LISE HOUSTON STREET STREET CENTER





EARLY **FALL SEMESTER** SEP 3, 2024 - Oct 19, 2024 秋季第一学期 9月3日-10月19日

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.

| 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。Communications and Tech Level 1 科技与沟通 - 初级Communications and Tech Level 2 科技与沟通 - 和级SAT, 10 am - 11:30 am Ages 14+, Online Only S25/session, 7 sessions in total, \$175SAT, 915 am - 11:15 am Ages 14+, Online Only S25/session, 7 sessions in total, \$175SAT, 915 am - 11:15 am Ages 14+, In-person Only S25/session, 7 sessions in total, \$175Drama Station 戏剧舞台 SAT, 12pm - 2pm Ages 14+, Hybrid \$25/session, 7 sessions in total, \$175InterAge Rhythms: DanceConnect 舞蹈联动 1st & 3rd Wednesday (9/4, 9/18, 10/2, 10/16), 4:30pm - 6pm Ages 14+, Online Only S25/session, 7 sessions in total, \$175Creative Nexus dl意联系 SAT, 1pm - 2:30 am Ages 5-17 S25/session, 7 sessions in total, \$175Swim Instruction: 45-min 1 on 1 Iy1 游泳课 Ages 5+ \$75/session, 7 sessions in total, \$257AquaGather: Swim Strong 游泳强化 SAT, 2:15 pm - 2:45 pm Ages 5+ \$20/session, 7 sessions in total, \$126Swim Instruction: 30-min 1 on 2 LV 1 初阶游泳课 - 一级 (1y12, 30分钟)Swim Instruction: 30-min 1 on 3 LV 1 初阶游泳课 - 一级 (1y13, 30分钟)Swim Instruction: 30-min 1 on 3 LV 2 初阶游泳课 - 二级 (1y12, 30分钟)Swim Instruction: 30-min 1 on 3 LV 2 初阶游泳课 - 二级 (1y12, 30分钟) | | | |
|--|---|---|--|
| 我開舞台 舞蹈联动 创意联系 SAT, 12pm - 2pm Ages 14+, Hybrid 1st & 3rd Wednesday (9/4, 9/18, 10/2, 10/16), 4:30pm - 6pm Ages 14+, 0nline 0nly S25/session, 7 sessions in total, \$175 SAT, 1 pm - 2:30 am Ages 5-17 Swim Instruction: 45-min 1 on 1 Iy1 游泳课 AquaGather: Swim Strong 游泳强化 Swim Instruction: 30-min 1 on 2 LV 1 Nue, 4:15pm - 5pm / 5:15 pm - 6pm Sat, 2pm - 2:45pm / 3pm - 3:45pm Ages 5+ S75/session, 7 sessions in total, \$255 SAT, 2:15 pm - 2:45 pm Ages 18+ S20/session, 7 sessions in total, \$255 SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Swim Instruction: 30-min 1 on 3 LV1 初阶游泳课级 (1对3, 30分钟) Swim Instruction: 30-min 1 on 3 LV 2 初阶游泳课级 (1对3, 30分钟) Swim Instruction: 30-min 1 on 3 LV 2 初阶游泳课 - 二级 (1对3, 30分钟) SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Swim Instruction: 45-min 1 on 3 LV 3 Ph 游泳课 - 三级 (1对3, 45分钟) Aquatic Social & Exercise (30 Min.) rw=运动与社交 (30 分钟) Aquatic Social & Exercise (45 Min.) rw=运动与社交 (30 分钟) SAT, 3:35pm - 4:20pm Ages 5-17 SAT, 3pm - 3:30 pm / 3:35pm - 4:20 am Ages 5-17 Aquatic Social & Exercise (45 Min.) rw=运动与社交 (30 分钟) | 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 | 科技与沟通 - 初级 SAT, 10 am - 11:30 am Ages 14+, Online Only | 科技与沟通 - 中级 SAT, 9:15 am - 11:15 am Ages 14+, In-person Only |
