



# KEIKI



# CARTWHEELS

## 3-6 year old program

Keiki Cartwheels has been offering a non-competitive, beginning gymnastics program at Montessori Community School since 1995. 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 sessions start 9/13 and end 5/16. It only costs \$64.00 per 4-week session. Please complete this form, attach tuition and the yearly registration fee of \$15.00, and return to the school office by 8/01. 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 will be held Thursdays at 2:30-3:15 and 4:30-5:15. For your ease, tuition may be paid monthly, by semester or for the whole year. Confirmation fliers will be e-mailed to you by 8/31.

**\*\*My child \_\_\_is / \_\_\_is not in the after-school program\*\***

Child's name \_\_\_\_\_ Age \_\_\_\_\_ - \_\_\_\_\_ Room \_\_\_\_\_  
(YRS) (MOS)

Parents name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_ After school program yes \_\_\_ no \_\_\_

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 Tami with any questions #286-5948. We will be out of the office 8/03-8/29.

### **A. BALANCE BEAM**

1. Forward walk
2. Backward walk
3. Scales
4. Squats
5. Jumping
6. Tiptoe Walking
7. Grapevine

### **E. PARALLEL BARS**

1. Tiger walk
2. Crab walk
3. Cave Crawl
4. Straddle travel
5. Platypus walk
6. Tick tock

### **B. SINGLE SWINGING BAR**

1. Opu roll
2. Hang tens
3. Front support
4. Upside down "hellos"
5. Glide kick
6. Handstands

### **D. TUMBLING**

1. Forward rolls
2. Straddle rolls
3. Log rolls
4. Backwards rolls
5. Handstands
6. Cartwheels
7. Back handsprings

### **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

