

GYMNASTIC & ACROBATIC TRAINING with Liena



IT'S THE BEST WAY:

- to discover the magical world of movements and learn your body
- to develop the flexibility, coordination, strength and balance
- to improve rhythmical and musical abilities through different styles of music
- to get the good posture and the nice presentation
- to have fun with the friends doing sport

Teacher: **Dr. Liena Gubareva**

Diploma of the Gymnastics and Sport-teacher, Choreographer. Gold Medal in the Masterclass, Member of National team of Rhythmic Gymnastics (ex.USSR). Doctorate (Ph.d.) in Sportpedagogics (2001). 25 years' experience in Gymnastics, Dance and Fitness. Coach of the Swiss Champions in Figure Skating, Tennis, Rhythmic Gymnastics, Hockey.

Website: www.inspirefitnessliena.ch

You Tube : Inspire Fitness With Liena

<https://www.youtube.com/channel/UCeVGOrns-wXs4uLBLnTEEnw>

Contact/ Sign up latest till 5 February 2024:

Mobile 079 232 13 23 / E-Mail: liena@inspirefitnessliena.ch / www.inspirefitnessliena.ch

Target Group: All the kids, who would like to have special World Class Gymnastics-Dance-Training, Acrobatics and improve their physical state.

Days and Time:

Friday 15.50- 17.00 **Beginners/ Advanced** for 4-10 year old – **limited places!**

from Friday 01.03.2024– 05.07.2024

Place: Gym, Lakeside School Horgen

Start - Finale: **According to information at the respective course** **01.03.2024 – 05.07.2024**

Costs: per Training 60- 70 min, from CHF 37.—

Depends, how many kids are in the group: minim. 3 - 55 CHF, by 4 – 48 CHF, by 5 - 43 CHF, by 6 – 39 CHF, by 7 – 37 CHF. The course must be booked for the entire course duration. The missed trainings should be made up at another days/ by Zoom. The costs of the course will be paid in 2 parts. Insurance is the responsibility of the participants.

Trial Training: **2. February, Friday 15.50/** - for 5-10 year old – **free!** *By closing the schools - Zoom online classes or replacement with live classes after lockout are obligatory

.Looking forward to see many Lakeside boys & girls in our training soon! *Liena*