

SPORTS LANGUAGE PLAYGROUPS ARTS STEM

SUMMER CAMP 2026

29 June - 19 August



Hi everyone, I'm Eager Explorer!
It is my honour to invite you on a
summer expeditions. See you there!

Suitable for Ages 13 Months - 17 Years

COURSE GUIDE

Version 1 (March 2026)



About Us

For the last three decades, ESF Explore, a wholly-owned subsidiary of English Schools Foundation (ESF), has offered an immersive holistic education with a mission to inspire creativity, ignite learning and nurture all children in Hong Kong so they are equipped to become global citizens and leaders of the future. Today, we offer over 50 programmes in 22 ESF locations, and welcome almost 10,000 students every year.

OPEN TO ALL

We welcome both ESF and non-ESF students



1994

Established



50+

Programmes



30+

Awards Won



9,145

Participants Per Year



25,450+

Enrolments Per Year



2.78

Programmes Per Student

Early-Bird Offers

Enrol Before **17 May**

10% OFF

Use code 'ESF_SUM10'

Enrol Between **17 May - 18 June**

5% OFF

Use code 'ESF_SUM5'



ESF EXPLORE SUMMER CAMPS

COURSE GUIDE

- SPORTS
- LANGUAGE
- PLAYGROUP
- STEM/BUSINESS
- ARTS

3 - 16 Years **SPORTS** *Coming Soon*

Multi-Sports
Swimming
Basketball
Pickleball

Football
Tennis
Gymnastics



0 - 3 Years **EARLY YEARS**

Playgroup (Accompanied)
Little Explorers (Unaccompanied)
Kindergarten Preparation (Unaccompanied)

3 - 5 Years **KINDERGARTEN**

Eager Explorers Expedition
Kindergarten Phonics
Harmony Heroes
Primary Preparation
Drama Stars
Imagination Station: Recycle & Create Adventure

NEW! Einstein Lab Junior

NEW! Wheels, Waves & Rails STEM



6 - 8 Years LOWER PRIMARY

Primary Preparation
Eager Explorers Expedition
First Steps in English
Primary Reader's Theatre
Challenge Your Creativity
Creative Writing
Spanish through Art and Culture
Spanish Odyssey
Primary Science
Drama Loop
Coming Soon Coding

9 - 11 Years UPPER PRIMARY

First Steps in English
Creative Writing
Debate & Dialogue
Spanish through Art and Culture
Spanish Odyssey
NEW! French Explorer
Primary Science
Drama Circle
Coming Soon Coding





ESF EXPLORE SUMMER CAMPS

COURSE GUIDE

- SPORTS
- LANGUAGE
- PLAYGROUP
- STEM/BUSINESS
- ARTS

12 - 14 Years **SUMMER ACADEMY** *Coming Soon*

- First Steps in English
- Secondary Debate
- Future Ready - Resumé & Interview Skills
- Media, News and Me
- Public Speaking: Speak Your Truth
- NEW!** Sports Media and Journalism
- NEW!** French Adventure
- Teen Entrepreneur Launchpad
- Multi-Industry Real World Experience
- Financial Literacy
- NEW!** Psychology of Self & Future Success
- Coding

**Details & availability subject to change*

Week Breakdown

- Week 1: 29 June - 3 July (4 days)
- Week 2: 6 - 10 July (5 days)
- Week 3: 13 - 17 July (5 days)
- Week 4: 20 - 24 July (5 days)
- Week 5: 27 - 31 July (5 days)
- Week 6: 3 - 7 August (5 days)
- Week 7: 10 - 14 August (5 days)
- Week 8: 17 - 19 August (3 days)





HONG KONG ISLAND



KOWLOON & NEW TERRITORIES



LANTAU ISLAND





FULL DAY CAMPS

AGES 5 - 11 YEARS

FIND OUT MORE

Join us for a full day of learning and fun!
You can choose from the following combinations:

9AM - 12PM

Language

STEAM



1PM - 4PM

Multi-Sports

9AM - 12PM

Language



1:15PM - 4:15PM

Language

**ESF Language & Learning Centre (Wan Chai) only.*

 Kowloon Junior School
(Ho Man Tin)

 Renaissance College
(Ma On Shan)

 **NEW** Island School (Mid-Levels)

 ESF Language & Learning Centre
(Wan Chai)

**Bus service available, view details [here](#).*

HALF DAY PROGRAMMES

Discover All Our Half Day Summer Camps

EAGER EXPLORERS EXPEDITION

[ENROL HERE](#)

LOWER KINDERGARTEN: AGES 3 - 4 YEARS

UPPER KINDERGARTEN: AGES 4 - 5 YEARS

PRIMARY: AGES 6 - 8 YEARS

Hello! I'm Eager Explorer,
and I'm thrilled to kick off our
summer adventure together!



