

Your Ultimate Guide to

TERM TIME PROGRAMES

Suitable for 4 Months - 17 Years

Term 1 26 August - 15 December 2024

Term 2 6 January - 6 April 2025

22 April - 27 June 2025 Term 3

All programmes are conducted in English.



OPEN TO ALL

NON-ESF STUDENTS ARE WELCOME



Explore MEET OUR TEAM



Emma Dorrell Director of Language & Learning

•19+ years of experience

 MSc Applied Sport and Exercise Psychology (University of Liverpool)

 Post Grad Cert in Education (University of Plymouth)



Valerie Lagarde Senior Teacher, Playgroup & Curriculum

• 18+ years of experience

Current doctoral candidate of education

 Certificate in Early Education Leadership (Harvard Graduate School of Education)



Christopher Lau
Senior Teacher, Primary & Secondary

•10+ years of experience

- Educated in the UK (University of Bath)
 - PGDE in Education
 - Diploma in TESOL



Ivy Wong
Senior Teacher, Primary

• 10+ years of experience teaching in **local and international schools**

- PGDE in Primary Education
 - Certicate in TESOL



Cecilia Bedoya Senior Teacher, Spanish

• 18+ years of Spanish teaching experience

- Post Graduate Diploma in teaching children and adolescents
 - Accredited DELE examiner



Catherine Ho
Senior Teacher, Playgroup & Kindergarten

•10+ years of experience

Educated in the UK

PGDE in Psychology and Special Education



Explore MEET OUR TEAM



Vincent Alarcon
Director of Sports

25+ years of experience globally
 Previous operations experience in lvy League
 & internationally renowned universities



Jonathan Tam
Programme Manager, Football

10+ years of experience
Bsc, Sports Science and Chemistry
(Loughborough University)



Andrew MacFarlane
Programme Manager, Basketball

•6 years of teaching experience
•Basketball Level 2 Coach

• Played in the British U18s Basketball League



Agatha Chan
Programme Manager, Swimming

•10+ years of experience

HD, Sports and Recreation Management (CUHK)
 Certificate of Teacher of Babies and Toddlers
 International Bronze Coaching



Joe Tuohy Programme Coordinator, Multi-Sports & Tag Rugby

•10+ years of experience
•Bsc, Sports Science with Management
(Loughborough University)



Man Tik Poon Senior Coach, Football

•15+ years of experience in coaching professional teams

AFC "A" Licence Coach, HKFA Futsal Coach
 Former professional Hong Kong Player

• Represented Hong Kong in international competitions

Played against Barcelona in 2007
 and other renowned clubs



CLASS GUIDE

0 - 17 Years SF	PORTS
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Football
Basketball
Multi-Sports*
Tag Rugby
Fencing
Tennis

Swimming* Gymnastics

*Parent & Child class option available

0 - 3 Years EARLY YEARS

Playgroup (Accompanied)
Little Explorers (Unaccompanied)

3 - 5 Years KINDERGARTEN

Kindergarten English

Phonics

Harmony Heroes

Drama & Communication

Primary Success

6 - 11 Years PRIMARY

Primary English
Primary Writing
Spanish

<u>French</u>

12 - 15 Years SECONDARY

Secondary English

18+ Years ADULT

Swimming



SPORTS

AGES 4 MONTHS - 17 YEARS



SCHEDULE AND PRICE

FOOTBALLAGES 5 - 13 YEARS

Our football programme provides excellent opportunities for players at different levels to take on suitable challenges, and express themselves within that challenging environment.

We also offer high-level football training through our Player Development Programme (PDP), which focuses on developing more advanced skills for young players. This programme is part of the player pathway to the ESF Lions Academy.

BASKETBALL AGES 5 - 16 YEARS

Our basketball programmes focus on delivering key fundamental skills, using age-appropriate equipment in a safe environment. We also offer high-level training through the Development Academy Programme, where students can grow and compete as they progress. At the premium end of the programme, students in the Elite Academy have the opportunity to refine their skills and athleticism while competing against other clubs throughout Hong Kong and overseas.



