

Your Ultimate Guide to

# TERM TIME PROGRAMMES

Suitable for 4 Months – 17 Years

Term 1 25 August – 14 December 2025

Term 2 5 January – 29 March 2026

Term 3 11 April – 26 June 2026



All programmes are conducted in English.

## OPEN TO ALL

**NON-ESF STUDENTS ARE WELCOME**

# MEET OUR TEAM



**Emma Dorrell**  
**Director of Language & Learning**

- 20+ years of experience
- Certified Leadership Coach (CPCC, ACC)
- PGCE



**Ivy Wong**  
**Education Manager**

- 15+ years of experience teaching in local and international schools
- PGDE
- Certificate in TESOL



**Valerie Lagarde**  
**Senior Teacher, Playgroup & Curriculum**

- 20+ years of experience
- Current doctoral candidate of education
- Certificate in Early Education Leadership (Harvard Graduate School of Education)



**Christopher Lau**  
**Senior Teacher, Primary & Secondary**

- 15+ years of experience
- Educated in the UK (**University of Bath**)
- PGDE
- Diploma in TESOL



**Cecilia Bedoya**  
**Senior Teacher, Spanish**

- 20+ years of Spanish teaching experience
- Post Graduate Diploma in Teaching Spanish to Children and Adolescents
- Accredited DELE examiner



**Catherine Ho**  
**Senior Teacher, Playgroup & Kindergarten**

- 15+ years of experience
- Educated in the UK (University of Surrey)
- PGDE in Psychology and Special Education

# MEET OUR TEAM



**Vincent Alarcon**  
**Director of Sports**

- 25+ years of experience globally
- Previous operations **experience in Ivy 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 U18 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**

## **SPORTS**

[Football](#)

[Basketball](#)

[Multi-Sports\\*](#)

[Swimming\\*](#)

[Tag Rugby](#)

[Tennis](#)

[Gymnastics](#)

[Pickleball](#)

\*Parent & Child class option available

**0 - 3 Years**

## **EARLY YEARS**

[Playgroup \(Accompanied\)](#)

[Little Explorers \(Unaccompanied\)](#)

**3 - 5 Years**

## **KINDERGARTEN**

[Kindergarten English](#)

[Kindergarten Phonics](#)

[Harmony Heroes](#)

[Drama & Communication](#)

[Imagination Station](#)

**6 - 11 Years**

## **PRIMARY**

[Primary English](#)

[Primary Writing](#)

[Primary Phonics](#)

[Spanish](#)

[Treble Makers](#)

[Cooking Club](#)

**12 - 15 Years**

## **SECONDARY**

[Secondary English](#)

[Speak Your Truth](#)

**18+ Years**

## **ADULT**

[Swimming](#)





**SCHEDULE AND PRICE**

### FOOTBALL

#### AGES 5 - 14 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



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 RUGBY

AGES 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**

## TENNIS

AGES 4 - 15 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.





# SPORTS

AGES 4 MONTHS - 17 YEARS



[SCHEDULE AND PRICE](#)

## GYMNASTICS AGES 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.

## PICKLEBALL AGES 5 - 8 YEARS

Pickleball is a fun and child-friendly sport that combines elements of different racket sports. It builds character and values in children, providing a great way for young children to develop their motor skills, hand-eye coordination, and teamwork.



[SCHEDULE AND PRICE](#)

## VENUES ACROSS HONG KONG





# EARLY YEARS

## AGES 6 MONTHS - 3 YEARS



Wan Chai Location:

**SCHEDULE AND PRICE**

Other ESF Locations:

**SCHEDULE AND PRICE**

### PLAYGROUP (ACCOMPANIED)

#### AGES 6 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!

✓ Completion Certificate

### CLASS SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 Months - 3 Years	ESF Language & Learning Centre		✓	✓	✓	✓	✓	✓
	Tung Chung Kindergarten		✓		✓		✓	
	Wu Kai Sha Kindergarten	✓			✓	✓	✓	
	Tsing Yi Kindergarten		✓		✓		✓	
	Beacon Hill School						✓	
	Abacus Kindergarten			✓			✓	
	Hillside Kindergarten	✓		✓			✓	

**Curious about our playgroup class?**  
Join a trial class before committing to a full term!

**FIND OUT MORE**





# EARLY YEARS

AGES 6 MONTHS - 3 YEARS



SCHEDULE AND PRICE

## 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.

✓ Completion Certificate







# KINDERGARTEN

## AGES 3 - 5 YEARS



### 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.

✓ Completion Certificate

✓ Progress Reports

✓ Open Day

## KINDERGARTEN PHONICS

### 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 the correct pronunciation of sounds. Handwriting is also an important component of each lesson, so there are plenty of opportunities to practise both lower and upper case letters.