Join our Eager Explorers as they take a different route each week and venture down a path of fun and intrigue. This course uses drama, games, story books and art to develop reading, writing, speaking and listening skills whilst broadening knowledge and experiences. With four weeks of programmes to choose from, students will set off on an exciting new expedition each week, taking them to different areas of discovery....

Fantasy Forest



Senses Swamp



Treehouse Trail



Creature Canyon

Join all four weeks to become Eager Explorer!

**The course materials are on a 4-week rotation, meaning Weeks 1 - 4 are different every week and Weeks 5 - 8 start the rotation again.*



PLAYGROUP (ACCOMPANIED) AGES 13 MONTHS - 2.5 YEARS



ENROL HERE

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 much loved 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!

**Parents can choose from 2, 3, or 5-day options per week. This camp is different every week, so students can join for 4 consecutive weeks!*

LITTLE EXPLORERS (UNACCOMPANIED) AGES 2 - 3 YEARS

ENROL HERE

Let us take your children on a summer adventure where we will immerse ourselves in a world of stories, baking, art exploration and singing. The programme also promotes well-being by supporting young children to overcome separation anxiety.

This programme is suitable for children who turn 2 years old from 1 July, but are not eligible to join Kindergarten Preparation.

**Students enrol for 2-week blocks, either 3 or 5-day options per block. This camp is different every week, students can join for 6 consecutive weeks!*





KINDERGARTEN PREPARATION (UNACCOMPANIED)

K1 STARTERS

[ENROL HERE](#)

This course is for students who will be starting K1 after the summer. Students will develop their independence and confidence in an ESF kindergarten environment, as they explore nursery rhymes and well-loved stories through a variety of hands-on learning experiences.

**This camp is different every week, so students can join for up to 4 weeks!*

KINDERGARTEN PHONICS

[ENROL HERE](#)

AGES 4 - 6 YEARS



This course is a great introduction to phonics but can also build on your child's existing phonic knowledge. It is delivered in a very fun way with lots of group work and movement.

During the programme, students will learn:

- the basic letter sounds
- the principles of decoding words
- to play games in order to hear different sounds, using vowels and consonants
- to build longer phonic words
- to blend and segment the sounds and use words
- to begin the structure of writing lower and upper case sounds

**One lesson per week for 4 weeks every Saturday, students have the option to do 2 months consecutively.*



IMAGINATION STATION: [ENROL HERE](#)

RECYCLE AND CREATE ADVENTURE

AGES 3 - 5 YEARS

Join us for an enchanting journey in our Imagination Station programme, 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, turning their ideas into actionable projects. As they document their creative processes, they'll develop essential writing 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—all while having a blast!

HARMONY HEROES [ENROL HERE](#)

AGES 3 - 5 YEARS

Harmony Heroes focuses on the socio-emotional development of young learners, which can be tricky to navigate as feelings and emotions get bigger and bigger. Developing these skills is crucial for children as it helps with their relationship building, emotional regulation, empathy and understanding, conflict resolution, self-confidence, academic success and wellbeing.

This programme seamlessly integrates Lego, games, puzzles, storytelling, and role play to hone the emotional and social development of children.





NEW! EINSTEIN LAB JUNIOR

ENROL HERE

AGES 3 - 5 YEARS

This programme turns sunny summer curiosity into early science confidence. Through playful, hands-on investigations, children ask questions, make predictions, and record simple observations - just like real young scientists. We create sensory lava bottles to explore density and color mixing, convert mysterious solutions into heated crystals to examine how energy stored in liquid can be released quickly, construct catapult to investigate forces, energy transfer and projectile motion.

Every activity is scaffolded for fine motor growth, language development, and turn taking, with gentle routines and structure. This camp translates summer wonder into lasting skills - curiosity, observation, early measuring, and confident communication.

NEW! WHEELS, WAVES & RAILS STEM

ENROL HERE

AGES 3 - 5 YEARS

A hands-on STEM experience where little ones design, build, and test simple vehicles (e.g. car, boat, train) through guided mini-challenges. You'll explore foundational STEM concepts - push/pull forces, motion, floating/sinking and balance, and simple structure rules - using age-appropriate materials and lots of purposeful play. For example, on "Harbour Day," we turn the classroom into a mini port where children test how various hulls and cargo affect floating, sinking, and weight. This camp turns summer play into real STEM understanding and school-readiness.



P1 / YEAR 1 STARTERS

This course is for kindergarten graduates who will be starting P1 after the summer. It provides a boost of skills, confidence and independence through lots of fun games, drama and activities in an ESF primary school setting.

Over the course of two weeks, students will practise a range of essential skills which will provide an important foundation to ease their transition into primary school.

