

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.

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訓，就能脫穎而出。

Communications and Tech Classes/Activities 科技與溝通課程及活動

Saturday, 10 am - 11:30 am

Communications and Computer Basic

初級電腦與溝通

Ages 14+, Online

\$25 per session, 8 sessions total: \$200

Saturday, 9:15 am - 11:15 am

Advanced Communications and Technology

溝通與科技

Ages 14+, In-person

\$25 per session, 8 sessions total: \$200

Arts and Social Classes/Activities 藝術與社交課程及活動

Saturday, 12 pm - 2 pm

Drama Station

戲劇舞台

Ages 14+, Hybrid

\$25 per session, 8 sessions total: \$200

On Predetermined Wednesday, 4:30 pm - 6 pm

(Class Date: 7/10, 7/17, 7/31, 8/14, 8/28)

特定星期三 下午4點30分至6點

InterAge Rhythms: DanceConnect 舞蹈聯動

Ages 11+, In-person

\$25 per session, 5 sessions total: \$125

Water-based Classes/Activities 水中課程及活動

Tuesday:

2 pm - 2:45 pm / 3pm - 3:45 pm / 4:15 pm - 5 pm

/ 5:15 pm - 6:00 pm

Water Explorers: 45-minute 1 on 1 Swim Instruction

水中探險家：1對1 游泳課

Ages 5+, In-person

\$75 per session, 9 sessions total: \$675

Thursday:

2 pm - 2:45 pm / 3pm - 3:45 pm / 4pm - 4:45pm

/ 5 pm - 5:45 pm

Water Explorers: 45-minute 1 on 1 Swim Instruction

水中探險家：1對1 游泳課

Ages 5+, In-person

\$75 per session, 8 sessions total: \$600

COMMUNICATIONS & TECH BASIC

This course enhances students' communication and computer skills, focusing on practical applications. Students will learn how to type efficiently, improve their email proficiency, and how to use Canva to create graphics and presentations. Additionally, it includes specific communication topics for each session and covers the effective use of social media for communication and networking. Through hands-on practice and theoretical knowledge, students will develop essential digital literacy and communication skills for personal and professional use.

ADVANCED COMMUNICATIONS & TECHNOLOGY

This course is designed to enhance students' communication and computer skills through hands-on experience with MS Office, Google Suites, and Canva. It emphasizes the effective use of social media for both social engagement and career development. In addition to technical training, the course includes meaningful activities such as art workshops, field trips, and mock interviews. These activities are aimed at enriching students' practical skills and preparing them for real-world applications of digital communication and technology.

DRAMA STATION

In this group-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 while fostering confidence, friendship, and a sense of community.

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, foster a supportive community and form 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.