### SCHEDULE AND PRICE

✓ Completion Certificate

✓ Progress Reports



### 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.

✓ Completion Certificate

✓ Progress Reports





# KINDERGARTEN

## AGES 3 - 5 YEARS



### SCHEDULE AND PRICE

## DRAMA & COMMUNICATION

### K2 - K3, AGES 4 - 5 YEARS

This programme is tailored for students in their final year of kindergarten, providing essential preparation for their primary school interviews. 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.

✓ Completion Certificate

✓ Progress Reports

✓ Open Day

## IMAGINATION STATION

### AGES 3 - 5 YEARS

Join us for an enchanting journey where creativity meets sustainability! Children will explore their imagination, transforming everyday materials into magical creations that spark joy and innovation. They'll learn the basics of planning and design. As they document their creative processes, they will develop essential problem solving skills and construct their masterpieces using recycled materials. Watch your child thrive in a fun environment that fosters critical thinking, teamwork, and a love for the planet.



### SCHEDULE AND PRICE

✓ Completion Certificate





# PRIMARY

## AGES 6 - 11 YEARS

### PRIMARY ENGLISH

#### 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 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.

✓ Completion Certificate

✓ Progress Reports

✓ Open Day

### 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 such as descriptive writing, opinion writing, understanding text structures, the writing process, grammar, and creativity to help students become versatile and confident writers.

✓ Completion Certificate

✓ Progress Reports

✓ Open Day





# PRIMARY

## AGES 6 - 11 YEARS



### 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.

✓ Completion Certificate

✓ Progress Reports

✓ Open Day

## PRIMARY PHONICS

### AGES 6 - 7 YEARS

Through a range of vibrant stories and interactive activities, students develop phonemic awareness, vocabulary building, spelling, and comprehension skills to ensure that they develop a solid foundation.

Our playful characters and captivating lessons motivate students to explore the world of words, making learning fun and effective.



### SCHEDULE AND PRICE

✓ Completion Certificate

✓ Progress Reports

✓ Open Day



# PRIMARY

## AGES 6 - 11 YEARS



**SCHEDULE AND PRICE**

### TREBLE MAKERS

#### AGES 5 - 7 YEARS

This immersive programme offers a transformative experience where your child will be fully engaged in the captivating realm of music. Through singing, movement, and the exploration of both non-pitch and pitch instruments, they will develop a well-rounded understanding of rhythm and melody. Prepare to be amazed as your child experiences music in a multitude of ways, culminating in an end-of-programme performance.

✓ Completion Certificate

✓ Progress Reports

✓ Open Day

### COOKING CLUB

#### AGES 6 - 10 YEARS

Get ready for a deliciously fun time! Perfect for budding chefs, this interactive experience will teach children essential cooking skills while whipping up simple, healthy recipes they can share with family and friends. From 2-ingredient bagels to easy, nutritious pizzas, each session is packed with hands-on activities that promote healthy eating habits.



**SCHEDULE AND PRICE**

✓ Completion Certificate







# SECONDARY

## AGES 12 - 15 YEARS



### SECONDARY ENGLISH

#### AGES 12 - 15 YEARS

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

✓ Completion Certificate

✓ Progress Reports

✓ Open Day

**SCHEDULE AND PRICE**

### SPEAK YOUR TRUTH

#### AGES 12 - 15 YEARS

This programme empowers students to speak about what matters to them, whether it's climate change, technology, art, or social justice, and turn it into compelling presentations that inspire others. It builds an excellent foundation in the fundamental techniques used in LAMDA Speaking in Public examinations, while also fostering real-world communication skills for academic and professional success.

