EXTRA CURRICULAR ACTIVITIES

- 2 - 12 years old
- Over 29 ECAs
- Mon - Sat





Extra Curricular Activities

Maple Bear extra-curricular activities, whether in school or outside, balances academics, creativity, physical health, social responsibility, and practical life skills. We evolve with age, ensuring that children from 2 to 12 grow into well-rounded individuals prepared for both academic success and life beyond the classroom.

BallroomBees

Dancing is a good activity for young ages, it combines multiple benefits for children development.

BallroomBees classes focus on developing children's social skills and etiquette, building their confidence and fostering a deep sense of respect for their classmates, all while getting active with friends!





Learning Components

- Improves arms and legs co-ordination, direction and body balancing
- Enables concentration and engagement activities
- Develops coordination & musicality

Powered by: BALLROOM BEES

DURATION

45 Minutes

AVAILABLE

TKO / Lohas / Yau Tong



Basketball

Get ready to dribble! This class is designed for children to learn fundamental skills like dribbling, shooting, and passing in an engaging and team-oriented environment. Perfect for building early athleticism and social skills.





Learning Components

- Practice the basics of dribbling and catching
- Build upper body power and aiming accuracy
- Stay stable while running, jumping, and moving
- Learn to cooperate and share with peers through play.

DURATION

60 Minutes

AVAILABLE

TKO / Lohas / Yau Tong

Powered by:

SAHK



TKO I YT I LOHAS

www.maplebear.hk

Brazilian Jiu-Jitsu

Nurture your child's inner strength through the art of Brazilian Jiu-Jitsu! Guided by structured routines and clear boundaries, our program channels youthful energy into sharp focus, self-control, and practical self-defense skills.

On our mats, young martial artists learn to protect themselves safely, respect authority, and build the physical foundation needed to handle life's challenges with quiet confidence.



Learning Components

- Following multi-step instructions and practicing self-control through organized mat routines.
- Learning critical safety mechanics and boundary-setting to diffuse difficult situations confidently.
- Developing fundamental body awareness, balance, and core strength through grappling drills.
- Building personal accountability, patience, and emotional regulation alongside coaches and peers.

Powered by: SAHK

DURATION

60 Minutes

AVAILABLE

TKO

Cambridge

Our programme prepares children for test formats through engaging and practical practices.

Children are able to develop a strong foundation for many different themes and vocabularies that prepare them for kindergarten readiness.





Learning Components

- Common answering techniques and question types
- Useful daily theme-based expressions and vocabulary



DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas

Chinese Painting

Our Chinese Painting class offers a comprehensive exploration of visual arts culture and language studies, emphasising on both traditional and contemporary practices. Students have the opportunity to immerse themselves in a variety of art activities, each designed to foster creativity, technical skills, and culture understanding.





Learning Components

- Explore the fundamentals of traditional Chinese painting techniques
- Appreciation of difference Chinese art styles
- Practice Chinese calligraphy using different types of pens and styles

Powered by: 智藝教室 INTELLI-ART CLASSROOM

DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas



Coding

Let your children explore the basics of coding using ScratchJR on iPads. Through playful activities, they insprie and learn to plan movement, create patterns, and bring characters to life with simple commands.

We balance screen time with offline games, where classmates take turns guiding or instructing each other.





Learning Components

- Learning basic coding with ScratchJR
- Screen-free teamwork and problem-solving
- Building early STEAM confidence





DURATION

60 Minutes

AVAILABLE

Yau Tong/ Lohas

English STEAM

Using a comprehensive and global STEAM curriculum, students will have a full discovery of various experiments and English immersion, giving them skills that are important for the 21st century.



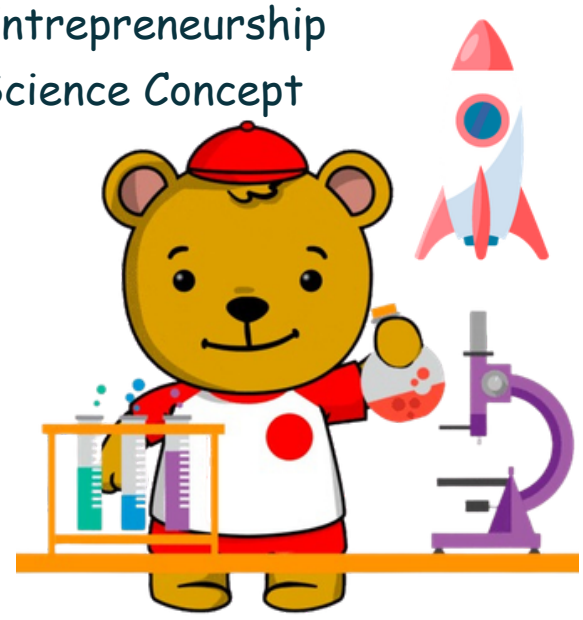
Children will be very hands-on with projects, working on skills such as how to be decision-makers, how to collaborate and communicate on projects, and how to approach projects efficiently.



