



# GYMNASTICS & ACROBATICS

*with Liena*

Move • Balance • Strength • Confidence



Discover the magical world of movement



Develop flexibility, coordination, strength and balance



Improve posture and presentation



Build self-confidence



Learn through music and movement



Have fun while making new friends



*Dr. Liena Gubareva*



Gold Medalist, Master Class



Former National Team  
Rhythmic Gymnast



PhD in Sports Education



Coach of Swiss Champions



25+ Years of Experience



## COURSE INFORMATION



**FRIDAY**



Gym, Lakeside School Horgen



70-minute training session



For girls and boys  
from Kindergarten to  
Grade 6

Professional training in a fun,  
safe and supportive environment!



## TRIAL TRAINING

**CHF 30.-**

Experience the exciting world  
of gymnastics and acrobatics  
before enrolling for the  
full semester.

**Registration required.**  
**Limited places available.**



## SEMESTER DATES



22 classes  
not including the  
canton school holidays

**15 August 2025 –  
6 February 2026**

### NO CLASS ON:

- 24 October – 2 November 2025
- 19 December 2025 – 4 January 2026

## REGISTRATION & ENQUIRIES



**079 232 13 23**



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## WATCH & GET INSPIRED!



Scan the QR code  
to watch training  
videos on YouTube!



*Building strong bodies, confident minds and happy hearts!*