✓ Completion Certificate

✓ Progress Reports

✓ Open Day



**SCHEDULE AND PRICE**

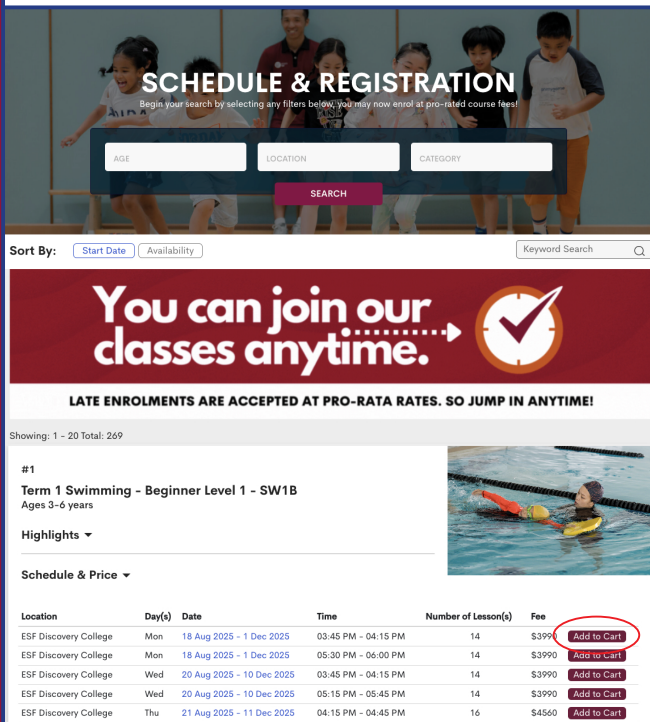




# How to Enrol (Online Only)

1

Locate the programme you could like to enrol for, and click "Add to Cart".



**SCHEDULE & REGISTRATION**  
Begin your search by selecting any filters below. You may now enrol at pro-rated course fees!

AGE LOCATION CATEGORY

SEARCH

Sort By: Start Date Availability Keyword Search

**You can join our classes anytime.**

**LATE ENROLMENTS ARE ACCEPTED AT PRO-RATA RATES. SO JUMP IN ANYTIME!**

Showing: 1 - 20 Total: 269

#1  
**Term 1 Swimming - Beginner Level 1 - SW1B**  
Ages 3-6 years

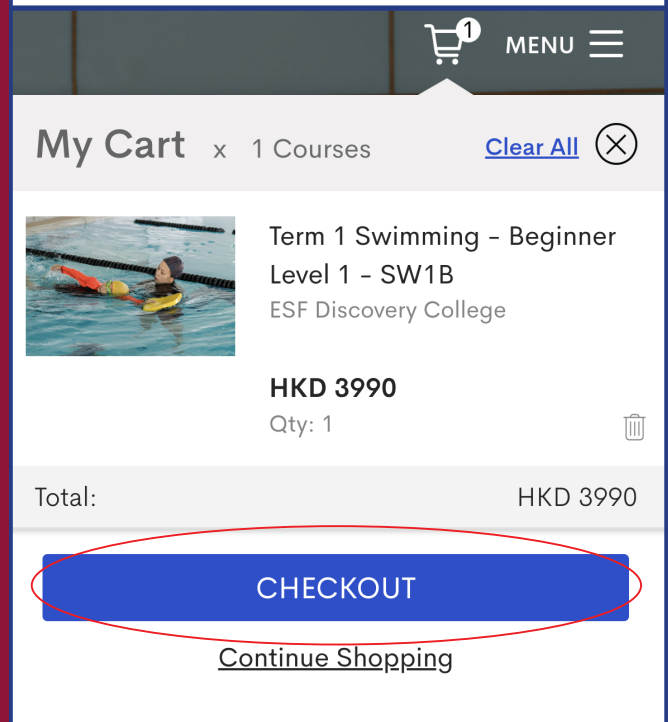
Highlights

Schedule & Price

Location	Day(s)	Date	Time	Number of Lesson(s)	Fee	
ESF Discovery College	Mon	18 Aug 2025 - 1 Dec 2025	03:45 PM - 04:15 PM	14	\$3990	Add to Cart
ESF Discovery College	Mon	18 Aug 2025 - 1 Dec 2025	05:30 PM - 06:00 PM	14	\$3990	Add to Cart
ESF Discovery College	Wed	20 Aug 2025 - 10 Dec 2025	03:45 PM - 04:15 PM	14	\$3990	Add to Cart
ESF Discovery College	Wed	20 Aug 2025 - 10 Dec 2025	05:15 PM - 05:45 PM	14	\$3990	Add to Cart
ESF Discovery College	Thu	21 Aug 2025 - 11 Dec 2025	04:15 PM - 04:45 PM	16	\$4560	Add to Cart

2

Click shopping cart at the top right corner, then click "CHECKOUT".



