

**AFTER
SCHOOL
CLUBS**

**AUGUST
2020 –
FEBRUARY
2021**

**MARCH –
JULY
2021**

**MONDAY
WEDNESDAY
THURSDAY**



GYMNASTICS CLASSES

TIME

MON (17:20 - 18:20)

WED (16:10 - 17:10 & 16:40 - 17:40)

THU (16:00 - 17:00 & 17:00 - 18:00)

AGE

4 - 10 years

LANGUAGE

Multilingual

(English, German, Russian)

COST

CHF 37-39 per lesson

LOCATION

**Tandem IMS
Seefeldstrasse 111
8008 Zürich**

CONDITIONS

Club must be booked for the entire course semester. Minimum of 5 children to start club.

MORE INFO:

**043 500 10 39
eca@tandem-ims.ch
tandem-ims.ch**

**Freies Gymnasium
Arbenzstrasse 19
8008 Zürich**



INTERNATIONAL
MULTILINGUAL
SCHOOL



GYMNASTICS CLASSES

Club Instructor

Liena Gubareva is a well renowned athletics instructor her club aims to give children a step into the world of gymnastics, opening the door for future sporting opportunities. For more information on Liena see her website: www.inspirefitnessliena.ch

Courses

Monday - Rhythmic Gymnastics and Acrobatics 17:20 - 18:20

This class focuses on building gymnastics skills to enable acrobatics such as arm balances and tumbling, flipping and jumping transitions. This class enhances co-ordination and agility, body awareness and balance, creativity and self-confidence, flexibility and strength and prepares the body and mind for life's mental and physical challenges.

Location: This course will take place in the Freies gymnasium, gym hall. Children can be picked up by Liena from Tandem school and be brought to the gym hall if needed. Pick up after the course is Freies gymnasium, gym hall, Arbenzstrasse 19, 8008 Zürich

Wednesday - Gymnastics and Trampolining 16:10 - 17:10 Advanced 16:40 - 17:40 Beginner

This class uses small trampolines and teaches basic variations of jumps, rotations and somersaults. It improves the vestibular system (great for those wanting to become a pilot!), develops coordination and balance, releases happy hormones and endorphins and increases strength (handstands/cartwheels) and flexibility (splits/ bridging) in boys and girls.

Location: This course will take place in the Freies gymnasium, gym hall. Children can be picked up by Liena from Tandem school and be brought to the gym hall if needed. Pick up after the course is Freies gymnasium, gym hall, Arbenzstrasse 19, 8008 Zürich

Thursday - Rhythmical Gymnastics Kindergarten 16:00 - 17:00 Primary 17:00 - 18:00

Rhythmic Gymnastics is the perfect combination of sport and art, linking expressive dance steps with skilful manipulations of the ball, rope, ribbon and hoop to fun and uplifting music. Children are encouraged to purchase their own equipment so they can practice at home.

Location: This class is held in the Tandem IMS lunch room.

Clothing

Children can wear comfortable clothes for movement or a gymnastics leotard and leggings/ shorts and bare feet or light indoor sports shoes.

Course availability

Club must be booked for the entire semester. See terms and conditions for further details.

Minimum of 5 children to start club.

Please note, that the Freies gymnasium gym hall is not a secured booking as they can only confirm that we have the use of the hall one month before the start date of the course. If they decide to not renew any of our bookings please understand that we may need to find another location and logistics may change.

Tandem IMS Zurich has a strict **NO NUT POLICY** due to allergies within the school.

MONDAY- Gymnastics and Acrobatics 17:20 - 18:20

CODE	207			
DATES 2020/2021	AUG	24	31	
	SEP	7	21	
	OCT	19	26	
	NOV	9	16	23 30
	DEC	7	14	
	JAN	4	11	18 25
	FEB	1	8	
WEEKS	18 × 60 minute lessons			
COST*	CHF 702.- (CHF 39.- / 60 minutes)			

CODE	208			
DATES 2021	MAR	1	15	22 29
	APR	12		
	MAY	10	17	31
	JUN	7	14	21 28
	JULY	5		
WEEKS	13 × 60 minute lessons			
COST*	CHF 507.- (CHF 39.- / 60 minutes)			

WEDNESDAY- Gymnastics and Trampoline 16:10 - 17:10 Advanced 16:40 - 17:40 Beginner

CODE	209			
DATES 2010/2021	AUG	26		
	SEP	2	9	16 23
	OCT	21	28	
	NOV	4	11	18 25
	DEC	2	9	16
	JAN	6	13	20 27
	FEB	3	10	
WEEKS	20 × 60 minute lessons			
COST*	CHF 780.- (CHF 39.- / 60 minutes)			

CODE	210			
DATES 2021	MAR	3	10	17 24 31
	APR	7	14	21
	MAY	12	19	26
	JUN	2	9	30
	JUL	7		
WEEKS	15 × 60 minute lessons			
COST*	CHF 585.- (CHF 39.- / 60minutes)			

Thursday - Rhythmical Gymnastics Kindergarten 16:00 - 17:00 Primary 17:00 - 18:00

CODE	211 (16:00-17:00) 125 (17:00-18:00)			
DATES 2020/2021	AUG	27		
	SEP	3	10	17 24
	OCT	22	29	
	NOV	5	19	26
	DEC	3	10	17
	JAN	7	14	21 28
	FEB	4	11	
WEEKS	19 × 60 minute lessons			
COST*	CHF 703.- (CHF 37.- / 60 minutes)			

CODE	212 (16:00-17:00) 127 (17:00-18:00)			
DATES 2021	MAR	4	11	25
	APR	8	15	22
	MAY	20	27	
	JUN	3	10	24
	JULY	1		
WEEKS	12 × 60 minute lessons			
COST*	CHF 444.- (CHF 37.- / 60 minutes)			