

**AFTER  
SCHOOL  
CLUBS**

**AUGUST  
2026 –  
FEBRUARY  
2027**

**MARCH–  
JULY  
2027**

**MONDAY**

**HOBBY CLUB**



**S.T.R.O.N.G**

**TIME**  
**16:00 – 17:30**

**LANGUAGE**  
**English**

**COST**  
**CHF 70 per lesson**

**AGE**  
**6 - 9 years**

**LOCATION**  
**atelier 8**  
**Paulstrasse 14**  
**8008**

**CONDITIONS**  
Club must be booked for the entire course semester.  
Minimum of 3 children to start club.

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



INTERNATIONAL  
MULTILINGUAL  
SCHOOL



# S.T.R.O.N.G

## Club Description

**S.T.R.O.N.G** stands for **S**kills **T**o **R**each **O**ur **N**utrition **G**oals.

**The overall mission** of the club is to help children build a foundation for lifelong interest in and awareness of how to fuel their bodies with nutritious foods and daily physical activity—through engaging, hands-on learning experiences. The club will be led by **Dr. Stephanie Fiorito, RDN, LDN**, in her fully equipped atelier located near the school.

### Goals:

1. To help children understand how their bodies work by introducing basic physiology and nutrition in a fun, age-appropriate, and playful way.
2. To promote healthy eating and lifestyle habits by combining movement—through basic mat-based Pilates—with practical life skills such as food preparation, cooking, food safety, and fundamental kitchen techniques (e.g., measuring, mixing, chopping).

Children will also receive simple exercises and recipes to take home, allowing them to reinforce what they've learned.

**The club takes place at Atelier 8, Paulstraße 14 (Tram stop: Wildbachstrasse). Stephanie will pick up the children from school. Parents can collect them from the atelier after the session. Parking is available in front and across the street.**

Monday 16:00-17:30

### SEMESTER 1

<b>DATES</b> <b>2026/</b> <b>2027</b>	AUG	24	31		
	SEP	7	21	<b>28</b>	
<b>FRENCH WEEK</b> <b>28.9.26</b>	OCT	19	26		
	NOV	2	9	16	23 30
	DEC	7	14		
	JAN	4	11	18	25
	FEB	1	8		

**WEEKS** 20 × 1.5 hour lessons

**COST** CHF 1'400.– (CHF 70.–/90 minutes)

### SEMESTER 2

<b>DATES</b> <b>2027</b>	MAR	1	8	15	22	
	APR	5	12			
	MAY	10	24	31		
	JUN	7	14	21	28	
	JUL	5				

**WEEKS** 14 × 1.5 hour lessons

**COST** CHF 980.– (CHF 70.–/90 minutes)