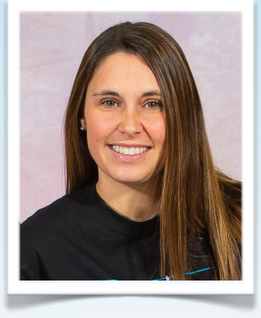
WELCOME TO CUMBERLAND GYMNASTICS, INC.

Our mission is to encourage participation and pursue excellence in all aspects of gymnastics. It is therefore our goal to provide learning opportunities for participants at all levels, from beginner through advanced, for the recreational as well as the competitive gymnast. It is also important to provide these individuals with lessons they can carry with them for a lifetime.

ABOUT OUR DIRECTOR

Melanie Sheriff, owner and head coach, is a 2001 graduate of Carlisle High School and holds a Bachelor of Science degree in Health and Physical Education, as well as a teaching certification for K-12th grade from West Chester University, (2005).



Melanie was a member of the Cumberland Gymnastics Team for 12 years and went on to compete at *West Chester University*, in addition, she competed as a member in the *USA Collegiate National Championship*.

GENERAL INFORMATION

- 2017-2018 Schedule begins August 19th and concludes May 24th.
- When you enroll you are enrolling for the entire school year. If you decide to drop out you MUST put it in writing **2 weeks prior** to discontinuing or you WILL be charged.
- You may enroll at anytime during the school year as long as there is space available.
- There is a yearly registration fee of $20 for the first child and $15 for each additional child.
- Fee Structure– 2 children receive a 10% discount and 3 or more children receive 15% discount.
- **At enrollment you must choose to pay either *monthly or by session*:** Each session is 12 classes long and you will receive a 5% discount *(however you MUST pay at the beginning of the session!)* or you may choose to pay by the month *(which includes 3, 4 or 5 classes per month).*

SCHOOL YEAR SESSIONS:

- Fall Session: August 19th thru November 13th
- Winter Session: November 14th thru February 20th
- Spring Session: February 21st thru May 24th

Sessions are listed for payment purposes ONLY!

Your child is enrolled for the entire school year UNLESS we received notice 2 weeks prior to discontinuing

We ONLY accept cash or checks

SCHOOL YEAR CLASS SCHEDULE

HOMESCHOOL CLASS is a 1 hour class for those students that are in kindergarten & up.

Thursday	**10:30-11:30**	**$65/ month 1x wk.**

PARENT CHILD CLASS is a 45 min class for those students that are 18 months to 3 years old. A parent or guardian must come to participate in the class.

Wednesday	**6:45-7:30**	**$60/ month 1x wk.**
Thursday	**9:30-10:15**	**$108/ month 2x wk.**

MUNCHKINS is a 45 min class for 3 yr. olds and the ratio is 6 students to 1 instructor. Students will learn the beginning locomotor movements for gymnastics.

Monday	**5:45-6:30**	**$62/ month 1x wk.**
Tuesday	**10:15 -11:00**	**$112/ month 2x wk.**
Wednesday	**4:30-5:15**	
Thursday	**5:45-6:30**	
Saturday	**9:00-9:45**	

KINDER-KIDS is an hour class for 4 yr. thru Kindergarten they will be taught all of the beginning skills for gymnastics, and the ratio is 8 students to 1 instructor.

Monday	**5:45-6:45**	**$65/ month 1x wk.**
Tuesday	**10:15 -11:15**	**$117/ month 2x wk.**
	1:30-2:30	**$165[75]/ month 3x wk.**
Wednesday	**4:30-5:30**	
	5:45-6:45	
	7:00-8:00	
Thursday	**4:15-5:15**	
	5:45-6:45	
Saturday	**9:00-10:00**	

TUMBLING CLASSES

are for those students wanting to just learn basic tumbling for cheerleading.
This class is an hour long and they will do the floor and trampoline. The ratio is 8 students to 1 instructor.

Beginner:
Student has no prior experience

Monday	**5:00-6:00**	**$65/ month**

Intermediate:
Student must be able to do a cartwheel

Monday	**6:00-7:00**	**$65/ month**

Advanced:
Student can do a Round off Handspring alone!

Tuesday	**7:00-8:00**	**$65/ month**

GIRLS & BOYS CLASS is for those students that are in 1st grade & up in the 2016-2017 school year. This class is an hour and 15 mins and they will begin to learn all of the important progressions and skills for gymnastics.

GIRLS CLASSES:

Beginner & Intermediate: *Instructor will determine by ability*

Monday	**5:45-7:00**	**$73/ month 1x wk.**
	7:00-8:15	**$131/ month 2x wk.**
Tuesday	**4:15-5:30**	**$186/ month 3x wk.**
	5:45-7:00	
Wednesday	**4:30-5:45**	
	5:45-7:00	
	7:00-8:15	
Thursday	**4:15-5:30**	
	7:00-8:15	
Saturday	**9:00-10:15**	

Advanced: *Invite only*

Tuesday	**7:00-8:30**	**$82/ month 1x wk.**
Thursday	**7:00-8:30**	**$147[50]/ month 2x wk.**

BOYS CLASSES:

Monday	**7:00-8:15**	**$73/ month 1x wk**

CLASSES . TRAINING . COMPETITION