

## Tumbling and Cardio Enrichment Registration



### Friday

#### **My Gym Gymnastics/Tumbling- 6 weeks**

Our young Gymnasts develop strength, flexibility, and agility as our teachers introduce tumbling/gymnastic skills with the safest spotting techniques and communication through language geared to build self-esteem and confidence. My Gym teachers use positive reinforcement for self-reliance and following directions while kids learn tumbling skills like basic rolls, cartwheels, kicks and balancing skills and more! We also make class fun with games and relays all designed to build physical and social-emotional skills.

#### **My Gym Cardio Kids- 6 weeks**

The goal of this program is to increase strength, flexibility and endurance through a series of exercises, relays, games, and other original activities. This boot camp style class will have your kids moving and exercising all while having fun. My Gym teachers use positive reinforcement for self-reliance while getting all stored-up energy out in this energizing and fun class!

#### **12 weeks Friday 12:15-1:00 p.m. (\$300)**

Beginning 9/16, ending 12/9

There is no class on 11/25

Child's Name \_\_\_\_\_

Age \_\_\_\_\_ Teacher's Name: \_\_\_\_\_ **CARPOOL NUMBER** \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Tel (H) \_\_\_\_\_ Tel (Cell) \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact name and number(s) \_\_\_\_\_

List any allergies or special needs \_\_\_\_\_

\_\_\_\_\_