

## ESL Sports – Safe, Fun, Effective Sport Classes for Children

Sport is one of the key areas that can shape children's minds and physical development. ESL presents a programme of activities at your school designed to encourage young people to become physically active; learn through fun; and improve their confidence and focus.



With this in mind we encourage children to start young, ensuring fundamental movement is learnt correctly in a safe and secure environment. Each sport has created its own athlete pathway to guide children's learning at an appropriate pace to their needs. It is important to us that children not only start but develop an interest and passion for sport that will stay with them for the rest of their lives.

- Basketball
- Soccer
- Swimming
- Gymnastics
- Martial Arts
- Tennis

For more information on classes please visit our website: [www.esf.org.hk](http://www.esf.org.hk) or Tel: 2711 1280