

OTHER ACTIVITIES OFFERED

OPEN WORKOUT

Open Gym is held Saturdays from 10:15-11:30 and \$7/ reg. student, \$12/ non-reg. Class make-ups are free.

Please check online calendar for age groups and dates for open gym.

PRIVATE LESSONS

Available at \$30/ half hour. Please call the office at 245-0561 to schedule.

BIRTHDAY PARTIES

Come have your birthday party with US! The birthday parties are two hours long and include:

- One hour and 15 minutes of gymnastics & fun
- Additional time for opening gifts and eating the party yummys!
- We provide tables, chairs, and drinks with a fun and knowledgeable staff!
- The birthday boy or girl **MUST** be turning 4 years old or older.
- The cost for the party is **MEMBERS \$150 NON MEMBERS \$165** for up to 10 children and \$7.00 for each additional child.



PRESCHOOL & DAYCARE DIRECTORS

Take a Fitness Field Trip!!!

Our **FUN & FIT PRESCHOOL PROGRAM** allows preschools and daycares to come to our facility for a field trip. It is a 75 min program including: fun, guided instruction on the trampoline, an obstacle course, learning the basics of gymnastics and much more.

Fee is based on the number of children, so call for more information or to schedule a field trip today!



CLASSES . TRAINING . COMPETITION . OPEN WORKOUT . PRIVATE LESSONS . PARTIES . SPECIAL PROGRAMS . PRESCHOOL . DAY CARE . HOME SCHOOL



221 PETERSBURG ROAD
CARLISLE, PA 17013

MELANIE SHERIFF, OWNER & HEAD COACH

PHONE: 717-245-0561

FAX: 717-245-0568

EMAIL: INFO@CUMBERLANDGYMNASTICS.ORG



2017 | 2018 CLASS SCHEDULE



221 PETERSBURG RD.
717-245-0561
CUMBERLANDGYMNASTICS.ORG