This includes development of their understanding of the following:

- up to 100 high frequency words
- capital letters and simple punctuation
- basic sentence structure
- speaking clearly during presentations
- vocabulary development through a range of medium including art projects.

**The course materials are on a 2-week rotation, meaning Weeks 1 - 2 are different and Weeks 3 - 4 start the rotation again.*

***Students can enrol for 1 or 2 weeks of classes but 2 weeks is recommended.*





RECOMMENDED COURSE LINEUP

Optimise your child's education: explore our recommended course schedule for primary enrichment programmes.

With a variety of subjects, students will be engaged in different activities throughout the summer.

Age	Week 1	Week 2	Week 3	Week 4	Week 5
6 - 8 Years	Reader's Theatre	Science Module A	Creative Writing	Science Module B	Challenge Your Creativity
9 - 11 Years	Debate Module A	Science Module A	Creative Writing	Science Module B	Debate Module B

[VIEW FULL PROGRAMME LISTING](#)





LOWER PRIMARY: AGES 6 - 8 YEARS UPPER PRIMARY: AGES 9 - 11 YEARS

Creative juices will be flowing as students bring their ideas to life. Our budding writers will then present their work at the end of the week. Throughout the sessions, students will learn a range of techniques, vocabulary and grammar as they unleash their imagination.

CHALLENGE YOUR CREATIVITY

[ENROL HERE](#)

AGES 6 - 8 YEARS



Does your child want to ignite his/her imagination? Do they need something to boost their enthusiasm for learning during the holiday? Then join our lively classes where we will spark creativity through fun discussions, games and collaborative storytelling. Students will:

- develop creative thinking skills
- motivate students and increase learning engagement
- help students see everyday objects and concepts in new and deeper ways
- improve language skills, foster imagination and curiosity
- encourage creative writing and development of ideas
- increase risk-taking skills



PRIMARY READER'S THEATRE

AGES 6 - 8 YEARS

ENROL HERE

Reader's Theatre is a technique to develop reading with understanding and fluency. Using a variety of scripts to practise and apply new techniques, students will:

- become immersed in Reader's Theatre to bring scripts to life as they work together to read and act out stories and their own writing
- practise phonics, pronunciation and intonation through character portrayal and presentations
- build vocabulary and creativity through their own script writing
- be immersed in a rich, English speaking environment to build their understanding, confidence and enjoyment of the language

This course is a great opportunity for your child to develop their English language proficiency. The carefully selected scripts give students essential practice in oral reading fluency and public speaking. The scripts also provide an opportunity for group interaction and student cooperation.





PRIMARY SCIENCE

ENROL HERE



LOWER PRIMARY: AGES 6 - 8 YEARS

UPPER PRIMARY: AGES 9 - 11 YEARS

This summer, students will explore different science concepts through the following two themes:

Module A - Summer Olympics

Get ready to channel your inner champion at our exciting STEM Olympics! This isn't just about medals; it's about mastering the science behind the games. From designing your own mini-athletic gear to exploring the physics of sports, our hands-on courses will spark curiosity and teamwork. Compete in thrilling challenges, build your problem-solving skills, and celebrate each discovery—just like a true Olympian!

Module B - Mad and Magic Science

Get ready for a spellbinding adventure with our Mad & Magic Science course! Dive into a realm of enchanting experiments where potions come alive! From mesmerising colour-changing reactions to bubbling potions and slime-making sorcery, each hands-on activity will spark your child's imagination and curiosity.

Each week, our scientists will gain an understanding of how the world works as we incorporate science and engineering elements of STEM (Science, Technology, Engineering and Mathematics). They will also develop their understanding of the scientific method as they plan their investigations, record their observations and report on their findings.

**Students can enrol for a total of two weeks of Science (Science A and Science B).*





FIRST STEPS IN ENGLISH

[ENROL HERE](#)

LOWER PRIMARY: AGES 6 - 8 YEARS

UPPER PRIMARY: AGES 9 - 11 YEARS

SECONDARY: AGES 12+ YEARS

This programme is ideal for students just starting their English language journey. Our interactive classes emphasise real-life communication, empowering students to speak confidently with others. By engaging in games, role-playing, and group activities, learners will acquire essential vocabulary and phrases in a vibrant setting. Each week, we explore different topics—such as travel, food, and celebrations—helping students deepen their understanding of the language and gain the confidence to use it effectively.

