

**AFTER
SCHOOL
CLUBS**

**AUGUST
2026 –
FEBRUARY
2027**

**MARCH –
JULY
2027**

**TUESDAY - INTERMEDIATE
THURSDAY - NOVICE**



GYMNASTICS CLASSES

TIME

**TUESDAY - 16:00-17:20
THURSDAY - 16:00-17:20**

AGE

**TUESDAY (7 - 10 years)
THURSDAY (5 - 7 years)**

LANGUAGE

Multilingual
(English, German, Russian)

LOCATION

**Freies Gymnasium
Arbenzstrasse 19
8008 Zürich**

COST

CHF 39 per lesson

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, a renowned athletics instructor, introduces children to gymnastics, paving the way for future sporting opportunities. For more details, visit: [www.inspirefitnessliena.ch](<http://www.inspirefitnessliena.ch>).

Schedule

Tuesday - Intermediate (7–10 years): 16:00–17:20

Thursday - Novice (5–7 years): 16:00–17:20

This class focuses on developing coordination, agility, balance, flexibility, and confidence. Advanced acrobatics, such as tumbling and flipping, are introduced as children progress.

Location: Freies Gymnasium, Arbenzstrasse 19, 8008 Zürich

Please note that this course takes place outside Tandem IMS at the Freies Gymnasium gym hall with Liena Gubareva. Tandem IMS staff will not be present. Liena is responsible for the children in her care and will pick children up from school to bring them to the hall if needed.

Kindergarten 1 children are welcome to join, but we recommend that parents pick them up from school and take them to the gym hall to support their transition to the program.

Clothing

Children should wear comfortable clothes for movement or a gymnastics leotard and either be barefoot or wear light indoor sports shoes. Long hair must be tied back, and children should bring a water bottle.



INTERNATIONAL
MULTILINGUAL
SCHOOL



Tuesday - **Intermediate (7-10 years) 16:00-17:20**

SEMESTER 1	
DATES 2026/ 2027	AUG 25
	SEP 1 8 15 22 29
	OCT 20 27
	NOV 3 10 17 24
	DEC 1 8 15
	JAN 5 12 19 26
	FEB 2 9
	WEEKS 21 × 60 minute lessons
COST CHF 819 .- (CHF 39.- / 60 minutes)	

SEMESTER 2	
DATES 2027	MAR 2 9 16 23 30
	APR 6 13 20
	MAY 11 18 25
	JUN 1 8 15 22 29
	JUL 6
	WEEKS 17 × 60 minute lessons
	COST CHF 633 .- (CHF 39.- / 60 minutes)

Thursday - **Novice (5-7 years) 16:00-17:20**

SEMESTER 1	
DATES 2026/ 2027	AUG 27
	SEP 3 10 17 24
	OCT 1 22 29
	NOV 5 12 19 26
	DEC 3 10 17
	JAN 7 14 21 28
	FEB 4 11
	WEEKS 21 × 60 minute lessons
COST CHF 819 .- (CHF 39.- / 60 minutes)	

SEMESTER 2	
DATES 2027	MAR 4 11 18
	APR 1 8 15 22
	MAY 13 20 27
	JUN 3 10 17 24
	JUL 1 8
	WEEKS 16 × 60 minute lessons
	COST CHF 624 .- (CHF 39.- / 60 minutes)