Learning Components

4 majors learning areas:

- Creative Design
- English Communication
- Entrepreneurship
- Science Concept



DURATION

60/90 Minutes

AVAILABLE

TKO / Yau Tong / Lohas

Chess

At Chess at Three, we make chess fun, engaging and meaningful to help young minds build confidence, creativity and critical thinking through play.

Engaging stories while building life skills such as sportsmanship, grit, and confidence.





Learning Components

- Explore complex situations and feelings in a safe, risk-free environment
- Self-worth, creative thinking, language skills, quantitative reasoning, executive functioning, leadership qualities, and collaboration
- The importance of perseverance in the face of defeat and overwhelming odds

Powered by: CHESS AT THREE – EARLY CHILDHOOD CHESS

DURATION

60 Minutes

AVAILABLE

Yau Tong / Lohas



TKO I YT I LOHAS

www.maplebear.hk

Fencing

Fencing requires a combination of strategy, agility, and athleticism, along with specific rules of conduct and scoring.

Children can develop focus, discipline, and strategy in a fun and safe environment.





Learning Components

- Improves strength, balance, and coordination
- Encourages teamwork and postivie interactions
- Enhances critical thinking an strategy

Powered by:

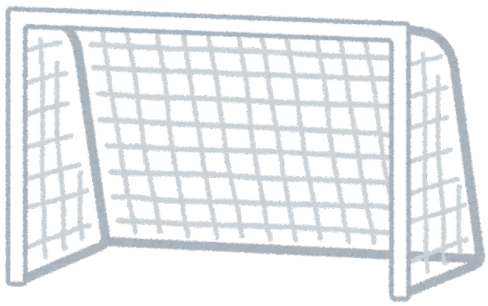
DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas

Football



Football is at teh heart of our education journey, enhancing knowledge and instilling strong values.

We offer meaningful experiences, preparing kids for future challenges and creating lifelong memories.

Our environment encourages leaning and empowerment for all. Happier! Smarter! Together!





Learning Components

- Improves motor skills and coordination
- Enhance teamwork and social skills
- Develop a pasion for football and have an active, and healthy lifestyle



Powered by: SAHK

DURATION

60 Minutes

AVAILABLE

TKO / Lohas



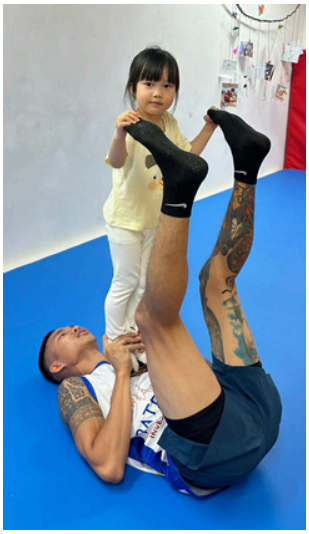
Gymnastics

Get ready to jump, roll and flip your way to new heights under the guidance of Professional Sports Academy's skilled and enthusiastic coach?



Learn how to balance, flip and twirl with our specialised gymnastics courses, fun and full of gross motor skills.





Learning Components

- Improves balance, coordination, and agility
- Develops essential movements and strenghtens gross motors skills
- Encourages children to overcome challenges, bulid confidence and discipline



Powered by: SAHK

DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas



JAZZ Dance

A combo class of jazz, hip hop and tap designed for preschoolers to explore the fun of music and movements and express their love for dance.

For junior and senior kindergartens, JAZZ Test 1 programme is an international accredited programme perfect for students who love dynamic movement and expressive choreography.





Learning Components

- Builds strong sense of rhythm and timing
- Encourages coordination, precision, and agility
- Syllabus-based learning with opportunities for performance and exams (for Jazz Test 1)

Powered by: CINDY DANCE ACADEMY 仙迪芭蕾舞學院

DURATION

45 Minutes

AVAILABLE

Yau Tong



Kids Ballet



Twirl into a world of magic! Our ballet class nutures creativity, coordination, and confidence through playful movement and music.