**Please note that First Steps in English courses are only for beginners or those at a very basic level of English. If your child has a good grasp of English, please choose a different course.*

***Curriculum and materials are differentiated to suit the different needs of the students within a class. For the 12+ age group, age-appropriate learning materials will be provided to suit the needs and interests of secondary students.*

****The course materials are on a 4-week rotation, meaning Weeks 1 - 4 are different every week and Weeks 5 - 8 start the rotation again.*

UPPER PRIMARY DEBATE (DEBATE & DIALOGUE)

AGES 9 - 11 YEARS

[ENROL HERE](#)



Debates are fun and engaging activities that exercise the brain to use all four skills of reading, writing, listening and speaking, sometimes concurrently. In this course, students will:

- understand how debating works, what the rules are and how to debate effectively
- use formal language, persuasive techniques and connectives in a speech
- structure ideas on a given topic, using evidence and examples to enhance arguments
- develop critical thinking, collaboration and communication skills
- learn to express themselves confidently, coherently and assertively

This course is suitable for students who are new to debating and those who have already developed a taste for debating in their primary schools. It can also prepare them for a variety of opportunities that they will come across in their secondary schools.

**Students can enrol for a total of two weeks of Debate, both weeks are different.*





SECONDARY DEBATE

[ENROL HERE](#)

AGES 12 - 14 YEARS

Join us for some lively discussions this Summer in our Secondary Debate programme. Globally, elections have evolved and politicians have changed their communication tactics. What styles would students take to convey their opinions?

Throughout the sessions, students will have plenty of opportunity to discuss and debate a range of topics.

- Analyse language and body language from real debates such as the presidential debates
- Construct arguments using persuasive language and engaging sentence openers
- Learn about tone of voice and vocal delivery during a debate
- Learn how to research for a debate in an effective manner
- Practise taking notes during a debate to form the basis of another argument
- Put skills into practice with small group and class debate

FUTURE READY: RESUME & INTERVIEW SKILLS

[ENROL HERE](#)

AGES 12 - 14 YEARS

This course will offer vital real life skills for students which will prepare them for their eventual university and work careers. Students will learn how to draft their own detail-oriented resumes as well as how to prepare for oral interviews so they are prepared and filled with confidence as they take the next steps in life.

AGES 12 - 14 YEARS

Elon Musk Said "You Are the Media" – What Does It Mean?

Musk's proclamation reflects the shift in how we consume news in the age of social media, mobile phones and artificial intelligence. In a now 24/7 news cycle, this course teaches students to identify trends, patterns and biases in various media outlets, enhancing critical thinking and the ability to distinguish fact from opinion and fictional 'fake' news.

Students also learn the art of writing compelling headlines and engaging discussions, enhancing their ability to communicate effectively and thoughtfully about current events and articles. Students can find their voice and become 'Citizen' journalists to share their own compelling stories.

The programme will cover the following:

- The Basics of Media
- Media Bias
- Media Narrative
- How to Regulate and Discern Social Media, Artificial Intelligence and Deep Fakes
- Citizen Journalism & What Makes an Eye-Catching Headline
- Media Discernment & Fake News



**Students must be proficient in written and spoken English to join.*



Are you passionate about sports? Do you dream of a career in the dynamic field of sports media? Join our course and dive into the exciting world of sports storytelling across various platforms.

In the course, students will master the craft of sports reporting through:

- Efficient Writing
- Career Insights
- Viral Stories
- Ethical Reporting
- Commercial Awareness

Whether you're an aspiring journalist, content creator, or sports enthusiast, this course will provide you with valuable insights and skills to kickstart your journey.





TEEN ENTREPRENEUR LAUNCHPAD

[ENROL HERE](#)

AGES 12 - 14 YEARS

This entrepreneurship programme fosters critical thinking and creativity, empowering young minds to solve problems and innovate. Through hands-on activities, students will learn essential financial literacy skills, helping them understand money management from an early age.

Our supportive environment boosts confidence as students present their ideas and collaborate with peers. They'll enhance their communication skills, preparing them for future success in any field. With a focus on goal setting, children will experience the satisfaction of achieving their objectives.

PUBLIC SPEAKING: SPEAK YOUR TRUTH

[ENROL HERE](#)

AGES 12 - 14 YEARS

Transform your child's public speaking journey through our dual-focused programme that combines the prestigious LAMDA Speaking in Public foundation with the dynamic storytelling style of TED talks. This course helps students build confidence while mastering essential presentation skills.

This programme empowers students to speak about what matters to them, whether it's climate change, technology, art, or social justice. They will learn to transform their interests into compelling presentations that can influence and inspire others.

Students will:

- Craft compelling narratives that capture audience's attention
- Develop clear and structured presentations with purpose
- Use voice effectively through pitch, pace, and tone
- Handling impromptu speaking challenges with confidence



FINANCIAL LITERACY

ENROL HERE

AGES 12 - 14 YEARS

This course empowers students with essential money management skills to make informed financial decisions throughout their lives. Covering critical areas like budgeting, saving, investing, credit, and financial planning, this course provides hands-on learning tailored to the realities of teenage and young adult finances.

