



Upper Merion Dance & Gymnastics Center, LLC.

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DANCE SUMMER 2025

All classes are co-ed unless noted otherwise. Jeans and oversized clothing are not permitted in classes. Some classes are combined due to enrollment. E-mail dance@umdgc.com for specific questions and dance shoe purchase information. Not all class types and ages are offered in the Summer. More options will be offered in the Fall & Spring sessions.

SUMMER

Mon, Jul 7, to Fri, Aug 15

10% off thru Apr 23

Refund Deadline: Midnight on Jul 13

Closures: NONE

POINTE

Mon, Jun 23, to Fri, Aug 15

10% off thru Apr 23

Refund Deadline: Midnight on Jun 29

Closures: Jul 4

Acro

Acro combines dance and movement with precision acrobatic elements such as handstands, elbow stands, cartwheels, & walkovers. Class will emphasize flexibility, agility, balance, strength & muscle control. Class is designed for a variety of levels - each participant will work within their capabilities and be challenged.

ACRO 1

Focus on foundations of Acro technique. **Requirements:** Ages 5-7. **Attire & Footwear:** Camisole, leotard, T-shirt or tank, leggings strongly encouraged, bare feet. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Acro 1 Ages 5-7 | Instructor/Studio | Summer Jul 7-Aug 15 |
|--------------------|-------------------|------------------------|
| Thu; 5-5:50p | Anna/2 | \$162 |

ACRO 2

Focus on progressions for aerials, back handsprings, front walkovers and increasing flexibility in all areas. Some partner work may be featured. **Requirements:** Passed previous level or by instructor evaluation. **Attire & Footwear:** Camisole, leotard, T-shirt or tank, leggings strongly encouraged, bare feet. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Acro 1 | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Thu; 8:00-9:00p | Anna/2 | \$162 |

Combo & Specialty

UMDGC's Combo classes are designed as a fun introduction to multiple styles. These classes are meant to allow the students to try each program without a long-term commitment and see if they are a good fit to pursue in the future.

BALLET/TAP/JAZZ

A fun introduction to learn the basics of Ballet, Tap and Jazz dance focusing on the foundational positions, rhythm, and motor skills. **Requirement:** Ages 3-4. **Attire & Footwear:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Hair must be tied back so it is out of the participant's eyes. Dancers may purchase either Ballet or Jazz shoes - not required to have both. Black Mary Jane buckle tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Ages 3-4 | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Thu; 5:00-5:50p | Michelle/1 | \$162 |

Hip Hop

Fast-paced style of dance based on a variety of street dance styles set to hip hop and pop music. All music is clean and age appropriate.

HIP HOP 1&2

Basic hip hop motions and movements, isolations, jumps and floorwork. Incorporates learning to follow rhythm with music. **Requirements:** Ages 5+. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Ages 5+ | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Mon; 6:00-6:50p | Kathryn/1 | \$162 |

HIP HOP 3&4

Increased emphasis on techniques of Hip Hop 2 with more intricate movement and faster moving combinations. Class will focus on more advanced floorwork, isolations, musicality and freestyling skills. **Requirements:** Passed Hip Hop 2 or by evaluation. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Hip Hop 2 | Instructor/Studio | Summer Jul 7-Aug 15 |
|------------------|-------------------|------------------------|
| Mon; 5:00-6:00p | Kathryn/1 | \$162 |

Tap

Tap is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Class focuses on timing and rhythm. Classes include both center and across-the-floor combinations to music and a cappella. Classes will incorporate some jazz and other dance styles.

TAP 1&2

An introduction to stamps, stomps, shuffles, flaps and more. Emphasis on counting steps, keeping a beat, and learning to follow a rhythm. Dancers will review weight change and be introduced to syncopation. Classes accommodate those with some tap experience and those with little or no tap experience. **Requirements:** Ages 5+ **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black Mary Jane buckle tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Ages 5+ | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Tue; 6:00-6:50p | Michelle/1 | \$162 |

TAP 3

Greater focus on timing, rhythm and working on tempo changes and speed of steps executed. Dancers will review weight change and be introduced to syncopation. Dancers will learn to incorporate arm movements with footwork. **Requirements:** Passed Tap 2 or by evaluation. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Tap 2 | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Tue; 5:00-6:00p | Michelle/1 | \$162 |

TAP 4&5

Focus on intricate footwork and combinations, increasing speed, tempo changes, time steps and across-the-floor combinations. Included: drawbacks, wings, and refining technique. Both rhythm-style and Broadway-style tap will be taught. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Tap 3 | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Mon; 8:00-9:00p | Kathryn/1 | \$162 |

Fusion

A fun and exciting class to try out a variety of dance! A new style of dance will be taught each class so participants can try out something new each week.

