

**AFTER  
SCHOOL  
CLUBS**

**AUGUST  
2024 –  
FEBRUARY  
2025**

**FEBRUARY–  
JULY  
2025**

**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:**  
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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	
<b>DATES</b> 2024/ 2025	AUG 26
	SEP 2 16 23
	OCT 21 28
	NOV 4 11 18 25
	DEC 2 9 16
	JAN 6 13 20 27
	FEB 3
	<b>WEEKS</b> 18 × 1.5 hour lessons
<b>COST</b> CHF 1'080.– (CHF 60.–/90 minutes)	

SEMESTER 2	
<b>DATES</b> 2025	FEB 24
	MAR 3 10 17 24 31
	APR 7 14
	MAY 5 12 19 26
	JUN 2 16 23 30
	JUL
	<b>WEEKS</b> 16 × 1.5 hour lessons
<b>COST</b> CHF 960.– (CHF 60.–/90 minutes)	