Upon completion, students will receive:

- Role-specific simulation performance reports
- Certificate of completion
- Letter of Recommendation for top performers
- Level 4 Diploma from LIBF (London Institute of Banking and Finance)



MULTI-INDUSTRY REAL WORLD EXPERIENCE

AGES 12 - 14 YEARS

ENROL HERE

This programme introduces students to five key industries: STEM, Creative, Business, Health & Wellness, and Communication. Each day focuses on a different industry, giving students a broad understanding of various career possibilities while helping them develop critical skills for future success. Each day begins with an overview of career opportunities within the featured industry, followed by engaging, interactive activities and hands-on skill-building workshops that provide real-world learning experiences.





PSYCHOLOGY OF SELF & FUTURE SUCCESS

AGES 12 - 14 YEARS

[ENROL HERE](#)

Future success is not defined solely by academic excellence, but by students' ability to understand themselves, appreciate others, and know how to turn insight into action. This immersive programme guides students on a meaningful journey—from discovering who they are to learning how to collaborate and contribute positively to the world around them.

Students begin by exploring foundational psychological ideas—emotions, strengths, values, and self-concept—through engaging activities and age-appropriate tools. They uncover how people think and feel differently, why misunderstandings occur, and how empathy can transform relationships by deepening connection and trust.

As the programme progresses, students put their learning into action. Through collaborative design projects, they identify real challenges in school or community life and create thoughtful, practical solutions rooted in empathy and psychological insight.

Every session blends guided discovery, reflection, and teamwork to nurture important mindsets and soft skills, such as emotional intelligence, adaptability, and purpose. Students emerge with greater self-awareness and the mindset to thrive—confident, compassionate, and ready to shape both their future selves and the environments around them.

Combining acting, music, movement and theatre-crafts, students will experience all elements of a drama performance, becoming a character, creating their props or costumes, rehearsing and performing. Parents will be invited to a live performance at the end of the course.

**Students can enrol for one or two weeks.*

DRAMA STARS [ENROL HERE](#)

AGES 3 - 5 YEARS

Theme A: Mary Poppins

Theme B: The Lion King

July Saturday: Once Upon a Stage

August Saturday: The Wizarding World Workshop



DRAMA LOOP [ENROL HERE](#)

AGES 6 - 8 YEARS

Theme A: Charlotte's Web

Theme B: Peter Pan



DRAMA CIRCLE [ENROL HERE](#)

AGES 9 - 11 YEARS

Theme A: Matilda

Theme B: School of Rock



HOLA!

SPANISH THROUGH ART AND CULTURE

AGES 6 - 11 YEARS

[ENROL HERE](#)

Spanish is a vibrant language with a fascinating culture. This summer, we are excited to offer our popular summer Spanish course, in which students are immersed in the Hispanic art and culture as they develop their reading, writing, speaking and listening skills. Each day, students will build their understanding of the language through a different component of the culture. From Latino music to indigenous art, students will travel in time through all the richness of Hispanic music, customs, people and colours. An immersion into different activities and art projects that will enrich not only their communication skills but also their love for art and their knowledge of different art techniques.

**The course materials are on a 2-week rotation, meaning Weeks 1 - 2 are different and then repeated later in camp.*

***Students can enrol for 1 or 2 weeks of classes but 2 weeks is recommended.*

SPANISH ODYSSEY

AGES 6 - 11 YEARS

[ENROL HERE](#)

Spanish Odyssey takes students on an experiential journey through the rich tapestry of Spanish language and culture, centering around exciting themes such as food and music. As students explore Spain and Latin America, they will engage in immersive, hands-on activities that teach real, colloquial language that their Spanish speaking peers will be using every day. By cooking traditional dishes, listening and interpreting regional music and exploring local cultural and sporting events, students will practice their language skills in meaningful contexts. We will even complete the programme with a Spanish fiesta on the last day!

**Students must have completed a Spanish programme at ESF Explore before enrolling in this programme (including Spanish Art). Students need basic Spanish to join.*



NEW! FRENCH EXPLORER

AGES 9 - 11 YEARS

[ENROL HERE](#)

BONJOUR!

The course focuses on introducing students to the French language and culture through the beloved character of "Le Petit Prince" by Antoine de Saint-Exupéry. Cultural elements, including French customs are woven into the curriculum, providing a holistic understanding of the French-speaking world. Through the enchanting journey of "Le Petit Prince," students will explore themes of friendship, imagination, and adventure.

