

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.

杰出计划是一个融合性项目，旨在为不同能力的人提供有意义的娱乐和教育活动，同时提供相应的家庭支持。我们深信每个人都拥有独特的才能，只要得到适当的支持和培训，就能脱颖而出。

<p>Drama Station 戏剧舞台</p> <p>SAT, 12pm - 2pm Ages 14+, Hybrid \$25/session, 7 sessions in total, \$175</p>	<p>Communications and Tech Level 1 科技与沟通 - 初级</p> <p>SAT, 10 am - 11:30 am Ages 14+, Online Only \$25/session, 7 sessions in total, \$175</p>	<p>Communications and Tech Level 2 科技与沟通 - 中级</p> <p>SAT, 9:15 am - 11:15 am Ages 14+, In-person Only \$25/session, 7 sessions in total, \$175</p>
<p>Swim Instruction: 45-min 1 on 1 1对1 游泳课</p> <p>Tue, 4:15pm - 5pm / 5:15 pm - 6pm Sat, 2pm - 2:45pm / 3pm - 3:45pm Ages 5+ \$75/session, 7 sessions in total, \$525</p>	<p>InterAge Rhythms: DanceConnect 舞蹈联动</p> <p>1st & 3rd Wednesday (9/4, 9/18, 10/2, 10/16), 4:30pm - 6pm Ages 14+, Online Only \$25/session, 4 sessions in total, \$100</p>	<p>Creative Nexus 创意联系</p> <p>SAT, 1 pm - 2:30 am Ages 5-17 \$25/session, 7 sessions in total, \$175</p>
<p>Swim Instruction: 30-min 1 on 3 LV 1 初阶游泳课 - 一级 (1对3, 30分钟)</p> <p>SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 \$30/session, 7 sessions in total, \$210</p>	<p>AquaGather: Swim Strong 游泳强化</p> <p>SAT, 2:15 pm - 2:45 pm Ages 18+ \$20/session, 7 sessions in total, \$140</p>	<p>Swim Instruction: 30-min 1 on 2 LV 1 初阶游泳课 - 一级 (1对2, 30分钟)</p> <p>SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 \$45/session, 7 sessions in total, \$315</p>
<p>Swim Instruction: 45-min 1 on 3 LV 3 中阶游泳课 - 三级 (1对3, 45分钟)</p> <p>SAT, 3:35pm - 4:20pm Ages 5-17 \$40/session, 7 sessions in total, \$280</p>	<p>Swim Instruction: 30-min 1 on 2 LV 2 初阶游泳课 - 二级 (1对2, 30分钟)</p> <p>SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 \$45/session, 7 sessions in total, \$315</p>	<p>Swim Instruction: 30-min 1 on 3 LV 2 初阶游泳课 - 二级 (1对3, 30分钟)</p> <p>SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 \$30/session, 7 sessions in total, \$210</p>
<p>Aquatic Social & Exercise (30 Min.) 水中运动与社交 (30 分钟)</p> <p>SAT, 3pm - 3:30pm Ages 5-17 \$20/session, 7 sessions in total, \$140</p>	<p>Aquatic Social & Exercise (45 Min.) 水中运动与社交 (45分钟)</p> <p>SAT, 3:35pm - 4:20 am Ages 5-17 \$25/session, 7 sessions in total, \$175</p>	<p>Aquatic Social & Exercise (45 Min.) 水中运动与社交 (45分钟)</p> <p>SAT, 3:35pm - 4:20 am Ages 5-17 \$25/session, 7 sessions in total, \$175</p>

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.