

# exsportise

SUMMER SCHOOLS

FOR  
STUDENTS  
AGED 9-17



The UK's Number One  
Multi-campus Summer School for

## English Language + Dance

In partnership with



**ACOSTA**  
Dance Foundation

INSPIRING YOUNG PEOPLE

# Welcome to Exsportise Summer Schools

Family run business since 1988

At Exsportise, we believe in the power of combining language learning with world-class coaching and inspiring experiences. Our unique summer school environment helps students aged 9-17 grow in confidence, improve their English and pursue their passions - all in one place.

## ACTIVE ENGLISH LANGUAGE: ONE PROGRAMME, TWO PATHWAYS

Our English Language programme, Exsportise Active English, offers one course with two clear pathways to suit each learner:

- **Foundation Level** - for students building their fluency and confidence
- **Step-Up Level** - for students ready to apply English to both academic and real-world settings

Taught through authentic task-based lessons, both pathways focus on real communication and the 21st-century skills students need for future success.

## DANCE

Our English and Dance summer camps, in partnership with Acosta Dance Foundation, expertly combine 15 hours of top-quality intensive dance classes with 15 hours of accredited English tuition, for boys and girls aged 9-17. The Acosta Dance partnership provides students with the opportunity to work with internationally acclaimed instructors, helping them refine their technique while fostering creativity, discipline, cultural appreciation, and strong personal values. Set within our residential summer school campuses near London, it is the perfect summer dance camp for young people to learn, perform together and grow alongside international students from around the world. These sessions support technical development and provide a unique and inspiring context in which to learn and apply English.

# Active ENGLISH + Pro- DANCE + Life SKILLS

## Our programmes

### Classroom-based English Language

#### ENGLISH LANGUAGE + DANCE

For students who want to study English in class and train in Dance.

##### What is included:

- 15 hours of classroom-based English lessons per week
- 15 hours of training in one Sport per week

##### Ideal for:

Students who want structured English lessons to improve fluency and to step-up to real world, everyday English through collaboration, presentation, communication and critical thinking projects, as well as improving their chosen sport.

### No Classroom English

#### DANCE + ONE OTHER SPORT

For students who just want to learn English through sport.

##### What is included:

- 30 hours per week in one sport
- Some classroom-style workshops to elevate both performance and personal development

##### Ideal for:

Students with a strong passion and focus on a single sport and have a good level of English.



**4.5 out of 5**  
rating for student satisfaction



Accredited by the  
**BRITISH COUNCIL**  
for the teaching  
of English in the UK

**el-gazette**  
Centre of Excellence

YOUNG  
LEARNERS  
**ENGLISH  
UK**

**BA**  
MEMBER

**ACOSTA**  
Dance Foundation

# Our Dance Schools

## 2. Seaford College

West Sussex GU28 0NB

## 3. Worth School

Crawley RH10 4SD



Exsportise offers fully residential courses at four venues in the UK.

All offer comfortable accommodation, on-site sports and language facilities, extensive recreational space and healthy and nutritious meals.



# Seaford

**Near Brighton / 10-17 years**

Seaford College offers inspiring summer programmes in the heart of the Sussex countryside with high-quality facilities.

**English Plus: Arsenal Football, Dance, Golf, Hockey, Music, Tennis**



# Worth

**Near London / 9-16 years**

Worth School offers dynamic summer programmes set amidst the beautiful Sussex countryside. With high-quality facilities and a location within an hour of central London.

**English Plus: Arsenal Football, Basketball, Dance, Horse Riding, Multi Sport, Rugby, Tennis**





# Learn English



One Programme, Two Pathways. Dynamic, active English designed for every learner – from building fluency to stepping up to real-world communication.

Rather than separating students into completely different courses, we offer one programme with two pathways:

## One programme - two pathways

### English Foundation Pathway

#### For Level: A1-C1

For students who are still developing core fluency and confidence. They focus on building functional English, practical grammar and everyday communication, supported by project work and real-life language use.

#### Focus Areas:

- Fluency for everyday and social contexts
- Functional language for teamwork
- Grammar and vocabulary in action
- Group projects with clear language support
- Teacher-led lessons

### Step-Up English Pathway

#### For Level: B2-C2

Suitable for mature students who already use English confidently and want to develop the skills needed for real-world academic, professional and leadership settings.

#### Focus Areas:

Real English for seminars, presentations and debates.

- Advanced language drawn from current global issues and careers
- Critical thinking and confident, persuasive communication
- Projects inspired by real industries (e.g. media, business, law, technology)
- Student-led discussions and tasks shaped by class interests

Lessons use only authentic, up-to-date materials - no textbooks, no simplification - to reflect how English is used in life beyond the classroom.

**YOUR LANGUAGE  
ADVENTURE AWAITS!**



# Explore the world with the Exsportise Active English Language Programme



15 HOURS  
OF ENGLISH  
per week

1:14

MAXIMUM CLASS SIZE



## Determining Students' Level

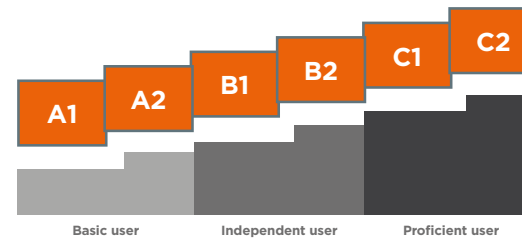
### HOW IT WORKS IN PRACTICE

All students join the Exsportise English Programme.

