

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.

Saturday Classes / Activities

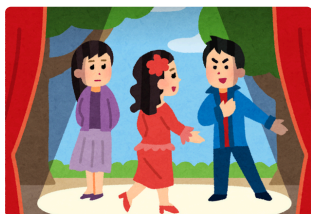


Communication and Technology (Ages 14+, In-person Only)

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.

9:15 AM - 11:15 AM

2 hours/session,
\$50/session,
total \$750 for the
semester



Drama (Ages 14+, Hybrid)

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, and a sense of community.

Station (Group Class): 12 PM - 2 PM, 2 hours/session,
\$50/session, total \$750 for the semester.

Focus (1:1 Class): Time to be determined based on the instructor's availability, 1 hour/session, \$100/session, total \$1,500 for the semester.



Rhythmic Movement & Fitness (Ages 5+, In-person Only)

Inspired by a lively dance fitness style, this energetic class begins with dance and fitness segments that allow students to express themselves joyfully through movement. They'll follow and learn simple choreographed routines that blend hip hop and creative dance. Between songs, students stay active with light cardio exercises, basic strength movements like squats and arm reaches, and dynamic stretching. The class helps students build body awareness while also developing fine-motor skills (such as hand-eye coordination) and gross-motor skills (like balance and agility) in a fun, supportive environment.

1:15 PM - 2 PM

45 minutes/session,
\$20/session,
total \$300 for the
semester



Creative Arts (Ages 5+, In-person Only)

In this class, students will explore drawing, painting, and sculpting while building foundational art skills. They'll learn to apply shading and create shapes in their drawings, experiment with color mixing and brush control in their paintings, and master clay techniques in sculpting. Students will also strengthen their problem-solving skills by experimenting with art skills to adjust proportions, blending colors to mix the right shades, or correcting texture in their clay to fix rough spots or add finer details. By the end of the course, students will gain confidence presenting their work and articulating their creative choices, developing both technical and creative skills.

2:15 PM - 3:15 PM

1 hour/session,
\$25/session,
total \$375 for the
semester

Wednesday Class (On predetermined Wednesdays, 8 classes in Fall 2025 semester)



DanceConnect (Ages 14+, In-person Only)

Proposed class dates: 9/10, 9/24, 10/8, 10/22, 11/12, 11/19, 12/3, 12/17 (subject to change)

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.

4:30 PM - 6 PM

1.5 hour/session,
\$40/session, total
\$320 for the semester

Social Services

Beginning this semester, EXCEL Program has social work intern onsite to provide social services, including counseling, benefits assistance, and resource referrals to support participants and their families.

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，如果你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



科技與溝通 (14歲及以上, 現場教學)

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。

9:15 AM - 11:15 AM

每節課2小時，
\$50一節，本學期共15
節課，合計\$750



戲劇舞台 (14歲及以上, 現場與網絡同步教學)

在本課程中，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，助其建立自信心和增加社群意識。

小組課程: 12 PM - 2 PM, 每節課2小時，
\$50一節，本學期共15節課，合計\$750

一對一課程：根據教師的時間安排確定，
\$100一節，本學期共15節科，合計\$1,500



律動健身 (5歲及以上, 現場教學)

本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，訓練平衡感和敏捷性。

1:15 PM - 2 PM

每節課45分鐘，
\$20一節，本學期共15
節課，合計\$300



創意藝術 (5歲及以上, 現場教學)

發揮創造力，融合繪畫、素描、雕塑等多種藝術形式，學生將會培養創意思維與自我表達能力，發展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，同時培養耐心、專注細節及創意思維解決問題的能力。

2:15 PM - 3:15 PM

每節課1小時，
\$25一節，本學期共15
節課，合計\$375

星期三課程 (特定星期三, 本學期共8堂課)



舞蹈聯動 (14歲及以上, 現場教學)

擬定課程日期：9/10, 9/24, 10/8, 10/22, 11/12, 11/19, 12/3, 12/17 (日期可能會視情況有所調整)

加入我們的「舞蹈聯動」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。

4:30 PM - 6 PM

每節課1.5小時，
\$40一節，本學期共
8節課，合計\$320

社工服務

從本學期起，EXCEL計劃有社工實習生現場為學生及家庭提供輔導、福利協助和資源轉介等社會服務。