

**AFTER  
SCHOOL  
CLUBS**

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**AUGUST  
2023 –  
FEBRUARY  
2024**

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**MARCH –  
JULY  
2024**

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**TUESDAY - NOVICE**

**THURSDAY - INTERMEDIATE**



# 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.

**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](http://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  
MULTILINGUAL  
SCHOOL



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

| SEMESTER 1                     |  |
|--------------------------------|--|
| <b>DATES</b><br>2023 /<br>2024 | AUG <b>29</b>                              |
|                                | SEP <b>5</b> <b>12</b> <b>19</b> <b>26</b> |
|                                | OCT <b>3</b> <b>24</b> <b>31</b>           |
|                                | NOV <b>7</b> <b>14</b> <b>21</b> <b>28</b> |
|                                | DEC <b>5</b> <b>12</b>                     |
|                                | JAN <b>9</b> <b>16</b> <b>23</b> <b>30</b> |
|                                | FEB <b>6</b>                               |
|                                |  |
| <b>WEEKS</b>                   | 19 × 60 minute lessons                     |
| <b>COST</b>                    | CHF 741.– (CHF 39.– / 60 minutes)          |

| SEMESTER 2           |  |
|----------------------|--|
| <b>DATES</b><br>2024 | FEB <b>27</b>                              |
|                      | MAR <b>5</b> <b>12</b> <b>19</b> <b>26</b> |
|                      | APR <b>2</b> <b>9</b> <b>16</b>            |
|                      | MAY <b>7</b> <b>14</b> <b>21</b> <b>28</b> |
|                      | JUN <b>4</b> <b>11</b> <b>18</b> <b>25</b> |
|                      | JULY <b>2</b>                              |
|                      |  |
| <b>WEEKS</b>         | 17 × 60 minute lessons                     |
| <b>COST</b>          | 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

| SEMESTER 1                     |  |
|--------------------------------|--|
| <b>DATES</b><br>2023 /<br>2024 | AUG <b>31</b>                              |
|                                | SEP <b>5</b> <b>12</b> <b>19</b> <b>26</b> |
|                                | OCT <b>5</b> <b>26</b>                     |
|                                | NOV <b>2</b> <b>9</b> <b>16</b> <b>23</b>  |
|                                | DEC <b>7</b> <b>14</b> <b>21</b>           |
|                                | JAN <b>11</b> <b>18</b> <b>25</b>          |
|                                | FEB <b>1</b> <b>8</b>                      |
|                                |  |
| <b>WEEKS</b>                   | 19 × 60 minute lessons                     |
| <b>COST</b>                    | CHF 741.– (CHF 39.– / 60 minutes)          |

| SEMESTER 2           |  |
|----------------------|--|
| <b>DATES</b><br>2024 | FEB <b>29</b>                              |
|                      | MAR <b>7</b> <b>14</b> <b>21</b>           |
|                      | APR <b>4</b> <b>11</b> <b>18</b>           |
|                      | MAY <b>16</b> <b>23</b> <b>30</b>          |
|                      | JUN <b>6</b> <b>13</b> <b>20</b> <b>27</b> |
|                      |  |
| <b>WEEKS</b>         | 14 × 60 minute lessons                     |
| <b>COST</b>          | CHF 546.– (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.