**This course is for beginners only. No prior knowledge in French is required.*

NEW! FRENCH ADVENTURE

AGES 12 - 14 YEARS

[ENROL HERE](#)

The course aims to introduce students to the French language and culture through the inspiring persona of Antoine de Saint-Exupéry as an explorer and adventurer. Throughout this immersive programme, students will engage with essential vocabulary and phrases, enhancing their communication skills in a dynamic and interactive environment. Cultural elements, such as French geography, history, and art, will also be incorporated, providing a well-rounded understanding of the French-speaking world.

By the end of the course, students will have gained foundational language skills while fostering a love for the French culture, all inspired by the adventurous spirit of Saint-Exupéry.

**This course is for beginners only. No prior knowledge in French is required.*





MULTI-SPORTS ENROL HERE

AGES 3 - 11 YEARS

Discover the perfect blend of fun and learning at our Multi-Sports Camps, where children can explore a variety of sports in a safe and enjoyable environment. Our programme is designed to cultivate skills, boost self-confidence, and ignite a passion for sports through dynamic, game-based activities.

SC0 (Ages 3 - 4 Years)

- ✓ Enhance fundamental movement skills
- ✓ Introduce essential sports-specific skills

SC1 - 3 (Ages 5 - 11 Years)

- ✓ Explore familiar and new sports
- ✓ Build physical competence and self-esteem

What the Week Looks Like:

SC0

SC1-3

Monday	Locomotion: The Art of Getting Around i.e. running, hopping	Team building & cooperative play i.e. obstacle course
Tuesday	Locomotion: The Art of Getting Around i.e. skipping leaping, galloping	Agility & spatial awareness i.e. dodgeball
Wednesday	Stability: Finding Your Balance i.e. improved balance, learning to land safely	Tactical awareness i.e. basketball, football
Thursday	Stability: Finding Your Balance i.e. twisting, stretching	Reaction & coordination i.e. badminton, cricket
Friday	Manipulation: Handling the Gear i.e. skill in throwing, catching, kicking, striking	Technical execution, focus & control i.e. softball, basketball, football

**Schedule & activities subject to change*





BASKETBALL

ENROL HERE

AGES 5 - 16 YEARS

Our basketball camps improve players' individual technical skills and enhance their knowledge of team-play fundamentals. Each session includes technical training and small games/competitions.

Beginner / Improver Levels (Ages 5 - 12 Years)

- ✓ Develop core basketball skills, such as dribbling the ball with head up and with both hands, passing, catching, shooting and footwork
- ✓ Learn in a fun and challenging game-based environment

Advanced / Academy Levels (Ages 11 - 16 Years)

- ✓ Develop basketball IQ using coaching techniques like blocked practice, serial practice, random practice, and deliberate practice, with varied levels of contextual interference (CI)
- ✓ Become a free-thinking and dynamic player through constraint-led approach training and teaching games for understanding

ENROL HERE

SWIMMING

AGES 3+ YEARS

Our qualified coaches will help swimmers develop their comfort level in the water and improve stroke technique through fun games and activities.



Beginner Level (Ages 3 - 7 Years)

- ✓ Achieve water confidence
- ✓ Introduce essential skills, like breath control, floating, arm movement, streamlined kicking, kicking on a board, submersion drills, reflex action, and survival skills

Improver Level (Ages 5 - 9 Years)

- ✓ Achieve straight arms, super-stretch freestyle and backstroke, and advanced deep water awareness activities
- ✓ Introduce more backstroke drills and breaststroke kicks
- ✓ Begin longer distance drills focusing on efficient stroke technique

Advanced Level (Ages 7+ Years)

- ✓ Introduce advanced stroke technique drills and start distance swimming
- ✓ Further develop on race dives, turns and push-offs
- ✓ Improve on excellent stroke technique and introduce squad training to be ready for competitive level



FOOTBALL [ENROL HERE](#)

AGES 5 - 11 YEARS

Join us for this fun camp to improve skills, develop techniques, play games, and enjoy playing on our world-class pitch.

Beginner Level 1 (Ages 5 - 6 Years)

- ✓ Develop fundamental football skills
- ✓ Engage in dynamic and imaginative football-related activities
- ✓ Introduce challenging activities to push boundaries

Beginner Level 2 (Ages 7 - 8 Years)

- ✓ Engage in 1v1 attacking and defending scenarios
- ✓ Strengthen the players' overall comprehension of football
- ✓ Prepare young football players through small side games and mini-matches

Improver Level 1 / 2 (Ages 9 - 11 Years)

- ✓ Implement teaching through mini-football matches
- ✓ Drive improvement in the standard of play
- ✓ Engage in high-intensity football activities to enhance fitness levels

[ENROL HERE](#)

TENNIS

AGES 4 - 12 YEARS

Develop your child's tennis skills and enjoyment of the sport as we have an 'ace' summer together.



