



ESF Gymnastics & Trampolining

Gymnastics is recognised as a key sport in forming the basis for physical literacy by developing fundamental movement skills. ESF Gymnastic 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 or three specific levels to work through.



ENROL ONLINE NOW TO SECURE YOUR CHILD'S PLACE
WWW.ESF.ORG.HK

COURSE DESCRIPTION

Gymnastic Levels

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

- Gym Tots, 36 months - 4 yrs (GYT)**
- Fantastic learning environment. Encouraging children to start young, developing their social skills as well as their co-ordination
 - Develop balance, locomotive skills, body & space awareness
 - Parents are encouraged to join in assisting their children
 - Soft play equipment

- Gymnastics Club 4-5 yrs (GYCL 1)**
- Introduction to Floor, Beam & Vault
 - Build confidence in running, jumping, rolling & landing skills

Upon completion of all the tasks in the sticker book, the child receives a certificate of achievement and is awarded a level badge allowing them to graduate to the next level.

EQUIPMENT

ESF Gymnastics leotards now available to order. Please go to Sports Equipment Shop on page 18 for more information.

NEW GYMNASTICS CLASS



New Boys Gymnastics Club and Tumble Gym Class at Clearwater Bay School

- Gymnastics Club 6+ yrs (GYCL 2)**
- For older beginners & students with some experience
 - Introduction to jumping, balancing & co-ordination
 - Cartwheel & handstand development

- Boys Gymnastics Club 6+ yrs (GYCLB)**
- Boys only
 - Floor, vault & bar

- Junior Gymnastics Club, 6+ yrs (GYCL3)**
Senior Gymnastics Club, 8+ yrs (GYCL4)
- Floor, Beam & Vault
 - Tumbling skills: round off, walk over & handspring
 - Trampoline & bar work (where available)

- Tumble Gym 6+ yrs (GYTU)**
- Tumbling skills: cartwheel, round off, & handspring
 - Mini trampolining

- ESF Gymnastics Team (GYCL 5)**
- Invitation by coach only
 - Produce high quality gymnasts
 - Focus on discipline, skill development & practical repetition training
 - Skill sequences and routines for competition

- Junior Trampoline, 6+ yrs (GYTP1)**
Senior Trampoline, 8+ yrs (GYTP2)
- Straight, pike, tuck & star jumps
 - Drops, twists & somersaults
 - Involve continuous movement, changes in body shape
 - Develop strength, agility, flexibility & balance



Gymnastics class in Mandarin develops your child's language skills in a real life situation



Detailed schedules can be viewed on our website www.esf.org.hk

Venues

- Gymnastics**
- Bradbury School
 - Clearwater Bay School
 - Glenealy School
 - Kennedy School
 - Kowloon Junior School (Rose)
 - Quarry Bay School
 - Renaissance College
 - Sha Tin College
 - Sha Tin Junior School
 - South Island School
 - West Island School

- Gym Tots**
- Clearwater Bay School
 - Renaissance College

Gymnastics — Course Fees

Course name and code	Sessions	Fee
Gymnastics Club (GYCL1, GYCL2, GYCLB)	10 sessions	\$2000
	11 sessions	\$2200
	12 sessions	\$2400
	13 sessions	\$2600
Junior & Senior Trampoline (GYTP1, GYTP2)	13 sessions	\$2600
Junior & Senior Gymnastics Club (GYCL3, GYCL4)	11 sessions	\$2420
	12 sessions	\$2640
	13 sessions	\$2860
ESF Gymnastics Team (GYCL5) Recommendation by Coach only	13 sessions	\$2860
Gym Tots (GYT)	12 sessions	\$2400
Tumble Gym (GYTU)	12 sessions	\$2400

Classes at different sites on different day may not have the same no. of sessions per term. Please check our website www.esf.org.hk for the exact course fee.

NEW ACTIVITY