

EXCEL PROGRAM

Winter 2026
Jan 7 - Mar 28

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.

The EXCEL Program is dedicated to ensuring affordable access to our services. If you are experiencing financial challenges, scholarships are available to ensure that tuition is not a barrier to participation.

Saturdays (No class on 2/21)

9:15 am -
11:15 am

COMMUNICATIONS & TECH

► Group Class, Ages 14+, In-person Only

► 2 hours/session, \$50/session, total \$550 for the semester

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 add a practical dimension to classroom learning, helping students apply and reinforce their skills in real-world contexts.

12:00 pm -
2:00 pm

DRAMA STATION

► Group Class, Ages 14+, In-person Only

► 2 hours/session, \$50/session, total \$550 for the semester

Students will cultivate creativity, collaboration, and performance skills while exploring personal growth. Using drama as a tool, this course enhances expression, speech, and vocal abilities while fostering confidence, teamwork, and a strong sense of community.

1:15 pm -
2:00 pm

RHYTHMIC MOVEMENT & FITNESS

► Group or 1:1 Class, Ages 5+, In-person Only

► 45 minitues/session, \$25/session, total \$275 for the semester

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. Students follow and learn simple choreographed routines that blend hip hop and creative dance. Between songs, they stay active with light cardio exercises, basic strength movements such as squats and arm reaches, and dynamic stretching. The class helps students build body awareness while developing fine motor skills (such as hand-eye coordination) and gross motor skills (such as balance and agility) in a fun, supportive environment.

2:15 pm -
3:15 pm

CREATIVE ARTS

► Group Class, Ages 5+, In-person Only

► 1 hour/session, \$25/session, total \$275 for the semester

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

Time subject
to instructor
availability

DRAMA FOCUS

► 1:1 Class, Ages 12+, In-person Only

► 1 hour/session, \$100/session, total \$1,100 for the semester

In this one-on-one drama course, the student will explore personal growth while cultivating creativity and performance skills at their own pace. Using drama as a tool, the instructor provides personalized guidance to enhance the student's expression, speech, and vocal abilities, fostering confidence and a sense of connection.

Wednesdays

4:30 pm -
6:00 pm

DANCE CONNECT

► 6 classes in semester, proposed class dates: 1/7, 1/21, 2/4, 2/25, 3/11, 3/25 (subject to change)

► Group Class, Ages 14+, In-person Only

► 1.5 hour/session, \$40/session, total \$240 for the semester

Embark on an energizing journey with our DanceConnect class, immersing participants in a dynamic dance experience designed to enhance coordination, fitness, and listening skills. Through the joyful art of dance, participants build essential collaboration skills, fostering a supportive community and forming lasting connections that extend beyond the dance floor.

Wednesdays and Saturdays

Wed 2pm - 5pm
Sat 10pm - 2pm

SOCIAL SERVICES SUPPORT

EXCEL provides social services support through an on-site social work intern, offering counseling, benefits assistance, and resource referrals to participants and their families.

EXCEL 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衆能夠以可承擔的費用參加課程。如果你的家庭因經濟困難無法支付全額學費，我們將視情況提供學費減免。

星期六 (2月21日放假)

9:15 am -
11:15 am

► 小組課程，14歲以上，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。此外，學生還將通過實地考察與體驗式學習，將課堂所學應用於真實情境中，進一步鞏固與發展實用技能。

科技與溝通

► 每節課2小時，\$50一節，本學期共11節課，合計\$550

12:00 pm -
2:00 pm

► 小組課程，14歲以上，現場與網絡同步教學

在本課程中，學生將在探索自我成長的過程中培養創造力、合作力與表演技能。本課程以戲劇為媒介，提升學生的表達能力、口語與聲音運用，同時培養自信、團隊合作精神與社群歸屬感。

戲劇舞台

1:15 pm -
2:00 pm

► 小組課程，5歲以上，現場教學

► 每節課45分鐘，\$25一節，本學期共11節課，合計\$275

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。

律動健身

2:15 pm -
3:15 pm

► 小組課程，5歲以上，現場教學

► 每節課1小時，\$25一節，本學期共11節課，合計\$275

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。

創意藝術

課程時間視
教師時間安
排而定

► 一對一課程，12歲以上，現場教學

戲劇聚焦一對一

► 每節課1小時，\$100一節，本學期共11節課，合計\$1,100

在本課程中，學生將以自己的節奏探索個人成長，同時培養創造力與表演技能。課程以戲劇為工具，教師提供個人化指導，幫助學生提升表達、語言與聲音技巧，培養自信與溝通力。

星期三

4:30 pm -
6:00 pm

► 本學期擬定課程日期：1/7, 1/21, 2/4, 2/25, 3/11, 3/25(日期可能會視情況有所調整)

► 小組課程，14歲以上，現場教學

舞蹈聯動

► 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。

星期三與星期六

週三 2pm - 5pm
週六 10am - 2pm

社會服務協助

EXCEL 社工實習生為參與者及其家庭提供社會服務協助，包括心理諮詢、福利申請協助及資源轉介等。