

**AFTER
SCHOOL
CLUBS**

**AUGUST
2025 –
FEBRUARY
2026**

**FEBRUARY –
JULY
2026**

MONDAY

SPORTS CLUB



JIU-JITSU

TIME
16:00 – 17:00

LANGUAGE
Bilingual
(English, German)

COST
CHF 32 per lesson

AGE
6 - 9 years

LOCATION
Tandem IMS
Seefeldstrasse 111
8008 Zürich

CONDITIONS
Club must be booked for the
entire course semester.
Minimum of 5 children to start
club.

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



INTERNATIONAL
MULTILINGUAL
SCHOOL



Club Description

This club is offered in collaboration with the [Tiago de Paula Brazilian Jiu-Jitsu school](#), which provides a structured and supportive environment for children to explore the fundamentals of Brazilian Jiu-Jitsu.

This class introduces children to the basics of Brazilian Jiu-Jitsu through playful, movement-based exercises. Sessions focus on developing balance, coordination, strength, self-discipline, and body awareness. Respect, teamwork, and confidence-building are key elements of the programme. As children progress, more advanced techniques and drills will be gradually introduced in a developmentally appropriate way.

Location:

This course will take place in the Tandem school hall on the 3rd floor.



Clothing:

Children should wear comfortable sports clothing (e.g., T-shirt and leggings or shorts). Training is done barefoot. A Jiu-Jitsu gi is not required for beginners, but children can wear it if they have one.

Important Notice:

Please note that while every effort is made to ensure a safe environment, participation in the Jiu-Jitsu Club is at the child's own risk. Parents are responsible for any injuries that may occur during the sessions.

Monday 16:00-17:00

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 × 60 minute lessons

COST CHF 576.– (CHF 32.– / 60 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 × 60 minute lessons

COST CHF 480.– (CHF 32.– / 60 minutes)

Tandem IMS
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Zurich Seefeld | Zollikon | Erlenbach



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