Beginner Level (Ages 4 - 6 Years)

- ✓ Develop essential motor skills for tennis
- ✓ Enhance hand-eye coordination
- ✓ Improve movement and agility
- ✓ Build confidence through target-based games

Improver Level (Ages 7 - 9 Years)

- ✓ Enhance technical competency
- ✓ Develop tactical skills and game strategy
- ✓ Improve movement and court coverage
- ✓ Introduce point play and match scenarios

Advanced Level (Ages 10 - 12 Years)

- ✓ Develop tournament-ready skills
- ✓ Enhance serve and return techniques
- ✓ Build consistency in all aspects of play
- ✓ Improve matchplay strategy and tactics

SPORTS CLINICS

AGES 3 - 16 YEARS



PICKLEBALL

AGES 5 - 8 YEARS

[ENROL HERE](#)

Our pickleball clinics are designed to be enjoyable, inclusive and effective. We aim to foster a love for the sport while promoting physical fitness and social interaction.

Beginner Level 1 (Ages 5 - 6 Years)

- ✓ Learn basic pickleball skills, rules, and safety guidelines
- ✓ Introduce basic strokes (forehand, backhand), paddlegrip, and footwork
- ✓ Develop tactical understanding and teamwork
- ✓ Learn serving techniques and return of serve through partner activities

Beginner Level 2 (Ages 7 - 8 Years)

- ✓ Introduce advanced techniques such as spin shots and drop shots through drills and mini-games
- ✓ Learn serve and return strategies using drills and game situations
- ✓ Dive into doubles strategies and positioning with emphasis on tactics, teamwork and decision-making

[ENROL HERE](#)

GYMNASTICS

AGES 5 - 10 YEARS

Tumble, roll, bounce, flex, and cartwheel your way through the school holidays! Our clinics are designed to develop your child's fundamental gymnastics abilities through skill-building on the floor, beam, and vault.



Beginner Level (Ages 5 - 6 Years)

- ✓ Learn basic gymnastics techniques, like forward and backward rolls, handstands against the wall
- ✓ Introduce balance beam skills (walking, hopping), and vaulting skills
- ✓ Enhance coordination and agility

Improver Level (Ages 7 - 8 Years)

- ✓ Build in existing skills and introduce new techniques, such as cartwheels, round-offs, and bridge kickovers
- ✓ Work on simple balance beam routines
- ✓ Introduce floor routines and vaulting techniques like jumping and landing

Advanced Level (Ages 9 - 10 Years)

- ✓ Develop advanced tumbling skills, like walkovers and front handsprings
- ✓ Work on complex balance beam routines with turns, jumps and cartwheels
- ✓ Introduction to choreography in floor routines
- ✓ Enhance strength, flexibility, and conditioning



CODING CLINICS

AGES 6 - 14 YEARS



AGES 6 - 8 YEARS

MAKECODE ARCADE: GAMES THROUGH THE AGES!

[ENROL HERE](#)

Get ready for an epic adventure through the history of video games! Step into a time machine and explore, play, and create your very own games using Microsoft MakeCode Arcade!

Each lesson takes you to a new, exciting era - like retro classics, magical quests, and superhero missions - while you learn cool coding skills. You'll get to research, remix, and reimagine your favourite games, tapping into your creativity and problem-solving powers!

NEW! MAKECODE ARCADE II: THE DIGITAL ALCHEMIST'S NEXUS!

[ENROL HERE](#)

This course helps returning students move from basic game-making to creating projects with real-world purpose. They'll apply their skills to design games that address issues like climate change or social equality, learning to code with creativity and impact.

Students will work in teams on a "community co-op project," building collaboration and problem-solving skills. They'll also create a professional portfolio and learn to present their ideas — preparing them to think like both game developers and young changemakers.

NEW! JUNIOR TECH HEROES: MINECRAFT RESCUE SQUAD

[ENROL HERE](#)

In this course, students team up in small "Junior Squads" to build adventure levels instead of just playing them.

Students choose fun roles like Producer, Environment Artist, or Engineer as they design "Interaction Ports" that light up, open doors, and trigger surprises when players move, press buttons, or talk to characters. Using a simple "Plan-Build-Test" loop, they sketch ideas, build them in Minecraft, and then test them with friends.

At the end of course, each Squad shows off its level in a "mini studio" show-and-tell, explaining how they helped save The Grid. Perfect for young Minecraft fans who love stories, building, and working with friends.

AGES 6 - 8 YEARS

AI HERO MAKERS: CREATE YOUR OWN GAME

[ENROL HERE](#)

Every game starts with an idea... What's yours? In this adventure, you are a Hero Makers! Use AI magic to design everything for your dream game: brave heroes, funny sidekicks, scary monsters, magic potions, and secret worlds. You design it all!

