

# KEIKI CARTWHEELS

Elementary

Keiki Cartwheels is now offering a non-competitive, beginning gymnastics program at your child's 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 sessions start 9/12 and will continue throughout the year. It only costs \$48.00 per 4-week session. Please complete this form, attach tuition and the yearly registration fee of \$10.00, and mail to Keiki Cartwheels by 8/31. 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 Mondays at 2:30. Confirmation notices will be left in your child's box 9/02.

Keiki Cartwheels  
1025 Wilder Ave.  
Honolulu, HI 96822

Child's name \_\_\_\_\_ AGE \_\_\_\_\_ - \_\_\_\_\_ RM \_\_\_\_\_  
(YRS) (MOS)

PARENT'S NAME \_\_\_\_\_ phone \_\_\_\_\_

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 We will be out of the office 8/11-8/27.



Here are a few of the skills we will be working on this year

A. BALANCE BEAM

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

D. TUMBLING

1. Dive rolls
2. Straddle rolls
3. Backwards rolls
4. Walkovers
5. Handstands/Variety
6. Cartwheels/Variety
7. Back/Front handsprings

B. SINGLE SWINGING BAR

1. Opu roll
2. Cast offs
3. Front support
4. Glides
5. Pullovers
6. Handstands

E. PARALLEL BARS

1. Tiger walk
2. Crab walk
3. "L" Holds
4. Straddle travel
5. Platypus walk
6. Handstands

C. DANCE

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

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PLEASE CALL WITH ANY QUESTIONS 496-5040. WE WILL BE OPEN FOR REGISTRATION 8/11-8/27