SCHEDULE AND PRICE



SCHEDULE AND PRICE

MULTI-SPORTS AGES 3 - 5 YEARS

This programme helps children develop their motor skills and social capabilities from an early age. Through implementing creative mini-games in the class, children will gain the confidence and experience to participate in a whole variety of sports activities at ESF Explore when they turn 5 years old! Our controlled free-play, guided discovery, and fun activities are all designed to stimulate your child's enjoyment of sports!



SPORTS

AGES 4 MONTHS - 17 YEARS



SCHEDULE AND PRICE

SWIMMING

AGES 4 MONTHS - 18+ YEARS

Baby & Me 4 - 36 Months Swimming 4 - 17 Years Adult Swimming 18+ Years

A great option for students learning how to swim for the first time or for those looking for advanced lessons to improve stroke technique. All swimming programmes are offered year-round with a low student-to-coach ratio. This ensures that students receive unparalleled supervision, and guidance. Our attentive coaches are passionate about showing children how fun it can be to learn such a valuable life skill.

TAG RUGBYAGES 5 - 10 YEARS

Discover the excitement of Tag Rugby – a modified, non-contact version of the game that serves as an amazing introduction to rugby. It provides a fun and safe environment suitable for all ability and experience levels. This engaging sport promotes teamwork, sharpens hand-eye coordination, hones evasive skills, and encourages speed and agility.



SCHEDULE AND PRICE



SCHEDULE AND PRICE

GYMNASTICSAGES 4 - 15 YEARS

Suitable for all ages and skill levels, our fun and interactive lessons are designed to develop fine motor skills, coordination, balance, and flexibility. Our progressive curriculum challenges your child in a positive and nurturing way. We also offer Gymnast Development Programme, which is designed to offer a more structured framework that allows gymnasts to develop their skills, strengthen confidence and instil a passion for gymnastics through preparation for competitions.



SPORTS

AGES 4 MONTHS - 17 YEARS



SCHEDULE AND PRICE

TENNIS AGES 4 - 12 YEARS

Our highly experienced team of coaches strongly believes in a fun, dynamic, and energetic style of teaching, which will instil a strong foundation as well as true love for the game. With a progressive curriculum and competitions for beginners through advanced players, our tennis programme provides a valuable life skill that they can use throughout their lives.

FENCING AGES 5 - 12 YEARS

Headed by former two-time Olympian coach, Mr. Lau Kwok Kin, students will learn the art of the sword with confidence, mastery, and discipline! This programme is suitable for beginners and advanced students. Students will learn the basics of the sport and competition rules before advancing through the curriculum to compete with different clubs across Hong Kong.



SCHEDULE AND PRICE

VENUES ACROSS HONG KONG



EARLY YEARS

AGES 6 MONTHS - 3 YEARS



Wan Chai Location:

SCHEDULE AND PRICE

Other Locations:

SCHEDULE AND PRICE

PLAYGROUP (ACCOMPANIED) AGES 5 MONTHS - 3 YEARS

Our play-based learning approach allows our youngest students to develop their curiosity and build early skills in a safe, comfortable environment. Through the exploration of nursery rhymes and stories, students will participate in a variety of hands-on activities to develop their fine motor and gross motor skills, cognitive and language development, and through our sensory activities they will have some messy fun!

LITTLE EXPLORERS (UNACCOMPANIED)

AGES 2 - 3 YEARS

This programme is the perfect class for young learners to build independence and confidence. It also focuses on each child's social emotional development as they explore and build their understanding of the world around them. While promoting well-being by supporting young children to overcome separation anxiety, this programme also upholds our mission to provide fun, play-based activities.



