



STADTKLOTEN



HEALTH + FITNESS

SERVICES FOR FAMILIES

Early education and childcare in Kloten

→ Health + fitness

Physical activity is seen as an elementary way for children to engage with their environment. The child's self-reliance is built on its first physical and motor development experiences. Sensory encounters are the starting point of every experience of the self and one's environment.

Baby swimming, Elki swimming, children's swimming & style training courses

Registration and information at www.aqua-planet.ch

Address Hallenbad, (swimming pool), Schluefweg 10, 8302 Kloten
Contact / info administration@aqua-planet.ch
www.aqua-planet.ch

Baby swim from 4 months, Elki swim from 18 months, children's swimming lessons from age 4

Parents are shown the different hand movements needed to help their child glide, float and pull themselves through the water. Experience lots of fun with games, songs and rhymes in the warm water. Parents and children can enjoy being together and close to each other in the water.

Address Therapiebad Pigna 8302 Kloten
Contact / info Tel.: 044 865 50 3
www.babyschwimmen-kloten.ch
Open Monday to Sunday

fitdankbaby®

Keep fit for mums with babies/toddlers aged 3 months to approx. 3 years.

Address Hebammenpraxis Kloten, Buchhaldenstrasse 13, 8302 Kloten
Contact / info Anja Heinz, Tel.: 076 571 25 58, anja.heinz@fitdankbaby.ch
www.fitdankbaby.ch

Keep fit for mums and babies

other and baby gymnastics from approx. 4 to 10/12 months.

Address Ladies Fitness Lounge, Hohstrasse 3, 8302 Kloten
Contact / info Brigitte Larcher, Tel.: 079 624 95 83, brigitte@fitness-lounge.ch
www.fitness-lounge.ch

Mutter and child gymnastics

Address TV Kloten, Schluefweg 10, 8302 Kloten
Contact Frau Chiarolini, Tel.: 044 813 10 46
Open Tue, 10:00 – 11:00 and Wed, 9:00 – 10:00 and 10:00 – 11:00

Theatre and dance

Exploring, trying things out, improvising; for children aged 6 and over.

Address TanzTheater Kloten, Industriestrasse 30, 8302 Kloten
Contact / info Tel.: 077 439 12 02, debbie@tanztheaterkloten.ch
www.tanztheaterkloten.ch

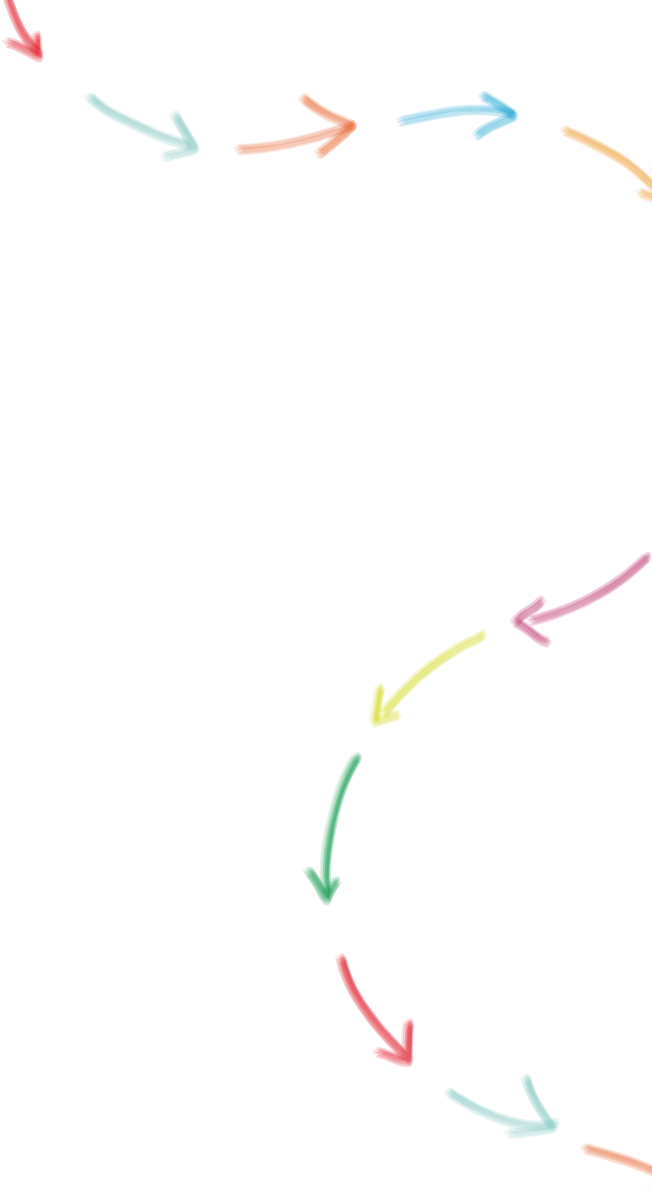
Father and child gymnastics

Address TV Kloten, Schluefweg 10, 8302 Kloten
Contact Ms Chiarolini, Tel.: 044 813 10 46
Ms Müller, Tel.: 079 718 77 11
Open Saturday, 10:00 – 11:00

Bundles of joy

A mix of dance, gymnastics and children's yoga, all by themselves without mum or dad; for children from 3 to 4½ years old.

Address TanzTheater Kloten, Industriestrasse 30, 8302 Kloten
Contact / info Tel.: 077 439 12 02, debbie@tanztheaterkloten.ch
www.tanztheaterkloten.ch



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