

**AFTER  
SCHOOL  
CLUBS**

**AUGUST  
2023 –  
FEBRUARY  
2024**

**FEBRUARY–  
JULY  
2024**

**MONDAY**

**HOBBY CLUB**



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

**TIME**  
**16:00 – 17:30**

**LANGUAGE**  
**English**

**COST**  
**CHF 60 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  
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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 is to help kids build the foundation for lifelong interest and awareness of fueling their bodies with healthful foods and daily exercise through hands-on learning.

This club will be led by the Dr. Stephanie Fiorito, RDN, LDN in her fully equipped atelier near to the school.

## Goals:

1. To teach kids how their bodies work (basic physiology), and nutrition in an age-appropriate and playful way.
2. To teach kids healthful eating and lifestyle habits, incorporating movement (in the form of basic pilates on the mat) and life skills (food preparation, cooking, food safety, and basic kitchen skills such as measuring, mixing, chopping).

Exercises and recipes will be given for children to reinforce what they have learned at home with their parents.

**Logistics: The club will take place at atelier 8, Paulstr 14 (tram stop Wildbachstr.) Stephanie will pick up children from school and bring them to the atelier. Parents can pick up children from atelier 8 after the session (parking available in front and across the street from the atelier).**

## Courses availability

Club must be booked for the entire semester. See terms and conditions for further details.

Monday

| SEMESTER 1                    |  | SEMESTER 2           |   |
|-------------------------------|--|----------------------|---|
| <b>DATES</b><br>2023/<br>2024 | AUG 28<br>SEP 4 18 25<br>OCT 23 30<br>NOV 6 13 20 27<br>DEC 4 11 18<br>JAN 8 15 22 29<br>FEB 5 | <b>DATES</b><br>2024 | FEB 26<br>MAR 4 11 18 25<br>APR 8<br>MAY 6 13 27<br>JUN 3 10 17 24<br>JUL 1 |
| <b>WEEKS</b>                  | 18 × 1.5 hour lessons  | <b>WEEKS</b>         | 14 × 1.5 hour lessons   |
| <b>COST</b>                   | CHF 1'080 .- (CHF 60.-/90 minutes)   | <b>COST</b>          | CHF 840.- (CHF 60.-/90 minutes)   |