TEEN FUSION

Open to all levels. After a short warm up, dance steps will be taught and put into a combination to music. Styles in Ballet, Contemporary/Modern, Jazz, Hip Hop and Jazz Funk! **Requirement:** Ages 12 & up. **Attire & Footwear:** Comfortable non-restrictive clothing, sneakers, bare feet or dance shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Ages 12+ | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Wed; 6:30-7:30p | Michelle/1 | \$162 |

ADULT FUSION

Open to all levels. After a short warm up, dance steps will be taught and put into a combination to music. Styles in Ballet, Contemporary/Modern, Jazz, Hip Hop and Jazz Funk! **Requirement:** Ages 17 & up. **Attire & Footwear:** Comfortable non-restrictive clothing, sneakers, bare feet or dance shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Ages 17+ | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Wed; 7:30-8:30p | Michelle/1 | \$162 |

Contemporary

Combines both modern and lyrical styles of dance. Dancers will make emotional and physical connections to music by using their body for personal expression and interpretation.

CONTEMPORARY 1&2

Suited for young creative dancers, this class is a fun and imaginative study using modern technique. The focus will be on alignment, balance, coordination, and movement development while learning contemporary and modern techniques. Students will also experiment with improvisation and creating movement phrases that explore their creative sides. Performance exercises increase spatial and kinesthetic awareness. **Requirements:** Ages 8+ **Female Attire & Footwear:** Leotard and tights OR solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks, half-soles, or Foot Undeez. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Ages 8+ | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Mon; 5:00-6:00p | Mijka/2 | \$162 |

CONTEMPORARY 3&4*

****Requires enrollment in Turns and Leaps class.***

This is an advanced, fast-paced technique class that focuses on self-expression, specification of movement, and strength. All aspects listed in Contemporary 1 and 2 plus qualitative movement, advanced floorwork, and complex phrases are covered throughout the year. Students will focus on a variety of techniques such as Graham, Horton and Limon. **Requirements:** By tryout or instructor invitation from the previous level class. Requires enrollment in non-recital Turns and Leaps class. **Female Attire & Footwear:** Leotard and tights or solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks, half-soles, or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks or Foot Undeez. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Contemporary 2 | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------------|-------------------|------------------------|
| Mon; 6:00-7:00p | Mijka/2 | \$162 |

Jazz

Jazz is a high energy style of dance and can be seen in commercials and musicals. Focus on body isolations, turns, leaps, and jumps. Students will gain strength, flexibility, endurance, and coordination.

JAZZ 2&3

Increased emphasis on reviewing Jazz 1 steps and combinations, reinforcing technique, spotting with turns and isolation, and more intricate combinations. Learning to incorporate arm movement with footwork combinations as well as floor work are covered.

Requirements: Passed Jazz 1 or by evaluation. **Female Attire & Footwear:** Leotard and tights or solid color leggings or spandex shorts, tank top or T-shirt, black slip-on jazz shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black slip-on jazz shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Jazz 1 | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Mon; 7:00-8:00p | Kathryn/1 | \$162 |

JAZZ 4&5*

***Requires enrollment in Turns and Leaps class.**

Greater emphasis on refining technique. More intricate leaps, jumps, and turns including tour jetes, calypsos, and turns. These classes may perform two numbers in the recital. **Requirements:** Requires enrollment in non-recital Turns and Leaps class. By instructor invitation or tryout. **Shoes:** Black slip-on jazz shoes required. **Female Attire:** Tights solid color leggings or spandex shorts and form fitting shirt or leotard. No baggy or oversized clothing. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black slip-on jazz shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Jazz 3 | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Thu; 7:00-8:00p | Anna/2 | \$162 |

Turns & Leaps

This class is required for: Jazz 4 & 5, Contemporary 3 & 4.

Focuses on strengthening dancers' turns, leaps, and other tricks. Conditioning exercises will target the muscle groups needed to execute high-level tricks while technical combinations will integrate these skills into choreography.

