



**AFTER
SCHOOL
CLUBS**

**AUGUST
2025 –
FEBRUARY
2026**

**FEBRUARY–
JULY
2026**

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:
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TANDEM

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

DATES 2025 / 2026	AUG	25			
	SEP	1	8	22	29
	OCT	20	27		
	NOV	3	10	17	24
	DEC	1	8		
	JAN	5	12	19	26
	FEB	2			

FRENCH WEEK
29.9.25

WEEKS 18 × 1.5 hour lessons

COST CHF 1'260.– (CHF 70.– / 90 minutes)

SEMESTER 2

DATES 2026	FEB	23			
	MAR	2	9	16	23 30
	APR	13			
	MAY	4	11	18	
	JUN	1	8	15	22 29

WEEKS 15 × 1.5 hour lessons

COST CHF 1'050.– (CHF 70.– / 90 minutes)