

# MuKi CANOBBIO



**Quando** dal 22.09.2020 all'8.6.2021

**Giorno/Ora** martedì, dalle 16.15 alle 17.00

**Posizione** Palestra Scuole Elementari, Canobbio

**Clothing** gym wear, leather-soled slippers or non-slip socks

**Instructors** Experienced pre-school gymnastics instructors

**Content** Fun and games with gymnastics / running / jumping / climbing / discovering / dancing / balancing etc.  
There will be a theme for the year, with certain repeated exercises during each gym class.

**Per** dai 2 anni e 1/2 ai 4 non compiuti

Puoi provarlo gratuitamente. Contattaci:

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# MOVE TOGETHER

There are lots of gymnastics clubs throughout Switzerland that offer 'MuKi' gymnastics. These give children the chance to gain some initial experience with sport and games. A parent attends with their child and joins in. This is where the term MuKi (Mutter mit Kind – mother and child) comes from; there are also EKi (Eltern mit Kind – parents and child), VaKi (Vater mit Kind – father and child) and GroKi (Grosseltern mit Kind – grandparents and child). MiTu is an additional service, which is integrated into the existing MuKi-, VaKi-, EKi- and GroKi programmes run by the various gymnastics clubs. MiTu encourages and makes it easier for families from different cultures to come together and mix; this also applies for children with disabilities.

MiTu è un progetto dell'Unione Sportiva Svizzera



SPORT UNION SCHWEIZ

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