Watch your little one blossom in a joyful, and supportive environment.





Learning Components

- Basic Ballet Foundations and Motor Skills Development
- Music Appreciation
- Social & Emotional Growth
- Fostening Patience and Building Confidence

Powered by:

Fouetté Ballet School

DURATION

45 Minutes

AVAILABLE

Yau Tong



TKO I YT I LOHAS

www.maplebear.hk

Kids Yoga



Tao Yoga offers dynamic movement classes for adults, kids, and families of all skill levels. Whether you're a complete beginner or ready to advance, our expert instructors and welcoming community are here to help you build strength, flexibility, and confidence through movement.





Learning Components

- Physical Development & Strength
- Enhanced Coordination & Sensory Awareness
- Bonding and Communication
- Better Sleep and Relaxation

Powered by: TAO. dance arts

DURATION

60 Minutes

AVAILABLE

Yau Tong



Language Immersion

French / Mandarin / Cantonese

Children pick up the language in an authentic setting in small groups and use everyday functional expressions.

merci!

Children will be introduced to regularly used grammar concepts and vocabulary. At the same time, they will appreciate and enrich their knowledge about other cultures.





Learning Components

- Language immersion
- Peronalised classes based on children's needs
- Strengthen their confidence to communicate
- Fun-filled activities
- Engage through communication and interaction

hello



DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas



Kindermusik

This music-making experience Kindermusik class aims to introduce early years learners to the foundational language, cognitive, and social skills through engaging and interactive musical activities.

The program focuses on fostering whole-child development and empowering parent-child bonds to support a lifelong love for learning.





Learning Components

- Cognitive Development: Builds listening skills, memory, and executive function.
- Language Acquisition: Enhances receptive and expressive skills through vocal play.
- Motor Coordination: Develops fine and whole-body physical strength.
- Social-Emotional Growth: Fosters self-confidence and positive peer interactions.

Powered by: baumhaus



DURATION

45 Minutes

AVAILABLE

TKO / Lohas

Mathematics

This class aims to introduce young learners to foundational math concepts through engaging and interactive activities.

The programme focuses on fostering a positive attitude towards math and developing essential skills that will support further learning.





Learning Components

- Develop number sense and counting abilities
- Introduce basic operations through fun and interactive methods
- Promote understanding of shapes, patterns and measurement
- Creating and extending patterns using colours and shapes

3+2



DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas

Mini Chef

Cooking is one of the best sensory experiences for young children to develop 5 senses: Smell, Sound, Sight, Taste and Touch.

Your little one will open up to new tastes, they will enjoy cooking responsibility while learning and practicing some basic math concepts as well as building and executing their language skills.





Learning Components

- Build children's knowledge about food and dining
- Give children hands-on experience and teach age-appropriate kitchen skills
- Increase children's awareness of healthy eating
- Develop children's self-care skills
- Develop children's language, maths, science, fine motor, social and organisational skills

DURATION

60/90 Minutes

AVAILABLE

TKO / Yau Tong / Lohas



Mini Creator

A hands-on creative workshop where children bring their wildest imaginations to life! Through diverse artistic mediums and sensory exploration, students build, design, and create unique projects that celebrate their individual expression.





Learning Components

- Refine hand dexterity through detailed crafting, cutting, and building
- Explore various textures and materials to communicate original ideas
- Learn how to turn concepts into physical 3D creations using logic and art
- Gain pride in personal achievements through unique, self-led projects

DURATION

60 Minutes

AVAILABLE

Yau Tong



TKO I YT I LOHAS

www.maplebear.hk

Multi-Sports

Introducing your child to a variety of sports builds fundamental movement skills, coordination, and confidence in a fun, and social setting.

Our multi-sports class focuses on play and exploration, helping your little one discover activities they love while developing a positive foundation for an active lifestyle.





Learning Components

- Multi-Sport Training
- Skill-Building, Teamwork & Confidence
- Expert Coaches
- Develop Athletic Ability



Powered by:

SAHK

DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas





Musical Theatre

We are providing students with exploration and training in musicality, movement, and drama in a fun learning environment where interdisciplinary skills are cultivated, showmanship potential is honed, and passion for the arts in nurtured.





