

WELCOME TO CUMBERLAND GYMNASTICS

Our mission is to encourage participation & 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 gymnasts. It is also important to provide these individuals with lessons they can carry with them for a lifetime.



ABOUT OUR DIRECTOR

Melanie Sheriff, owner & head coach, is a 2001 graduate of Carlisle High School and holds a Bachelor of Science degree in Health & 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

- 2020 – 2021 Schedule begins August 29th & concludes May 27th
- Sign-ups begin online August 10, 2020.
- NEW CLASSES (*) Offered, Check Them Out!
- You may enroll online at any time during the school year as long as there is space available
- When you enroll, you are enrolling for the entire school year. If you decide to discontinue, you MUST put it in writing 2 weeks prior to discontinuing or you WILL be charged
- There is an annual fee of \$20 for the first child & \$15 for each additional child
- 2 children receive a 10% discount & 3 or more children receive a 15% discount

Registration Will Be Done Online, Visit Our Website For The Link

Payments Will Be Due Prior To Class Or On The First Day

WE ONLY ACCEPT CASH OR CHECK



2020 – 2021 SCHOOL YEAR CLASS SCHEDULE

PARENT CHILD CLASS

A 45-minute class for 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	\$64/month 1x wk
Thursday	9:30 - 10:15*	\$115/month 2x wk

MUNCHKINS

A 45-minute class for students that are 3 years old. Students will learn the beginner locomotor movements for gymnastics.

Monday	5:45 - 6:30	\$66/month 1x wk
Tuesday	9:30 - 10:15*	\$119/month 2x wk
	10:45 - 11:30*	
Wednesday	4:30 - 5:15	
Thursday	5:45 - 6:30	
Saturday	9:00 - 9:45	

KINDER-KIDS

An hour class for students that are 4 years old thru kindergarten. They will be taught all the beginning skills for gymnastics.

Monday	5:45 - 6:45	\$69/month 1x wk
Tuesday	9:30 – 10:30*	\$124/month 2x wk
	10:45 - 11:45*	\$176/month 3x wk
	1:30 - 2:30	
	5:45 - 6:45	
Wednesday	4:30 - 5:30	
	5:45 - 6:45	
Thursday	9:30 – 10:30	
	10:45 – 11:45	
	5:45 - 6:45	
Saturday	9:00 - 10:00	

2020 – 2021 SCHOOL YEAR CLASS SCHEDULE

TUMBLING CLASSES

An hour-long class for students that are in 1st grade & up. These classes are for those students wanting to just learn basic tumbling. They will do the floor & trampoline only.

Monday	6:00 - 7:00	\$69/month
--------	-------------	------------

GIRLS & BOYS CLASSES

An hour & 15-minute class for students that are in 1st grade & up in the 2019-2020 school year. Students will begin to learn all of the important progressions & skills for gymnastics.

GIRLS CLASSES

Beginner & Intermediate

Instructor will determine by ability

Monday	5:45 - 7:00	\$77/month 1x wk
	7:00 - 8:15	\$139/month 2x wk
Tuesday	1:30 - 2:45*	\$196/month 3x wk
	4:15 - 5:30	
	5:45 - 7:00	
Wednesday	4:30 - 5:45	
	5:45 - 7:00	
	7:00 - 8:15	
Thursday	10:45 - 12:00*	
	4:15 - 5:30	
	7:00 - 8:15	
Saturday	9:00 - 10:15	

No Intermediate Classes:

Tuesday 5:45, Wednesday 4:30 or Thursday 4:15

Advanced

Invite only class

Tuesday	7:00 - 8:30	\$86/month 1x wk
Thursday	7:00 - 8:30	\$155/month 2x wk

BOYS CLASSES

Monday	7:00 - 8:15	\$77/month
--------	-------------	------------

OTHER ACTIVITIES OFFERED



INDIVIDUAL INSTRUCTION

\$35/half hour for members or
\$45/half hour for non-members

Please call or stop in the office to schedule

OPEN GYM

Open Gym is held a variety of Saturdays
throughout the school year.

For age groups, dates & times,
please visit our website.

\$7/member

\$12/non-member

Class Make-ups are FREE



BIRTHDAY PARTIES



Come have your birthday party with US!

Visit our website for more information on the
format of our parties!

Pricing:

Members: \$150 for up to 10 children

Non-Members: \$165 for up to 10 children

\$7 for each additional child

Call, email or stop by to check
availability & schedule!

**CHECK OUR WEBSITE & FACEBOOK
PAGE FOR OTHER SPECIAL EVENTS
THROUGHOUT THE YEAR!**

PRESCHOOL & DAYCARE DIRECTORS

Our Fun & Fit Preschool Field Trip Program
allows preschools & daycares to come to
our facility for a field trip. It is a 1 hour
program including: fun, guided instruction
on the trampoline, an obstacle course,
learning the basics of gymnastics & much
more!

The cost varies based on the number of
children. Check out our website for pricing.

For more information or to schedule, please
call or email!



221 Petersburg Road
Carlisle, PA 17013

Melanie Sheriff, Owner & Head Coach

Phone: 717-245-0561

Fax: 717-245-0568

Email: cumberlandgym@gmail.com

Website: cumberlandgymnastics.org



221 Petersburg Road • Carlisle, PA 17013

Phone: 717-245-0561

Fax: 717-245-0568

Email: cumberlandgym@gmail.com

Website: cumberlandgymnastics.org

Find Us On Facebook & Instagram!



**2020 • 2021
CLASS SCHEDULE**