

ESF Gymnastics and Trampolining



Gymnastics is one of the most demanding, widely practiced and popular sports for children. It is recognised as a key sport in forming the basis for physical literacy by developing fundamental movement skills.

ESF gymnastic classes are available for children aged 2 years upwards and are open to all. Our classes provide a variety of experiences for children to be stimulated and challenged, developing their skills in flexibility, agility, balance and coordination. There are five ability stages and each stage has two of three specific levels to work through.

Gymnastic Levels

| Gym Club | Kite 1 | Kite 2 | Kite 3 |
|-----------------|--------|----------|----------|
| 3-5 Yrs | | | |
| Gym Club | Hawk 4 | Hawk 5 | Hawk 6 |
| 6+ Yrs | | | |
| Junior | | Falcon 7 | Falcon 8 |
| Gym Club | | | |
| Senior | | Falcon 9 | Eagle 10 |
| Gym Club | | | |
| ESF | | Eagle 11 | Eagle 12 |
| Gym Team | | | |

For each level, children receive a personal sticker book. When a child succeeds in a specific task, they receive a sticker to place in the book. Upon completion of all the tasks the child receives a certificate of achievement and is awarded a level badge allowing them to graduate to the next level.

Gymnastics Club 3-5 yrs (GYCL 1)

This class introduces students to the Floor, Beam and Vault apparatus. Our aim is to initiate a sense of well being and total confidence in running, jumping, rolling and landing skills.

Gymnastics Club 6+ yrs (GYCL 2)

For older beginners and students who have some gymnastics experience. Here they will be introduced to fundamentals skills of jumping, balancing and co-ordination, necessary in gymnastics. Cartwheels and handstands will also be further developed.

Junior Gymnastics Club (GYCL3) Senior Gymnastics Club (GYCL4)

Students should have gymnastics experience to join this class. These classes will further develop students' gymnastic potential and technique. These clubs run for 90 minutes to include Trampoline and Bar work (where available) in addition to Floor, Beam and Vault. Concepts of style and grace will be included, which will become an important part of what they do in the future. Tumbling skills such as round off, walk over, and handspring will be taught.

ESF Gymnastics Team (GYCL 5)

Recommendation by coach only. The aim is to produce high quality gymnasts. The team will focus on discipline, skill development and practical repetition training. This class is designed to prepare children for competitions or training camps abroad.

Junior Trampoline, 6+ yrs (GYTP1) Senior Trampoline, 6+ yrs (GYTP2)

The Junior and Senior Trampoline courses are open to all children aged 6 years or older. The activity involves continuous movement, changes in body shape and develops strength, agility, flexibility and balance. Students will start with basic skills including straight, pike, tuck and star jumps before moving onto more complex tasks such as drops, twists and somersaults. The Junior Trampoline course is suitable for beginners or those with limited experience. The Senior Trampoline course is suitable for children with a solid background in trampolining.

GYM TOTS

Children love to climb, roll, bounce and jump. This class encourages adventurous and creative play using mats, soft blocks and climbing pieces in a safe, secure environment. Parents are encouraged to join in assisting their child in developing their balance, locomotive skills, body and space awareness.



Class Schedules

- Mondays:** Bradbury School ~ Kennedy School ~ Quarry Bay School ~ West Island School
- Tuesdays:** Bradbury School ~ Sha Tin College ~ Sha Tin Junior School ~ South Island School
- Wednesdays:** Beacon Hill School ~ Clearwater Bay School ~ Kowloon Junior School, Rose St.
- Thursdays:** Clearwater Bay School ~ Kennedy School ~ South Island School ~ West Island School
- Fridays:** Glenealy School ~ Renaissance College
- Saturdays:** Kennedy School ~ Renaissance College ~ Sha Tin College ~ South Island School

Gymnastics — Course Fees

| Course name and code | Monday, Tuesday & Wednesday Classes | | Thursday, Friday & Saturday Classes | |
|---|-------------------------------------|---------------|-------------------------------------|---------------|
| Gymnastics Course (GYCL1, GYCL2, GYTP1, GYTP2) | 15 sessions | \$2700 | 14 sessions | \$2520 |
| Quarry Bay (GYCL1, GYCL2) | 14 sessions | \$2520 | N/A | |
| Junior & Senior Gymnastics Club (GYCL3, GYCL4) | 15 sessions | \$3000 | 14 sessions | \$2800 |
| West Island School Thursdays (GYCL3, GYCL4) | N/A | | 13 sessions | \$2600 |
| ESF Gymnastics Team (GYCL5) *Recommendation by Coach only | N/A | | 14 sessions | \$2800 |



ENROL ONLINE NOW
to secure your child's place

Detailed schedules can be viewed on our website

www.esf.org.hk

ESF Gymnastic Leotards now available to order. Please go to Sports Equipment page for more information.