

# MuKi/VaKi WILLISAU



<b>Wann</b>	13.09.2021 bis 13.04.2022
<b>Tag/Zeit</b>	Mo., Di., Mi., 09.00 – 10.00 Uhr
<b>Ort</b>	BBZ Halle 3, Willisau
<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** Kinder, in Willisau wohnhaft, mit Geburtsdatum zwischen 01.08.2017 und 31.07.2018, plus Mutter, Vater oder andere erwachsene Begleitpersonen

Du kannst es kostenlos ausprobieren. Kontaktiere:  
– Eliane Koch-Bucher  
eliane.koch-bucher@wwwmail.ch, 078 843 29 29





# 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 ist ein Projekt der Sport Union Schweiz



SPORT UNION SCHWEIZ

Netzwerk Miteinander Turnen MiTu  
Sport Union Schweiz

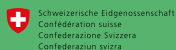
Elias Vogel, Projektleiter MiTu

Rüeggisingerstrasse 45

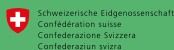
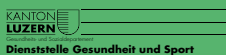
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Mit Unterstützung von



Eidgenössisches Büro für die Gleichstellung  
von Menschen mit Behinderungen EBGB



Bundesamt für Sport BASPO  
Office fédéral du sport OFSPO  
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