

MuKi MURALTO



Quando 02.10.2020 - 21.05.2021

Giorno/Ora venerdì 17.30 - 18.30

Posizione Palestra SE Muralto

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 bambini da 2 a 4 anni

Puoi provarlo gratuitamente. Contattaci:

– Sara Casè, SFG Locarno

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Città
di Locarno

CARITAS TICINO





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.

MiTu è un progetto dell'Unione Sportiva Svizzera



SPORT UNION SCHWEIZ

Netzwerk MiTu Miteinander Turnen
Sport Union Schweiz
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