

**AFTER
SCHOOL
CLUBS**

**AUGUST
2019 –
FEBRUARY
2020**

**FEBRUARY
2020 –
JULY 2020**

**MONDAY
WEDNESDAY
THURSDAY**



GYMNASTICS CLASSES

TIME

MONDAY (17:20 - 18:20)

WEDNESDAY (16:10 - 17:10)

THURSDAY (16:00 - 17:00 / 17:00 - 18:00)

AGE

4 - 10 years

LANGUAGE

Multilingual

(English, German, Russian)

LOCATION

**Tandem IMS
Seefeldstrasse 111
8008 Zürich**

COST

CHF 37-39 per lesson

CONDITIONS

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

MORE INFO:

043 500 10 39
eca@tandem-ims.ch
tandem-ims.ch

**Freies Gymnasium
Arbenzstrasse 19
8008 Zürich**

Tandem 
INTERNATIONAL MULTILINGUAL SCHOOL



GYMNASTICS CLASSES

Club Instructor

Liena Gubareva is a well renowned athletics instructor her club aims to give children a step into the world of gymnastics, opening the door for future sporting opportunities. For more information on Liena see her website: www.inspirefitnessliena.ch

Courses

Monday - Gymnastics and Acrobatics 17:20 - 18:20

This class focuses on building gymnastics skills to enable acrobatics such as arm balances and tumbling, flipping and jumping transitions. This class enhances co-ordination and agility, body awareness and balance, creativity and self-confidence, flexibility and strength and prepares the body and mind for life's mental and physical challenges.

Location: This course will take place in the Freies gymnasium, gym hall. Children can be picked up by Liena from Tandem school and be brought to the gym hall if needed. Pick up after the course is Freies gymnasium, gym hall, Arbenzstrasse 19, 8008 Zürich

Wednesday - Gymnastics and Trampolining 16:10 - 17:10

This class uses small trampolines and teaches basic variations of jumps, rotations and somersaults. It improves the vestibular system (great for those wanting to become a pilot!), develops coordination and balance, releases happy hormones and endorphins and increases strength (handstands/cartwheels) and flexibility (splits/ bridging) in boys and girls.

Location: This course will take place in the Freies gymnasium, gym hall. Children can be picked up by Liena from Tandem school and be brought to the gym hall if needed. Pick up after the course is Freies gymnasium, gym hall, Arbenzstrasse 19, 8008 Zürich

Thursday - Rhythmic Gymnastics Kindergarten 16:00 - 17:00 Primary 17:00 - 18:00

Rhythmic Gymnastics is the perfect combination of sport and art, linking expressive dance steps with skilful manipulations of the ball, rope, ribbon and hoop to fun and uplifting music. Children are encouraged to purchase their own equipment so they can practice at home.

Location: This class is held in the Tandem IMS lunch room.

Clothing

Children can wear comfortable clothes for movement or a gymnastics leotard and leggings/ shorts and bare feet or light indoor sports shoes.

Course availability

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

Minimum of 5 children to start club.

Please note, that the Freies gymnasium gym hall is not a secured booking as they can only confirm that we have the use of the hall one month before the start date of the course. If they decide to not renew any of our bookings please understand that we may need to find another location and logistics may change.

Tandem IMS Zurich has a strict **NO NUT POLICY** due to allergies within the school.

MONDAY- Gymnastics and Acrobatics 17:20 - 18:20**CODE** 120

DATES 2019/
2020

AUG	26
SEP	2 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)**CODE** 121

DATES 2020

FEB	24
MAR	2 9 16 23 30
APR	6 27
MAY	4 11 18 25
JUN	8 15 22 29

WEEKS 16 × 60 minute lessons**COST*** CHF 624.- (CHF 39.- / 60 minutes)**WEDNESDAY- Gymnastics and Trampoline** 16:10 - 17:10**CODE** 122

DATES 2019/
2020

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)**CODE** 123

DATES 2020

FEB	26
MAR	4 11 18 25
APR	1 8 29
MAY	6 13 20 27
JUN	3 10
JUL	1

WEEKS 15 × 60 minute lessons**COST*** CHF 585.- (CHF 39.- / 60minutes)**Thursday - Rhythmical Gymnastics** Kindergarten 16:00 - 17:00 Primary 17:00 - 18:00**CODE** 124 (16:00-17:00) 125 (17:00-18:00)

DATES 2019/
2020

AUG	29
SEP	5 12 19 26
OCT	3 24 31
NOV	7 21 28
DEC	5 12 19
JAN	9 16 23 30
FEB	6

WEEKS 19 × 60 minute lessons**COST*** CHF 703.- (CHF 37.- / 60 minutes)**CODE** 126 (16:00-17:00) 127 (17:00-18:00)

DATES 2020

FEB	27
MAR	5 19 26
APR	2 29
MAY	7 14 28
JUN	4 11 18 25

WEEKS 13 × 60 minute lessons**COST*** CHF 481.- (CHF 37.- / 60 minutes)