

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**



FREE GIFT

All First Time students registering for netball activities will receive:

- 1 ESF Sports T-shirt

ESF'S NEWEST SPORT!



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

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

Netball — Course Fees

Course name and code

Netball Course (NE1-NE2) Quarry Bay School	15 sessions	\$3000
Netball Course (NE1-NE2) Kowloon Junior School, Hung Hom	15 sessions	\$3000
Netball Course (NE1-NE2) Sha Tin Junior School	16 sessions	\$3200
Netball Course (NE1-NE2) Clearwater Bay School	16 sessions	\$3200