

**AFTER
SCHOOL
CLUBS**

**AUGUST
2025 –
FEBRUARY
2026**

**FEBRUARY –
JULY
2026**

**TUESDAY - INTERMEDIATE
THURSDAY - NOVICE**

SPORTS CLUB



GYMNASTICS CLASSES

TIME

TUESDAY - 16:00-17:20

THURSDAY - 16:00-17:20

LANGUAGE

Multilingual

(English, German, Russian)

COST

CHF 39 per lesson

CONDITIONS

Club must be booked for the entire course semester.

AGE

TUESDAY (7 - 10 years)

THURSDAY (5 - 7 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



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 2025/ 2026	AUG	26				
	SEP	2	9	16	23	30
	OCT	21	28			
	NOV	4	11	18	25	
	DEC	2	9	16		
	JAN	6	13	20	27	
	FEB	3				

WEEKS 20 × 60 minute lessons

COST CHF 780 .- (CHF 39.- / 60 minutes)

SEMESTER 2

DATES 2026	FEB	24				
	MAR	3	10	17	24	31
	APR	7	14			
	MAY	5	12	19	26	
	JUN	2	9	16	23	30

WEEKS 17 × 60 minute lessons

COST CHF 633 .- (CHF 39.- / 60 minutes)

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

SEMESTER 1

DATES 2025/ 2026	AUG	28				
	SEP	4	11	18	25	
	OCT	2	23	30		
	NOV	6	13	20	27	
	DEC	4	11	18		
	JAN	8	15	22	29	
	FEB	5				

WEEKS 20 × 60 minute lessons

COST CHF 780 .- (CHF 39.- / 60 minutes)

SEMESTER 2

DATES 2026	FEB	26				
	MAR	5	12	19	26	
	APR	9	16			
	MAY	7	21	28		
	JUN	4	11	18	25	

WEEKS 14 × 60 minute lessons

COST CHF 546 .- (CHF 39.- / 60 minutes)