



# ESF Explore Summer Camp 2025

## Half Day Camp (13 months - 16 years)



**HK Island** Wong Chuk Hang, Mid-Levels, Pokfulam, North Point  
**Kowloon** Homantin  
**New Territories** Ma On Shan, Clear Water Bay, Discovery Bay

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### Sports Programmes

Programme(s)	Level(s)	Ages	Schedules	Week 1 30/6 - 4/7	Week 2 7/7 - 11/7	Week 3 14/7 - 18/7	Week 4 21/7 - 25/7	Week 5 28/7 - 1/8	Week 6 4/8 - 6/8
<b>Basketball</b>	Beginner	5 - 8 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Improver	9 - 12 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Advanced	13 - 16 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Academy	11+ Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
<b>Fencing</b>	Beginner	5 - 8 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	
<b>Football</b>	Beginner	5 - 8 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Improver	9 - 11 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
<b>Gymnastics</b>	Beginner	5 - 6 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Improver	7 - 8 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Advanced	9 - 10 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
<b>Multi-Sports</b>	Parent & Child	3 - 4 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Beginner	5 - 6 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Game Changers	12+ Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
<b>Pickleball</b>	Beginner	5 - 8 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
<b>Swimming</b>	Beginner	3 - 7 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Improver	5 - 9 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Advanced	7+ Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Squad	10+ Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
<b>Tennis</b>	Beginner	4 - 6 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Improver	7 - 9 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓
	Advanced	10 - 12 Years	<a href="#">Click Here</a>	✓	✓	✓	✓	✓	✓