



# 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**

## 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

## EQUIPMENT

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

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.

**NEW GYMNASTICS CLASS**

New Gymnastics class in Mandarin at Clearwater Bay School. Develop your child's language skills in a real life situation.

### Gymnastics Club 6+ yrs (GYCL 2)

- For older beginners & students with some experiences
- Introduction to jumping, balancing & co-ordination
- Cartwheel & handstands development

### Junior Gymnastics Club, 6+ yrs (GYCL3) Senior Gymnastics Club, 8+ yrs (GYCL4)

- Trampoline & bar work (where available)
- Floor, Beam & Vault
- Tumbling skills: round off, walk over & handspring

### ESF Gymnastics Team (GYCL 5)

- Invitation by coach only
- Produce high quality gymnasts
- Focus on discipline, skill development & practical repetition training

### 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



Overseas Tournament opportunity provides new challenges to our gymnasts



Detailed schedules can be viewed on our website [www.esf.org.hk](http://www.esf.org.hk)

| Gymnastics — Course Fees  | Mon, Thu & Fri Class            | Tue, Wed, Sat & Sun Class            |
|---|---------------------------------|--------------------------------------|
| <b>Course name and code</b>   | <b>Mon, Thu &amp; Fri Class</b> | <b>Tue, Wed, Sat &amp; Sun Class</b> |
| Gymnastics Course (GYCL1, GYCL2, GYTP1, GYTP2)                              | 16 sessions \$3200              | 15 sessions \$3000                   |
| Quarry Bay (GYCL1, GYCL2)   | 15 sessions \$3000              | N/A                                  |
| Junior & Senior Gymnastics Club (GYCL3, GYCL4)                              | 16 sessions \$3520              | 15 sessions \$3300                   |
| ESF Gymnastics Team (GYCL5)<br><small>*Recommendation by Coach only</small> | N/A                             | 15 sessions \$3300                   |
| Gym Tot (GYT)   | 16 sessions \$3200              | 15 sessions \$3000                   |