- On arrival, students are placed into the appropriate Pathway based on their level, maturity and speaking confidence.
- Both Pathways follow the same active, project-based approach - just at different levels of complexity and challenge.
- If ready, students can move up during their stay.
- At the end of the course, all students take part in a final project showcase and receive a personal learning portfolio.
- Exsportise teachers monitor student progress throughout the course. Upon completion of the programme, students receive an end-of-course certificate and an academic report.

### WHY THIS WORKS SO WELL

- Unified programme with internal pathways.
- Keeps the course inclusive and flexible, especially for international groups with mixed abilities.
- Allows for clear progression within a single branded programme.
- Creates a shared experience with appropriate challenge for all learners.
- Students can move between pathways.



## ENGLISH BEYOND THE CLASSROOM

At Exsportise, English becomes an integral part of students' daily life. Practising English during Sports activities and other recreational activities gives students the perfect opportunity to fully immerse themselves in the language.



## THE LANGUAGE CUP WINNERS



My son is having the best time. And he's shocked that he's loving the English classes there. He says they're so much fun and interactive."

PARENT OF 15 YEAR OLD STUDENT  
FROM KUWAIT

English<sup>TM</sup>  
THROUGH

Dance

15  
HOURS15 HOURS  
DANCE  
COACHING  
per week

Exsportise Dance in partnership with Acosta Dance Foundation, aims to give all its dancers of all levels, from beginner to advanced, the opportunity to train in a totally professional and detailed programme.



At Exsportise, we offer high-quality training designed to support every student's development — whether they are already experienced or just starting out.

The Acosta Dance partnership provides students with the opportunity to work with internationally acclaimed instructors, helping them refine their technique while fostering creativity, discipline, cultural appreciation, and strong personal values.

 Available at:

**WORTH, SEAFORD**





## PROGRAMME DETAILS

The programme offers a dynamic blend of dance styles inspired by both Cuban and contemporary urban influences. Students explore Reggaeton fused with Hip-Hop, developing powerful rhythm, expressive movement, and street-style energy. Cuban Salsa solo style adds vibrant footwork and flair, while Cuban Cabaret introduces theatrical performance and classic Latin grooves. Commercial dance brings a polished, modern edge, combining the best of traditional and urban styles.

Through these exciting classes, dancers build confidence, enhance musicality, and develop versatility, creativity, and stage presence across multiple genres.



## PERFORMANCE:

With expert guidance from our professional dance trainers from the Acosta Dance Foundation, dancers build towards unique student-led performances, where participants showcase their choreographed dances in front of the camp. Our dance teachers encourage and support students to perform as a group and also express themselves through solo or smaller group performances. The emphasis on performance not only highlights technical progress but also develops teamwork, resilience, and stage presence.



“

As someone with a lifelong love of sport and a powerful belief in education, I am passionate about combining them to help young people: to connect with others; to increase their self-awareness; to build confidence in their own abilities; and to grow their self-belief so they can go on and become the best version of themselves.

**BRAM VAN ASSELT,**  
FOUNDER & CEO

”

# Life on Campus



Being on  
**TEAM ORANGE**  
means we:

- are givers not takers
- allow people to make mistakes, without fear, and learn from them
- are team players
- are kind, caring and respectful
- encourage and explore
- challenge and coach, constructively
- lead by example
- go “the extra mile”

Team Orange is what makes Exsportise camps so special for students and staff together.

All our staff - teachers, coaches, house parents, welfare, course assistants and head office - are very carefully chosen for their authenticity, resilience, teamwork and overall sense of care and responsibility.

Being on Team Orange is why so many of our staff come back again and again to work with us and provide an amazing experience for our students. Team Orange is unique to Exsportise. It's how, and why, the magic happens on our summer camps.

## Our purpose

We want to give every young person - regardless of their talent levels - confidence in their own abilities and the self-belief to go on and fulfil their potential.





**Our Electronic Device Policy:** At Exsportise, we use the term “phubbing” to describe the action of ignoring the people around you and instead paying more attention to your phone. We actively encourage students to Connect for Real when socialising with their peers and friends, without needing their phones.

## At Exsportise, student welfare is our number one priority!

**24/7 Medical and Welfare Support:** With the industry leading Staff to Student ratio (1:4), we treat students as individuals and personalise our care. Each camp has on-site Medical Officers, House Parents and a designated Welfare Manager with a wealth of experience providing constant supervision and support.

**Accommodation:** Students are accommodated in separate areas for boys and girls and usually share their bedrooms with two or three students of similar ages. Each house is managed by a dedicated House Parent, ensuring safety, well-being, and happiness throughout their stay.

**Student voice:** As well as anonymous suggestion boxes and on-going open dialogue, every week students have the chance to share their feedback and give suggestions to enhance their stay.