Learning Components

- Work together towards common objectives, fostering a spirit of teamwork and mutual support
- Nurture imaginative thinking and inspire unique forms of expression
- Cultivate a welcoming atmosphere where every individual is respected and appreciated
- Pursue outstanding quality in all our efforts, aiming to exceed expectations

Powered by: creative collab

DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas



TKO I YT I LOHAS

www.maplebear.hk

Music Induction

Learning music brings multiple positive benefits for a child's brain and emotional development. Unlock your child's music potential with our professional music instruction through various interesting themes.



Children can use their voice to express sounds and innovate music with instruments. It's a course that bubbles imagination and enables children to discover their personalities.

Learning Components



- Playfulness - learning through play
- Appreciation for different types of music
- Discover different musical instruments
- Anticipation and surprise
- Vocal play and rhythmical dancing

Powered by: FHK MUSIC INTERNATIONAL MUSIC SCHOOL

DURATION

45 Minutes

AVAILABLE

Yau Tong



Nature Playgroup

A pioneering nature-themed playgroup, thoughtfully blending Montessori methodology with wilderness exploration. Your child will learn practical life skills , sensorial discovery and independence-building in every session.





Learning Components

- Song and Movement
- Motor Skills Boosters
- Stimulating Nature-Themed Activities
- Environmental Awareness

Powered by: NatureNest

DURATION

60 Minutes

AVAILABLE

Yau Tong / Lohas



Phonics

Using the comprehensive Letterland syllabus, our phonics course helps children develop a strong foundation in early literacy: reading and writing.

They will have the opportunity to explore different text types and improve their phonemic awareness, blending and segmenting skills.





Learning Components

- Extensive teacher-student interactions
- Multi-sensory approach
- Introduction to tricky and button words
- 44 letter sound introductions, letter formation and inventive spelling

DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas



Pop Choir



Unleash your child's inner superstar! Our Pop Choir is a high-energy programme where students learn to sing their favourite modern hits while developing vocal technique, stage presence, and the joy of performing in a group. It's the perfect blend of musical education and contemporary fun!





Learning Components

- Learn the fundamentals of breathing, pitch, and projection through popular songs
- Develop the ability to listen to others while maintaining a melody or simple harmony
- Sync singing with movement to improve coordination and stage confidence
- Build social bonds and teamwork by blending voices together in a choral ensemble

DURATION

60 Minutes

AVAILABLE

Yau Tong

Powered by: FHK MUSIC INTERNATIONAL MUSIC SCHOOL



Primary Enrichment



Level up your child's literacy with our Canadian Curriculum-based program! Specifically tailored for G1 & G2 (Ages 6-9), we move beyond "learning words" to build confident communicators through a systematic, explicit approach to English excellence.





Learning Components

- Transition from basic decoding to smooth, natural, and expressive reading
- Master the art of communicating complex ideas clearly and structurally on paper
- Develop deep comprehension by analysing the "why" and "how" behind every text
- Create a foundation for sharing informed opinions and speaking publicly with ease.

DURATION

60/90 Minutes

AVAILABLE



Yau Tong / Lohas

Speech & Drama

Children will automatically improve their confidence if they focus on their pronunciation and are able to play with their friends.

They will be engaged in dramatic play and widen their horizons learning values from international stories.





Learning Components

- Use of body language, facial expressions and tone of voice
- Nurture children's talent in acting
- Develop students' awareness of non-verbal communication
- Emotional development

DURATION

60 Minutes

AVAILABLE

TKO / Yau Tong / Lohas



Step Ahead FUN

A dynamic afternoon programme where no two days are the same! Students enjoy a rich blend of Phonics, Storytelling, STEM, and Music. Our mixed-age setting allows children to explore new ideas and grow through shared experiences.





Learning Components

- Build strong foundations through phonics and interactive storytelling
- Develop rhythm and physical coordination through music and movement
- Foster curiosity and problem-solving through hands-on science and logic
- Gain social confidence and leadership skills in a mixed-age environment.

DURATION

120/180 Minutes

AVAILABLE

Yau Tong



TKO I YT I LOHAS

www.maplebear.hk

Table Tennis



Boost your focus, coordination, and energy levels! Our Table Tennis class introduces children to an exciting world of ping pong. A fun way to develop motor skills and hand-eye coordination.





Learning Components

- Follow the high-speed ball to improve focus
- Develop precise hand and wrist control
- Improve physical responses to rapid visual cues
- Learn to control distance and power on the table

Powered by:

DURATION

60 Minutes

AVAILABLE

Yau Tong / Lohas



Taekwondo

Unleash your little tiger's potential! Our Taekwondo class blends fun with foundational skills, teaching respect, focus and coordination in a safe and energetic environment. Watch their confidence soar as they learn kicks, make friends, and build character.





