

ESF Netball

Netball is a non-contact team sport based on running, jumping, throwing and catching.
Over 20 million people play Netball around the world in more than 70 countries.

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



FREE GIFT

All First Time students registering for netball activities will receive:

- 1 ESF Sports T-shirt

COURSE DESCRIPTION

Classes are aimed at children aged 5 to 11 years, providing a positive learning and playing experience. The classes will enable children to enjoy an introduction to the sport of netball, learning the basic skills and game rules that will allow them to develop and continue their participation in the sport. Sessions will focus on fun and participation in a safe and inclusive environment. Both girls and boys are welcome to the programme.

A fabulous sport for girls and boys alike, come and develop:

- Teamwork
- Hand eye co-ordination
- Quick reflexes
- Skillful passing

Netball 1, Age 5-7 yrs (NE1)

- Basic netball skills
- Develop fundamental motor skills, balance, co-ordination, footwork & ball handling
- Chest & bounce passes, spatial awareness & fair play

Netball 2, Age 8-11 years (NE2)

- Basic netball skills
- Netball positions & rules
- Modified netball game

**NEW
VENUES**

ESF'S NEWEST SPORT!



Netball is considered the most popular women's team sport in the world!

Venues

Netball

Clearwater Bay School
King George V School
Kowloon Junior School (Hung Hom)
Kowloon Junior School (Rose)
Quarry Bay School

Netball — Course Fees

Course name and code

Netball Course (NE1, NE2)

10 sessions	\$2000
11 sessions	\$2200
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.