| 1财1 游泳课 游泳强化 初阶游泳课 - 一级(1对2, 30分钟) SAT, 2pm - 2:45pm / 5:15 pm - 6pm SAT, 2:15 pm - 2:45 pm SAT, 3pm - 3:30 pm / 3:35 pm - 4:05 pm Ages 5+ S20/session, 7 sessions in total, \$140 SAT, 3pm - 3:30 pm / 3:35 pm - 4:05 pm Swim Instruction: 30-min 1 on 3 LV 1 Swim Instruction: 30-min 1 on 3 LV 2 Swim Instruction: 30-min 1 on 3 LV 2 M防游泳课 - 一级(1对3, 30分钟) SAT, 3pm - 3:30 pm / 3:35 pm - 4:05 pm SAT, 3pm - 3:30 pm / 3:35 pm - 4:05 pm SAT, 3pm - 3:30 pm / 3:35 pm - 4:05 pm Ages 5-17 Sum Instruction: 30-min 1 on 3 LV 2 Moh 游泳课 - 二级(1对3, 30分钟) SAT, 3pm - 3:30 pm / 3:35 pm - 4:05 pm Ages 5-17 S30/session, 7 sessions in total, \$210 SAT, 3pm - 3:30 pm / 3:35 pm - 4:05 pm Ages 5-17 Swim Instruction: 45-min 1 on 3 LV 3 Aquatic Social & Exercise (30 Min.) Aquatic Social & Exercise (45 Min.) yr+pö:minsing - =================================== | 戏剧舞台 SAT, 12pm - 2pm Ages 14+, Hybrid | 舞蹈联动 1st & 3rd Wednesday (9/4, 9/18, 10/2, 10/16), 4:30pm - 6pm Ages 14+, Online Only | 创意联系 SAT, 1 pm - 2:30 am Ages 5-17 |
| 初阶游泳课 - 一级(1对3, 30分钟) 初阶游泳课 - 二级(1对2, 30分钟) SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Ages 5-17 SaT, 3pm - 3:30 pm / 3:35pm - 4:05pm Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 Sat, 3pm - 3:30 pm / 3:35pm - 4:05pm Aquatic Social & Exercise (30 Min.) My mixing - 三级(1xd3, 45分钟) Aquatic Social & Exercise (30 Min.) Sat, 3:35pm - 4:20pm Aqes 5-17 Ages 5-17 Sat, 3pm - 3:30pm Ages 5-17 Sat, 3pm - 3:30pm Ages 5-17 Sat, 3:35pm - 4:20 am Ages 5-17 Ages 5-17 | 1对1 游泳课 Tue, 4:15pm - 5pm / 5:15 pm- 6pm Sat, 2pm - 2:45pm / 3pm - 3:45pm Ages 5+ | 游泳强化 SAT, 2:15 pm - 2:45 pm Ages 18+ | 初阶游泳课 - 一级(1对2, 30分钟) SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 |
| 中阶游泳课 - 三级(1对3, 45分钟)水中运动与社交(30分钟)水中运动与社交(45分钟)SAT, 3:35pm - 4:20pmSAT, 3pm - 3:30pmSAT, 3:35pm - 4:20 amAges 5-17Ages 5-17Ages 5-17 | 初阶游泳课 - 一级(1对3, 30分钟) SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 | 初阶游泳课 - 二级(1对2, 30分钟) SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 | 初阶游泳课 - 二级(1对3, 30分钟) SAT, 3pm - 3:30 pm / 3:35pm - 4:05pm Ages 5-17 |
| | 中阶游泳课 - 三级(1对3, 45分钟) SAT, 3:35pm - 4:20pm Ages 5-17 | 水中运动与社交 (30 分钟) SAT, 3pm - 3:30pm Ages 5-17 | 水中运动与社交 (45分钟) SAT, 3:35pm - 4:20 am Ages 5-17 |

University Settlement at the Houston Street Center • 273 Bowery, New York, NY 10002 • 212-475-5008

https://www.universitysettlement.org/programs/older-adults/heart-program

LISUM SETTIMENT STREET CENTER

EXCEL PROGRAM

CLASS DESCRIPTION

| 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. |
| | Community Onloch factors a supportive and inclusive equiprement for all and and |
| 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. |