

**AFTER  
SCHOOL  
CLUBS**

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**SEPTEMBER  
2021 -  
FEBRUARY  
2022**

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**MARCH -  
JULY  
2022**

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**THURSDAY**



# GYMNASTICS CLASSES

**TIME**  
**THURSDAY**  
17:00-18:00

**LANGUAGE**  
**Multilingual**  
(English, German, Russian)

**COST**  
**CHF 39 per lesson**

**AGE**  
**4 - 9 years**

**LOCATION**  
**Freies Gymnasium**  
**Arbenzstrasse 19**  
**8008 Zürich**

**CONDITIONS**  
Club must be booked for the  
entire course semester.

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



INTERNATIONAL  
MULTILINGUAL  
SCHOOL



# GYMNASTICS CLASS

## 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](http://www.inspirefitnessliena.ch) or [YouTube channel](#).

## Thursday - Beginner Gymnastics 17:00-18:00

This class focuses on building gymnastics skills to enable co-ordination, agility, body awareness, balance, creativity, self-confidence, flexibility, strength and prepares the body and mind for life's mental and physical challenges. Acrobatics such as arm balances and tumbling, flipping and jumping transitions can be taught to those who have mastered the basics.

Location: This course will take place in the Freies gymnasium, gym hall. Kindergarten Children can be picked up by Liena from Tandem IMS late care and be brought to the gym hall if needed. The Primary children will need to be taken by a parent. Pick up after the course is Freies gymnasium, gym hall, Arbenzstrasse 19, 8008, Zürich

## Clothing

Children can wear comfortable clothes for movement or a gymnastics leotard, leggings/ shorts. Bare feet or light indoor sports shoes are suitable.

## Course Availability

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

Thursday - 17:00-18:00 (more advanced and older children are welcome to stay longer)

CODE	136	CODE	137
<b>DATES</b> 2021/ 2022	AUG SEP 2 9 16 23 30 OCT 7 28 NOV 4 11 18 25 DEC 2 9 16 JAN 6 13 20 27 FEB 3 10	<b>DATES</b> 2022	MAR 3 10 17 24 31 APR 7 MAY 5 12 19 JUN 2 9 16 23 30 JULY
<b>WEEKS</b>	20 × 60 minute lessons	<b>WEEKS</b>	14 × 60 minute lessons
<b>COST</b>	CHF 780.- (CHF 39.- / 60 minutes)	<b>COST</b>	CHF 546.- (CHF 39.- / 60 minutes)

Please note, that the course takes place outside of Tandem IMS at the Freies Gymnasium gym hall with Liena Gubareva. There are no Tandem IMS staff present. Liena Gubareva is responsible for the children in her care and parents are responsible for taking and picking up their children. Liena can pick up children from Tandem IMS at 16:30 to bring them to the gym hall if needed. If your child cannot attend on Thursdays or requires a more advanced class please speak to Liena directly as she has different level gymnastics classes running on Mondays, Tuesdays, wednesdays and at the weekend.



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