

# MuKi KERNs



<b>Wann</b>	Ab 25.08.2020 bis 30.03.2021
<b>Tag/Zeit</b>	Dienstag, 16.45 bis 17.45 Uhr
<b>Ort</b>	Dossenhalle (Halle 2), 6064 Kerns
<b>Clothing</b>	gym wear, leather-soled slippers or non-slip socks
<b>Instructors</b>	Experienced pre-school gymnastics instructors
<b>Content</b>	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.

**Für** Alle Kernser Kinder mit Geburtsdatum zwischen 1.8.2016 bis 31.7.2017 plus Mutter, Vater oder andere erwachsene Begleitpersonen

Du kannst es kostenlos ausprobieren. Kontaktiere:  
– Ursula Durrer-Signer, Sportunion Kerns  
041 660 86 67, ursula.durrer@gmx.net





# 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 EIKi (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-, EIKi- 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.

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MiTu ist ein Projekt der Sport Union Schweiz



SPORT UNION SCHWEIZ

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Mit Unterstützung von

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[www.mitu-schweiz.ch](http://www.mitu-schweiz.ch)