**My Cart** x 1 Courses [Clear All](#)

**Term 1 Swimming - Beginner Level 1 - SW1B**  
ESF Discovery College

**HKD 3990**  
Qty: 1

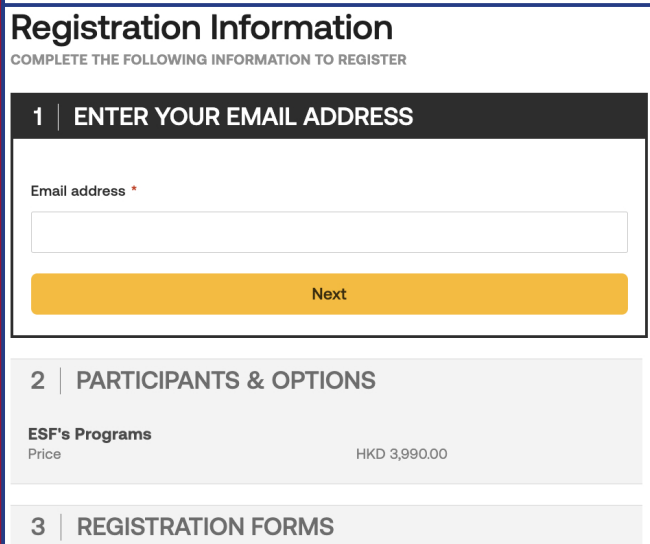
Total: **HKD 3990**

**CHECKOUT**

[Continue Shopping](#)

3

Follow through boxes 1 to 3 to fill in your enrolment information.



**Registration Information**  
COMPLETE THE FOLLOWING INFORMATION TO REGISTER

**1 | ENTER YOUR EMAIL ADDRESS**

Email address \*

Next

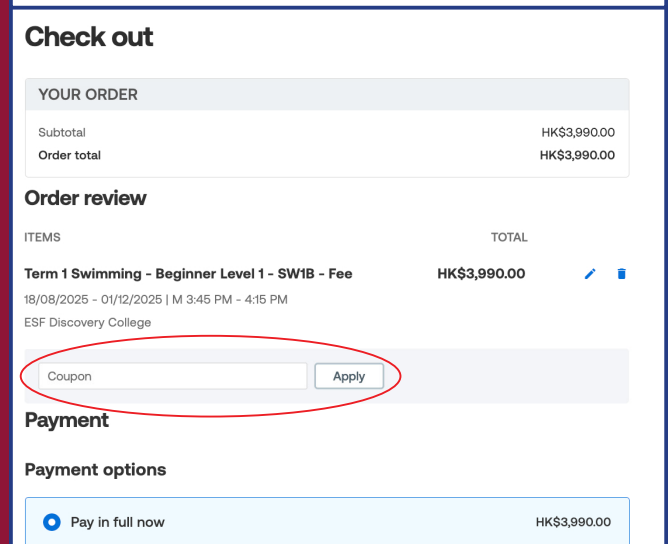
**2 | PARTICIPANTS & OPTIONS**

ESF's Programs  
Price **HKD 3,990.00**

**3 | REGISTRATION FORMS**

4

Enter coupon code if any, click apply. Follow the on-screen instruction to input your payment information, and click "COMPLETE".



**Check out**

**YOUR ORDER**

Subtotal	HK\$3,990.00
Order total	HK\$3,990.00

**Order review**

ITEMS TOTAL

**Term 1 Swimming - Beginner Level 1 - SW1B - Fee** **HK\$3,990.00**

18/08/2025 - 01/12/2025 | M 3:45 PM - 4:15 PM  
ESF Discovery College

Coupon Apply

**Payment**

**Payment options**

☒ Pay in full now **HK\$3,990.00**