AGES 9 - 11 YEARS

MINECRAFT MOVIE MAKERS

[ENROL HERE](#)

Get ready for an unforgettable adventure in "Minecraft Movie Makers!" This thrilling experience plunges students into the vibrant realms of Minecraft, inspired by characters and settings from the highly anticipated Minecraft movie.

Throughout this immersive journey, students will unleash their creativity as they design unique characters and build custom realms. They'll dive into exhilarating coding challenges and explore gameplay mechanics that capture the essence of the film.

But that's not all! Aspiring game developers, designers, and artists will experience the thrill of bringing their visions to life, combining their creative flair with digital skills. By the end, students will have crafted a game filled with their own imaginative elements — one they can share and enjoy with friends and family.

The course fee includes a 1-year Minecraft account licence.

AI GAME MASTERS: DESIGN YOUR OWN ADVENTURE

[ENROL HERE](#)

Go beyond just creating characters and design the actual adventure! As a Game Master, you'll design exciting challenges, write conversations for your characters, and build the rules of the game to create a truly interactive experience.



AGES 9 - 11 YEARS

NEW! YOUNG TECHNOVATORS: FROM ZERO TO PYTHON HERO

[ENROL HERE](#)

The course will focus on learning Python syntax, structure, and parameters. Students will first practice Python by creating 3 projects in the console, then finally, they will create a web app supported by the PyScript external library.

Using the online learning platform, students will be guided through learning about Python basics such as variables, data types, conditional logic, math operators, and loops. The first part of the course is designed to be self-guided, with activities to practice the syntax and using the console. Students will build a birth-date-to-now calculator and an encoder/decoder.

Students will end the course with a tech portfolio of the projects they've created throughout the course, and will also be able to use their new skills to move onto more complex projects in the future.

NEW! MINECRAFT ARCHITECTS: COMMAND QUEST

[ENROL HERE](#)

In this Minecraft Architects, students become Lead Systems Architects, using Minecraft to control the rules, logic, and commands that hold their worlds together.

Students team up to build a powerful "vertical slice" level packed with Redstone logic gates, command block tricks, and real player choices that change what happens next. They experiment with commands like teleporting, triggering events, and fixing "logic gaps" that break the game, then test, debug, and polish their builds.

By the end of camp, students record and pitch their custom world like a real game studio, showing how their code and systems stopped The Grid from collapsing. This camp is ideal for Minecraft fans who want to go beyond building and start making worlds that actually think. The curriculum follows a rigorous "Design-Build-Test" cycle, where students document their architectural logic in a formal Game Design Document (GDD) and pitch their final interactive systems to stakeholders using professional recording tools like OBS Studio.

The course fee includes a 1-year Minecraft account license.



AGES 12 - 14 YEARS

CODE THE FUTURE WITH AI

[ENROL HERE](#)

From self-driving cars to entertainment recommendations, AI is a part of our future. There is no better time to start learning how AI works! Students will use machine learning and code to develop and train their own vision recognition system, and explore how machine learning can be applied to art, music, games, and digital assistants by programming AI projects. Students will also explore similarities between AI and how our own minds work by studying the effects of bias and categorization of data.

CODE YOUR OWN WORLD WITH VR

[ENROL HERE](#)

From forests to Mars, students will bring their imaginations to life by coding their own virtual reality world. Developed with HTML, CSS, JavaScript and A-Frame, they will code and add their own customized textures, elements and interactions to complete their realistic simulated 3D environments. Students will also be able to easily share their work with friends and families, as well as immerse themselves into their creations.

ALGORITHM ADVENTURES WITH PYTHON

[ENROL HERE](#)

This is an engaging course designed to enhance students' understanding of algorithm design and problem-solving through Python programming. This course empowers students to dissect complex problems into manageable components, create and implement algorithms, and visualize their solutions using flowcharts and pseudocode. With a strong emphasis on practical application, students will participate in hands-on projects such as developing games and calculators, fostering critical thinking and creativity. By the end of the course, learners will have not only strengthened their Python skills but also gained valuable insights into efficient problem-solving strategies that will serve them well in future programming endeavors.

**Basic understanding of Python programming concepts is required.*





CODING CLINICS

AGES 4 - 12+ YEARS



AGES 12 - 14 YEARS

AI GAME DEV STUDIO: FROM PROMPT TO PLAYABLE

[ENROL HERE](#)

This is an engaging course designed to enhance students' understanding of algorithm design and problem-solving through Python programming. This course empowers students to dissect complex problems into manageable components, create and implement algorithms, and visualize their solutions using flowcharts and pseudocode. With a strong emphasis on practical application, students will participate in hands-on projects such as developing games and calculators, fostering critical thinking and creativity. By the end of the course, learners will have not only strengthened their Python skills but also gained valuable insights into efficient problem-solving strategies that will serve them well in future programming endeavors.





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