**80+**  
Nationalities

Overall on-site staff to student ratio

**1:4**



House Parents and Welfare Manager oversee  
**STUDENT WELL-BEING**



Staff live on-site



On-site medical officers



All staff police checked



All staff child protection trained



## A Typical Day on Camp\*

\* Typical day timetable timings may vary per camp. Monday to Friday.



**07:45**  
Breakfast



**09:00**  
Camp Meeting



**09:15-12:45**  
Dance or English AM Session



**13:00**  
Lunch



**14:00**  
Camp Meeting



**14:15-17:45**  
Sport or English PM Session



**18:00**  
Dinner



**19:30**  
Meeting & Entertainment



**21:00-21:30**  
In Houses



English  
THROUGH  
Friendship



# Social time & Excursions

Prepare for a fantastic line-up of diverse evening activities and events catering for everyone's interests.

From dance-offs and friendly Dodgeball competitions to showcasing your talent at "Exsportise Has Got Talent", every evening is filled with laughter and excitement.

**Embrace Cultural Diversity:** Students immerse themselves in the wonders of International Night, where we celebrate different cultures with international music, dances and cuisines. It's a chance for students to make friends from all over the world and expand their cultural horizons.

**Thrills and Excitement:** Students join in the excitement of Race Night or discover adventure with their peers through an exciting Scavenger Hunt, solving clues and challenges as they explore the camp.

**Showcase of Creativity:** Students are captivated by the extraordinary talents of our Music and Dance students as they put on a dazzling showcase that will leave them with a sense of pride and achievement.

**The Clubhouse – Students' Social Haven:** During free time, students can visit the Clubhouse – a vibrant indoor and outdoor space where students can unwind, socialise and chat with friends in a relaxed atmosphere.

Students staying for more than one week will be offered two full-day excursions.



## Recreational Trips

**(SATURDAYS)**

The Saturday trip is more recreational and offers students the chance to relax and enjoy their new friendships.

- Or visit a local theme park
- Or visit a nearby city like Brighton, Oxford, Cambridge and Portsmouth



## Cultural Excursions

**(SUNDAYS)**

Our Sunday excursion consists of a London walking tour where students can experience historical British culture, natural attractions and famous landmarks.

Students have some free time during the day to take a leisurely walk around the city centre, go to a café or go shopping.

*All excursions are fully supervised by Exsportise staff. Packed lunches will be provided on the day of the excursion.*



# Travelling to Exsportise

We understand that when it comes to children's travel, safety and convenience are of the utmost importance.

At Exsportise, we share parents' concerns and have taken extensive measures to ensure that our students' journey to camp is smooth, secure and worry-free.

## ACCOMPANIED TRANSFER SERVICE

We offer a dedicated accompanied transfer service for students arriving at, and departing from, main London airports and the Eurostar train station. Our friendly representatives, easily identifiable in bright orange Exsportise tops, greet the students at the International Arrivals Halls.

### Standard transfer: Recommended transfer times



**Arrival at airport/Eurostar terminal:**  
Sundays between 09.00 - 15.00



**Departure from airport/Eurostar terminal:**  
Saturdays between 12.00 - 17.00

Students can arrive outside these times if required but may have slightly longer waiting times (supervised).

**Self-arrivals:** For parents wishing to bring their child.



**Self-arrival at Exsportise venue:**  
Sundays between 15.00 - 17.00



**Self-departure from Exsportise venue:**  
Saturdays between 09.00 - 11.00



## ACCOMPANIED TRAVEL

from and to  
airports and train station

### SEAFORD

- ✈ London Gatwick (55km)
- ✈ London Heathrow (75km)
- 🚆 Eurostar St Pancras (95km)

### WORTH

- ✈ London Gatwick (12km)
- ✈ London Heathrow (77km)
- 🚆 Eurostar St Pancras (110km)





# What our students say

All quotes are from the weekly feedback at each school.

“ Firstly this is my first time in England, being here is such a pleasure for me. I'd love to come back to this summer camp because all the activities that are being planned are so engaging and funny and you can learn a lot from your lessons.”

LARA FROM ITALY, AGED 12

“ The campus is beautiful, the food is excellent and the teachers are nice.”

STUDENT FROM FRANCE, AGED 14

“ I have made lots of new friends and I have increased my level of English which is great for my next school year.”

STUDENT FROM SPAIN, AGED 14

“ Because I met a lot of friends, I learnt English a lot and because all of the staff were really kind.”

LOUISE FROM FRANCE, AGED 14

“

To the whole van Asselt family, thank you for making Exsportise happen and for making it not only a summer school, but for making it become an experience I will keep in my heart and in my memories forever.

”

MARTINA FROM ITALY

TELL ME AND I FORGET.  
TEACH ME AND I REMEMBER.  
INVOLVE ME AND I LEARN.



**BOOK NOW!**

[www.exsportise.co.uk/book-now](http://www.exsportise.co.uk/book-now)

BOOK BY PHONE +44 (0) 1444 444777

BOOK BY EMAIL [admin@exsportise.co.uk](mailto:admin@exsportise.co.uk)



**exsportise**  
SUMMER SCHOOLS