

OTHER ACTIVITIES OFFERED



INDIVIDUALIZED INSTRUCTION

\$40/half hour Private Lesson
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.
\$10/member
\$15/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 : \$165 for up to 10 children
Non-Members: \$180 for up to 10 children
\$7 for each additional child

Call, email or stop by to check availability & Schedule

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 Heckert, Owner & Head Coach
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Find Us On Facebook & Instagram!



2021 - 2022

Class Schedule

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 Heckert, 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

- 2021 - 2022 Schedule begins September 7th & concludes May 21st
- Sign-ups begin August 16th 2021
- When you enroll, you must enroll and pay for EACH session separately
- Classes do not roll over from session to session
- There is a yearly registration 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
- If you wish to pay by cash or check please contact us in the office

SCHOOL YEAR SESSIONS

Session #1:

September 7th - November 22nd

Session #2:

December 1st - February 24th

Session #3:

February 28th - May 21st



2021-2022 SCHOOL YEAR CLASS SCHEDULE

PARENT CHILD CLASS

A 45 minute class for students that are 18 Months to 3 years old. A parent/Guardian must participate in the class.

Wednesday	6:45 - 7:30	\$207/session 1x wk
Thursday	9:30 - 10:15	

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	\$213/session 1x wk
Tuesday	10:15 - 11:00	
Wednesday	4:30 - 5:15	
Thursday	10:15 - 11:00	
	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 of the beginning skills for gymnastics.

Monday	5:45 - 6:45	\$223.50/session 1x wk
Tuesday	10:15 - 11:15	
	1:30 - 2:30	
	5:45 - 6:45	
Wednesday	4:30 - 5:30 (1 boy class, 1 girl class)	
	5:45 - 6:45	
Thursday	10:15 - 11:15	
	4:15 - 5:15	
	5:45 - 6:45	
Saturday	9:00 - 10:15	

HOMESCHOOL

An hour class for students that are homeschooled 1st grade and up. They will be taught all of the beginning skills for gymnastics.

Monday	11:00 - 12:00	\$223.50/session 1x
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2021-2022 SCHOOL YEAR CLASS SCHEDULE

TUMBLING CLASSES

An hour long class for students that are in 1st grade & up. They will do the floor and trampoline only.

Monday	6:00 - 7:00	\$223.50/session
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GIRLS & BOYS CLASS

An hour & 15 minute class for students that are in 1st grade & up in the 2021-2022 school year. Students will begin to learn all of the important progressions & skills for gymnastics.

GIRLS CLASS

Beginner & Intermediate

Instructor will determine by ability

Monday	5:45 - 7:00	\$249/session 1x
	7:00 - 8:15	
Tuesday	4:15 - 5:30	
	5:45 - 7:00 (only beginner)	
Wednesday	4:30 - 5:45 (only beginner)	
	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 class

Tuesday	7:00 - 8:30	\$279/session 1x wk
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BOYS CLASS

Monday	7:00 - 8:15	\$249/session
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