

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。

Saturdays 星期六

COMMUNICATION & TECH 科技與溝通

9:15 am -
11:15 am

✓ Ages 14+, In-person Only

✓ \$25/session, 8 sessions in total, \$200

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.

DRAMA STATION 戲劇舞台

12:00 pm -
2:00 pm

✓ Ages 14+, Hybrid

✓ \$25/session, 8 sessions in total, \$200

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.

Rhythmic Movement & Fitness 節奏健身律動

1:15 pm -
2:00 pm

✓ Ages 5+, In-person Only

✓ \$15/session, 8 sessions in total, \$120

This energetic class kicks off with a lively dance or fitness segment, allowing students to express themselves joyfully through movement. Throughout the session, students will develop specific social-emotional skills, such as building self-confidence, practicing teamwork, and enhancing coordination. They'll work on body awareness by following structured movement sequences and build both fine-motor skills (like hand-eye coordination) and gross-motor skills (such as balance and agility). The class provides a supportive setting where students can focus on their physical well-being and enjoy active, skill-building fun.

Creative Arts 創意藝術

2:15 pm -
3:15 pm

✓ Ages 5+, In-person Only

✓ \$15/session, 8 sessions in total, \$120

In this class, students engage in collaborative artistic projects that blend different art forms, from painting and drawing to craft, and mixed media. Through these activities, they'll build skills in creativity and self-expression, developing their unique artistic voices. The class environment supports both individual growth and teamwork, offering opportunities for students to explore new creative techniques while building essential skills like patience, attention to detail, and creative problem-solving. The class nurtures a supportive space for students to express themselves and refine their artistic abilities.

CAREGIVER KARAOKE & CONNECTION 家長歡樂K歌

12:30 pm -
2:30 pm

Take a break and join us for Caregiver Karaoke & Connection! Unwind, sing your favorite tunes, connect with fellow caregivers, and enjoy some well-deserved "me time" in a relaxed, supportive space.

On Predetermined Wednesdays 特定星期三 (Class Date: 11/13, 11/20, 12/4, 12/18)

DanceConnect 舞蹈聯動

4:30 pm -
6:00 pm

✓ Ages 14+, In-person Only

✓ \$25/session, 4 sessions in total, \$100

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.