及聆聽技能而精心設計。借助充滿喜悅的舞蹈藝術形式，學生們能夠培育關鍵的團體合作能力，共同營造起一個洋溢著支持氛圍的社群，進而成就長久且深厚的情誼。