SCHEDULE AND PRICE







SCHEDULE AND PRICE

KINDERGARTEN ENGLISH K1 - K2, AGES 3 - 5 YEARS

The theme-based lessons develop reading, writing, speaking, and listening skills by bringing stories alive to unleash creativity and imagination. Students will build their vocabulary and practise basic structures through creative arts activities and role play. A typical lesson will include structured play, circle time, story, songs, and art to provide numerous ways for students to develop their language skills and confidence.

FROM K1, AGES 3 - 6 YEARS

Phonics is suitable for kindergarten students who have a basic understanding of letter sounds. This programme provides an interactive learning approach to reading and writing through a variety of games and activities. Additionally, students will learn high-frequency words and correct pronunciation of sounds. Handwriting is also an important component of each lesson, so there is plenty of opportunity to practise both lower and upper case letters.



SCHEDULE AND PRICE



SCHEDULE AND PRICE

HARMONY HEROES

K1 - K2, AGES 3 - 5 YEARS

Harmony Heroes is an interactive programme that seamlessly integrates Lego, games, puzzles, storytelling, and role play to ignite the emotional and social development of children. The programme empowers children to become compassionate leaders, fostering harmonious relationships and nurturing their emotional well-being through the power of play.



LANGUAGE

AGES 3 - 15 YEARS



SCHEDULE AND PRICE

DRAMA & COMMUNICATION

K2 - K3, AGES 4 - 5 YEARS

This programme is suitable for students in their final year of kindergarten. It is a fantastic course to build speaking confidence and communication skills. Through imaginative play, role play and drama games, students explore themes and books to unleash their creativity and storytelling talent.

This programme can also help students prepare for their primary school interview.

PRIMARY SUCCESS

K3 & YEAR 1, AGES 5 - 6 YEARS

Students will build their vocabulary and practise simple sentence structures through creative arts activities and roleplay, while integrated phonics will develop their early reading and writing skills. A typical lesson will include structured play, circle time, story, songs, and art to provide numerous ways for students to develop their language skills and confidence.



SCHEDULE AND PRICE





PRIMARY ENGLISH

SCHEDULE AND PRICE

Year 1-2 Ages 6-7 Years Middle Primary Year 3-4 Ages 8-9 Years Upper Primary Year 5-6 Ages 10-11 Years

Primary English is a topic-based programme that develops reading, writing, speaking, and listening skills. Students will build confidence in expressing themselves in English through creative arts activities, small group discussions, and presentations. Games, literature and a progressive course book are also included in the lessons to enhance vocabulary and grammar development, and writing techniques such as engaging use of verbs and imagery.

PRIMARY WRITING

SCHEDULE AND PRICE

Lower Primary Year 1-2 Ages 6-7 Years

Middle Primary Year 3-4 Ages 8-9 Years Upper Primary Year 5-6 Ages 10-11 Years

Primary Writing takes students on a progressive journey to develop their skills across a range of writing genres and techniques. It focuses on building competencies in areas like descriptive writing, opinion writing, understanding text structures, the writing process, grammar, and creativity to help students become versatile and confident writers.







SCHEDULE AND PRICE

SPANISH

Beginners<2 Years of Experience
Ages 6-10 Years

Intensive Improvers 2+ Years of Experience Ages 8-12 Years

Spanish is the third most spoken language in the world, and the interest to learn this lively and rich language is rising rapidly. Our Spanish programmes bring Hispanic culture to life through stories, games, drama, and presentations to develop the four main language skills of reading, writing, speaking, and listening.

FRENCH AGES 9 - 11 YEARS

Our French programme helps students to develop a solid foundation of reading, writing, listening and speaking skills. Students will discover France and the French language through the eyes of children their age. The vocabulary learnt will be the ones that they need - all while being entertained through different types of communication and games.



SCHEDULE AND PRICE







SECONDARY ENGLISHAGES 12 - 15 YEARS

From lively debates and presentations to creative writing and DSE practice, this programme helps to enhance students' English ability, as well as provides a strong English foundation for the early years of secondary school.

SCHEDULE AND PRICE





Inspire and Explore: Learn. Create. Grow.



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