Learning Components

- Learning to follow instructions and concentrate
- Enhancing coordination, balance, and gross motor skills
- Achieving goals in a supportive environment builds self-esteem
- Instilling manners and respect for instructors and peers.

Powered by: INTERNATIONAL TAEKWON-DO H.K. ASSOCIATION 國際跆拳道香港總會

DURATION

60 Minutes

AVAILABLE

Lohas / Yau Tong / TKO



TKO I YT I LOHAS

www.maplebear.hk

Tennis



Set your little ace up for success on our mini tennis courts! Through playful, action-packed games, our youngest players develop listening skills, sharp reflexes, and essential motor skills. It is the perfect space for preschoolers to channel their energy, learn the value of teamwork, and celebrate every small win.



Learning Components

- Learning to follow multi-step instructions, focus attention during drills, and transition smoothly between activities.
- Enhancing hand-eye coordination, dynamic balance, and foundational gross motor skills like running, shuffling, and jumping.
- Achieving age-appropriate goals in a highly supportive environment to build internal confidence and a sense of accomplishment.
- Instilling manners, emotional regulation through sharing and turn-taking.

Powered by: SAHK

DURATION

60 Minutes

AVAILABLE

TKO



Wing Chun 詠春

Empower your child with focus, confidence, and respect through the art of Wing Chun. Watch them grow stronger, both mentally and physically in a positive and high-energy environment. Give them the gift of resilience and respect now!





Learning Components

- Learn to concentrate, manage emotions, and persevere through challenges.
- Enhance strength, physical coordination, flexibility, and balancing.
- Promotes good manners, respect for self and others

Powered by: KUNG FU FORCE 功夫坊

DURATION

60 Minutes

AVAILABLE

Lohas



Trial Class Available

Book a trial class and start your learning journey now!

TKO Yau Tong Lohas

Child's Name: _____

Parent's Name: _____

Contact Number: _____

- BallroomBees Dance
- Basketball
- Brazilian JJ
- Cambridge
- Cantonese
- Chinese Painting
- Coding
- Chess
- Fencing
- English STEAM
- French
- Football
- Gymnastics
- Jazz Dance
- Kids Ballet
- Kids Yoga
- Kindermusik
- Mandarin
- Mathematics
- Mini Chef
- Mini Creator
- Multi-sports
- Musical Theatre
- Music Induction
- Nature Playgroup
- Phonics
- Pop Choir
- Primary Enrichment
- Speech & Drama
- Step Ahead
- Table Tennis
- Taekwondo
- Tennis
- Wing Chun

✓ the activity you would like to book for a trial class

© All Rights Reserved | Maple Bear Hong Kong | 2026 Aug edition



Discover our Maple Bear Extra-Curricular Programmes and book your trial class today!

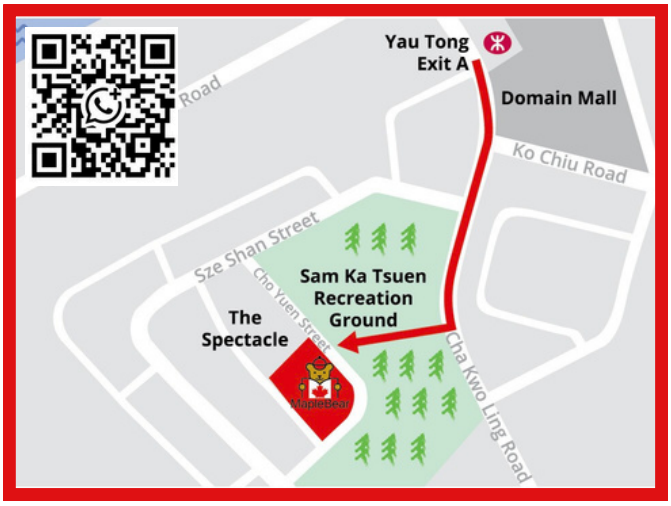


TKO Campus

2813 4887

6848 1264

Shop 7, G/F Alto Residences,
29 Tong Yin Street,
Tseung Kwan O



YT Campus

2717 6336

6949 0322

G/F & 1/F, The Spectacle,
8 Cho Yuen Street,
Yau Tong



Lohas Campus

2699 8588

6180 0112

Kindergarten, Level 1,
Le Prestige,
Lohas Park