URNS & LEAPS 1&2

Focus on the basics of Turns & Leaps, building strength and flexibility. Skills may include but are not limited to: Calypso leaps, fouette turns, a la seconde turns, and switch leaps. Open to dancers, gymnasts and tumblers. **Requirement:** Ages 8 & up. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or form fitting T-shirt, dance shoes or bare feet. No oversized clothing permitted. **Male Attire & Footwear:** Black athletic pants, shorts or leggings, tank top or T-shirt, dance shoes or bare feet. **Max Ratio:** 16. **Credits:** None. **Special Registration Note:** No discounts of any type apply.

| Ages 8+ | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Thu; 6:00-7:00p | Anna/2 | \$150 |

Ballet & Pointe

The basis for Contemporary and Modern dance forms, Ballet is great for toning and strengthening all muscle groups, developing balance, poise, and grace, as well as gaining body awareness and learning discipline. The various age group classes are progressive in nature and serve to prepare dancers for each level appropriately. Ballet is a dance form that incorporates fitness, fun and creativity. Classes will include Barre, center and across the floor to teach steps, skills, and combinations.

BALLET 1

An introductory class that will include a short stretch, warm up and review basic gross motor skills as well as teach basic ballet terminology and skills. **Requirements:** Ages 5+. **Female Attire & Footwear:** Black Leotard and pink tights, pink canvas or leather ballet shoes required. Ballet skirts permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12 with an assistant instructor. **Credits:** Base \$15; Max 2.

| Ages 5+ | Instructor/Studio | Summer Jul 7-Aug 15 |
|-----------------|-------------------|------------------------|
| Thu; 6:00-6:50p | Michelle/1 | \$162 |

BALLET 2

Class refines technique, turnout, flexibility and retaining choreography. Increased emphasis on barre exercises, leaps, jumps, spotting with turns and balance. Classes will include barre work, center and across the floor. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes required. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. Sheer skirts and ballet sweaters permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Ballet 1 | Instructor/Studio | Summer |
|-----------------|-------------------|-----------------------|
| Tue; 5:00-6:00p | Britney/2 | Jul 7-Aug 15 \$162 |

BALLET 3&4

Increased emphasis on fine tuning skills such as weight change and more advanced technique. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

| Passed Ballet 2 | Instructor/Studio | Summer |
|-----------------|-------------------|-----------------------|
| Wed; 5:00-6:00p | Britney/1&2 | Jul 7-Aug 15 \$162 |

BALLET 5

More advanced technique and intricate combinations that require balance and stamina, strength, and focus. Students will work to retain more challenging choreography and repertoire along with understanding of composers and choreographers. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 2.

| Passed Ballet 4 | Instructor/Studio | Summer |
|-----------------|-------------------|-----------------------|
| Tue; 6:00-7:30p | Britney/2 | Jul 7-Aug 15 \$203 |

BALLET 6

This level is the final step before reaching pointe classes. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in school year session and must take both classes per week to qualify for Pre-Pointe. If the dancer only takes one class at this level, they will remain Ballet 6 and cannot advance to pointe. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 2 per class day and 4 per session total.

| Passed Ballet 5 Attend Both Days | Instructor/Studio | Summer |
|--|-------------------|-----------------------|
| Tue; 6:00-7:30p (Combined w/Ballet 5) Wed; 6:00-7:30p (Combined w/Pointe 1&2) | Britney/2 | Jul 7-Aug 15 \$288 |

POINTE 1 & 2*

****Follows 8 week Pointe session – begins Jun 23***

Requirements: Students must receive approval from the Pointe instructors and have achieved 90% of the skills on the Pre-Pointe check list to purchase Pointe shoes. Pointe students are required to attend year-round, including summer classes. Skills will be mastered at the barre and in center. **Female Attire & Footwear:** Any solid color leotard (no prints) and pink tights, pink canvas or leather ballet shoes and Pointe shoes if applicable. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Registration Benefit:** All participants in Pointe classes receive free open workouts while enrolled in the class. Make certain to notify the person signing-in open workout that you are a Pointe student, or you will be charged the normal price. **Max Ratio:** 12. **Credits:** Base \$20; Max 2 per class day and 4 per session total.

| Passed Ballet 6 Attend Both Days | Instructor/Studio | Summer |
|--|----------------------|------------------------|
| Mon; 7:00-8:30p Wed; 6:00-7:30p (Combined w/Ballet 6) | Mijka/2 Britney/2 | Jun 23-Aug 15 \$384 |