

2018/19 From kindergarten to 9 year olds

Rhythmical Gymnastics



Thursday, 16:00 - 17:00 kindergarten
Thursday, 17:00 - 18:00 Primary

Club Instructor

Liena Gubareva has been working in Zurich for 25 years as an athletics instructor for ice-skating, gymnastics, acrobatics, tennis and hockey. She has since incorporated in her work a collaboration with private schools to offer young children a step into the exciting world of gymnastics, sports, acrobatics and choreography. Challenging the children physically and listening to their current interests, this club aims to give children a step into the world of gymnastics, opening the door for many sporting opportunities in the future such as figure skating, tennis, ice hockey, sports gymnastics, athletics and more.



Why Rhythmical Gymnastics?

- ★ to discover the world of movement possibilities
- ★ helps improve motor memory through rehearsal of routines
- ★ to learn basic elements of gymnastics and acrobatics
- ★ to practice a wide variety of choreography; classical ballet - modern dance
- ★ to develop flexibility and strength, supporting future sports e.g: ice hockey
- ★ to improve co-ordination and balance



Clubs Available

Code	122 kindergarten/primary	123 kindergarten/primary
Dates	Aug 30 Sep 6, 13, 20, 27 Oct 4 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20 Jan 10, 17, 24, 31 Feb 7	Mar 7, 14, 21, 28 Apr 4, 11 May 9, 16, 23 Jun 6, 13, 20, 27 Jul
Weeks	19 x 60 minute lessons	13 x 60 minutes
Cost *	37CHF per 1 hour lesson	37CHF per 1 hour lesson



Additional Information

* Club must be booked for the entire course duration. See terms and conditions for further details.

Minimum of 7 children to start club.

Please note that Tandem IMS Zurich has a strict **NO NUT POLICY** due to allergies. Please ensure your child brings no items containing nuts into the building.



Tandem IMS ECA
Beth Hill
email: eca@tandem-ims.ch
telephone: 043 500 10 39