

**AFTER
SCHOOL
CLUBS**

**AUGUST
2022 –
FEBRUARY
2023**

**MARCH –
JULY
2023**

TUESDAY - NOVICE

THURSDAY - INTERMEDIATE

SPORTS CLUB



GYMNASTICS CLASSES

TIME

TUESDAY - 16:20-17:20

THURSDAY - 16:20-17:20

LANGUAGE

Multilingual

(English, German, Russian)

COST

CHF 39 per lesson

CONDITIONS

Club must be booked for the entire course semester.

***The instructor also offers additional weekly classes:**

Monday 17.30 - 18:30

Wednesday 16.20 -17:20

AGE

4 - 10 years

LOCATION

**Freies Gymnasium
Arbenzstrasse 19
8008 Zürich**

MORE INFO:

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

TANDEM

INTERNATIONAL
MULTILINGUAL
SCHOOL

SPORTS CLUB



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 or [YouTube channel](#).

Tuesday - Intermediate (7-10 years) 16:20-17:20

Thursday - Novice (4-7 years) 16:20-17:20

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.



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 16:05-16:10 to bring them to the gym hall if needed. If your child cannot attend on Tuesdays or Thursdays or requires a different class please speak to Liena directly as she has different level gymnastics classes running on Mondays & Wednesdays and at the weekend.



INTERNATIONAL
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Tuesday - **Intermediate (7-10 years) 16:20-17:20**

| CODE | 033 |
|------------------------|--|
| DATES 2022/2023 | AUG 30 SEP 6 13 20 27 OCT 4 25 NOV 1 8 15 22 29 DEC 6 13 JAN 10 17 24 31 FEB 7 |
| WEEKS | 19 × 60 minute lessons |
| COST | CHF 741 .- (CHF 39.- / 60 minutes) |

| CODE | 034 |
|-------------------|---|
| DATES 2023 | FEB 28 MAR 7 14 21 28 APR 4 11 18 MAY 9 16 23 30 JUN 6 13 20 27 JULY 4 |
| WEEKS | 17 × 60 minute lessons |
| COST | CHF 633 .- (CHF 39.- / 60 minutes) |

Please note, that the dates above in bold are when the Kindergarten and Primary parent teacher meetings take place. The gymnastics lessons will go ahead, as they take place outside of the school.

Thursday - **Novice (4-7 years) 16:20-17:20**

| CODE | 035 |
|------------------------|--|
| DATES 2022/2023 | AUG SEP 1 8 15 22 29 OCT 6 27 NOV 3 10 17 24 DEC 1 8 15 22 JAN 12 19 26 FEB 2 9 |
| WEEKS | 20 × 60 minute lessons |
| COST | CHF 780 .- (CHF 39.- / 60 minutes) |

| CODE | 036 |
|-------------------|--|
| DATES 2023 | MAR 2 9 16 23 30 APR 13 20 MAY 11 25 19 JUN 1 8 15 22 29 JULY |
| WEEKS | 15 × 60 minute lessons |
| COST | CHF 585 .- (CHF 39.- / 60 minutes) |

Please note, that the dates above in bold are when the Kindergarten and Primary parent teacher meetings take place. The gymnastics lessons will go ahead, as they take place outside of the school.

Tandem IMS

Bethany Hill | 043 500 10 39 | eca@tandem-ims.ch | tandem-ims.ch

Zurich Seefeld | Zollikon | Erlenbach



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