

KEIKI CARTWHEELS

KEIKI CARTWHEELS, NOW IN OUR FOURTH DECADE, IS OFFERING A NON-COMPETITIVE, BEGINNING GYMNASTICS PROGRAM AT MARY, STAR OF THE SEA SCHOOL. OUR SESSIONS WILL INCLUDE TUMBLING, BEAM, BARS, CREATIVE MOVEMENT PLUS MOTOR DEVELOPMENT ACTIVITIES AND GROUP GAMES. ALL CLASSES ARE TAUGHT BY A QUALIFIED INSTRUCTOR WHO TEACHES IN A FUN AND POSITIVE FASHION. YOUR CHILD WILL RECEIVE ONE 45-MINUTE CLASS EVERY WEEK. OUR SECOND SEMESTER SESSION IS 1/09-5/21. IT ONLY COSTS \$396.00 FOR THE 18-WEEK SESSION. PLEASE COMPLETE THIS FORM, ATTACH TUITION AND REGISTRATION FEE OF \$15.00, AND RETURN TO THE SCHOOL OFFICE BY 12/16. ENROLLMENT IS FIRST COME FIRST SERVED. SPACE IS LIMITED; TURN THIS IN AS SOON AS POSSIBLE TO GUARANTEE A CLASS TIME FOR YOUR CHILD. CLASSES ARE ON CAMPUS AND WILL BE HELD **TUESDAYS AT 3:05-3:50 & 4:05-4:50.**

*** Homework Help available Tuesday only!

Height and weight limits are 5 ft & 90 lbs. ***

CHILD'S NAME _____ AGE _____ - _____ RM _____
(YRS) (MOS)

PARENT'S NAME _____ PHONE _____

E-MAIL(needed for confirmation) _____

BY SIGNING BELOW, ON BEHALF OF THE PARENTS/LEGAL GUARDIANS AND OUR CHILD, WE AGREE TO: (1) INFORM OURSELVES AND OUR CHILD AND ASSUME ALL RISKS ASSOCIATED WITH OUR CHILD'S PARTICIPATION IN THIS GYMNASTICS PROGRAM, AND (2) RELEASE KEIKI CARTWHEELS LLC AND THE HOST SCHOOL AND THEIR OFFICES AND ALL EMPLOYEES, FROM ANY SUCH CLAIM OF BODILY INJURY.

SIGNATURE _____ DATE _____

PLEASE CALL WITH ANY QUESTIONS #286-5948

TUESDAY HOLIDAYS ARE:

March 19 & 26

PLEASE MARK YOUR CALENDARS



A. BALANCE BEAM

1. Cartwheels
2. Handstands
3. Scales
4. Squats
5. Jumping
6. Tiptoe Walking
7. Grapevine

D. TUMBLING

1. Forward rolls
2. Backwards rolls
3. Handstands
4. Round-offs
5. Cartwheels
6. Front handsprings
7. Back handsprings

B. SINGLE SWINGING BAR

1. Opu roll
2. Hang tens
3. Front support
4. Cast off
5. Pullovers
6. Handstands
7. Glide kick

E. PARALLEL BARS

1. Tiger walk
2. Crab walk
3. Handstands
4. Straddle travel
5. Platypus walk
6. Tick tock
7. L-holds

C. DANCE

1. Scales
2. Split leaps
3. Straddle Jumps
4. Galloping
5. Skipping
6. Body positions
 - a. Popsicle stick
 - b. Popsicle pike
 - c. Beach ball tuck
 - d. Straddle