

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

<p>9:15 am - 11:15 am</p>	<p>COMMUNICATION & TECH 科技與溝通</p> <ul style="list-style-type: none"> ✓ Ages 14+, In-person Only ✓ \$25/session, 8 sessions in total, \$200 <p>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.</p>
<p>12:00 pm - 2:00 pm</p>	<p>DRAMA STATION 戲劇舞台</p> <ul style="list-style-type: none"> ✓ Ages 14+, Hybrid ✓ \$25/session, 8 sessions in total, \$200 <p>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.</p>
<p>1:15 pm - 2:00 pm</p>	<p>Rhythmic Movement & Fitness 節奏健身律動</p> <ul style="list-style-type: none"> ✓ Ages 5+, In-person Only ✓ \$15/session, 8 sessions in total, \$120 <p>This energetic class kicks off with a lively dance or fitness segment, allowing students to express themselves joyfully through movement. This experience fosters a variety of social-emotional learning skills where they build confidence and cooperation through the use of body movement. The class promotes physical well-being in a supportive environment.</p>
<p>2:15 pm - 3:15 pm</p>	<p>Creative Arts 創意藝術</p> <ul style="list-style-type: none"> ✓ Ages 5+, In-person Only ✓ \$15/session, 8 sessions in total, \$120 <p>This class emphasizes collaborative artistic expression, where students explore and blend various art forms. Students will discover new ways to express their unique artistic voices while also developing their curiosity, creativity, and self-expression.</p>
<p>12:30 pm - 2:30 pm</p>	<p>CAREGIVER KARAOKE & CONNECTION 家長歡樂K歌</p> <p>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.</p>

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

<p>4:30 pm - 6:00 pm</p>	<p>DanceConnect 舞蹈聯動</p> <ul style="list-style-type: none"> ✓ Ages 14+, In-person Only ✓ \$25/session, 4 sessions in total, \$100 <p>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.</p>
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