



Upper Merion Dance & Gymnastics Center, LLC.

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GYMNASTICS, TUMBLING, PARKOUR, OPEN GYMS, & PRIVATES SCHOOL YEAR 2025-26

	FALL I	FALL II	WINTER I	WINTER II	SPRING I	SPRING II
Start Date	Tue, Sep 2	Mon, Oct 13	Mon, Dec 1	Mon, Jan 26	Mon, Mar 9	Mon, Apr 27
End Date	Sun, Oct 12	Sun, Nov 23	Sun, Jan 25	Sun, Mar 8	Sun, Apr 26	Sun, Jun 7
10% Off Thru	Jul 25	Jul 25	Jul 25	Jul 25	Jul 25	Jul 25
5% Off Thru	Aug 8	Sep 7	Oct 19	Dec 19	Feb 1	Mar 15
50% Add-a-Class Discount Starts By	Sep 8	Oct 19	Dec 7	Feb 1	Mar 15	May 3
Refund Deadline 11:59p on	Sep 15	Oct 26	Dec 14	Feb 8	Mar 22	May 10
Closures	Labor Day (Fri, Aug 29 to Mon, Sep 1)	Halloween (Fri, Oct 31) Thanksgiving (Mon, Nov 24 to Sun, Nov 30)	Winter Break (Sat, Dec 20 to Fri, Jan 2)	None	Spring Break (Mon, Mar 30 to Sun, Apr 5)	Memorial Day (Fri, May 22 to Mon, May 25)

* Classes marked with one or more asterisk(s) are offered at a lower price because they are off-peak classes or special classes.

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GENERAL INFO

NEW!

GYMNASTICS

- **STARTING LEVEL:** Starting in September 2025, all gymnasts new to UMDGC will start at Intro Gym Level 1 for Ages 3-5 and Intro Gym Level 2 for Ages 6 and older.
- **BOYS- AND GIRLS-ONLY INTRO CLASSES:** A limited number of Ages 6-12+ Intro Gymnastics classes will be gender-specific. This will allow participants to move through the Intro levels faster because they will focus only on the events that they would compete if they move to team. It may also allow a sense of security for those that may not feel comfortable with coaches and/or participants of the opposite gender.
- **PRETEAM ORANGE:** A year-round program that will prepare female gymnasts for UMDGC's Xcel team. It will introduce the Gold level skills during the school year, in hopes of preparing the athletes to compete Gold Xcel the next season.
- **ADVANCED MALE GYMNASTICS CLASS – JADE:** A new male class for those that have previous gymnastics experience or are currently eligible for the boy's developmental program. Athletes will work on the men's events with a goal of staying in shape, having fun, and learning a few new skills.

- **FEMALE REC TEAM:** UMDGC will be introducing an in-house recreational team aspect to the Topaz program. Up to 2 competitions will be held by June 2026 if there is interest.

PARKOUR

- **TEEN & ADULT PARKOUR:** New class for those ages 13 & up who would like to learn the basics of Parkour.

TUMBLING

- **WHIPS AND ARABIANS:** A new class for higher level tumblers that would like to perfect their technique on whips and Arabians. Both will be covered in each class.
- **EXPANDED TEEN & ADULT TUMBLING:** Now offered 4 times per week!
- **DEAD FLOOR TUMBLING:** Special class for recreational, school, and college cheerleaders. Learn running and standing BHS series tumbling on dead floor to prepare for the upcoming season.

LEVELS

ENTRY-LEVEL CLASSES

AGES 3-5	AGES 6-8	AGES 9-12	AGES 13-ADULT
<ul style="list-style-type: none"> Gymnastics, Intro 3-5 Combo, Twirl & Tumble, 3-5 Parkour 1, 5-8 Tumbling, Preschool, 3-5 	<p style="text-align: center;"><u>GYMNASTICS</u></p> <ul style="list-style-type: none"> Gymnastics, Intro, 6-12+ Parkour 1, 5-8 Parkour 1, 9-12+ Tumbling, Back 1, 6+ 	<p style="text-align: center;"><u>GYMNASTICS</u></p> <ul style="list-style-type: none"> Gymnastics, Intro, 6-12+ Parkour 1, 9-12+ Tumbling, Back 1, 6+ 	<p style="text-align: center;"><u>GYMNASTICS</u></p> <ul style="list-style-type: none"> Gymnastics, Intro for Teens & Adults, 12+ Parkour 1, 9-12+ Parkour, Teens & Adults, 13+ Tumbling, Adult & Teen, 13+ Tumbling, Back 1, 6+

GROUPS

When staffing permits and enrollment warrants, participants are grouped based upon skill level, age, and/or gender. If you wish to be grouped with a friend or specific coach, make sure to submit an email request to frontdesk@umdgc.com no later than 72 hours prior to the first class of the session. After the first class of each session, it is nearly impossible for participants to switch groups due to the disruptions, safety concerns, and most groups fill. Staff are reassigned each session; therefore, the same coach/instructor is not guaranteed even if the participant is enrolled in the same class.

EVALUATIONS

New participants or participants that have done classes or privates away from UMDGC are required to be evaluated or send a video of the required skills **prior** to registering - 610-731-0022 or frontdesk@umdgc.com. If the participant is not evaluated prior to enrolling, they will be placed in the starting level of the program and will need to progress through UMDGC's testing process to advance.

TESTING

Because skills at higher levels build upon lower-level skills, the participant must master nearly all skills at the current level and pass a skills test to move up a level. Skill testing will be done by the supervisor during class starting the second week of each session. If the athlete passes their skills test, they will be able to start working on the next level of skills within their current group. Occasionally, the athlete may be able to switch to another group of the new level if group limits permit and it is not a disruption to the new group.

GYMNASTICS

UMDGC has a gymnastics program for everyone! Recreational classes, advanced non-competitive classes, competitive teams, boys, girls, ages 3 to 63 – you will find something that meets your needs at UMDGC. All our programs are designed for skill progression and achievement through repetition and skills testing.

STARTING LEVEL & EVALUATIONS: All gymnasts new to UMDGC will start at Intro Gym Level 1 for Ages 3-5 and Intro Gym Level 2 for Ages 6 and older. ***If the participant has previous gymnastics experience, it is highly recommended to be evaluated PRIOR to registering for any classes.***

INTRODUCTORY CLASSES

TWIRL & TUMBLE

UMDGC's Combo Classes are designed as a fun introduction to dance, gymnastics, and tumbling. 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. While skills that will be covered in gymnastics and tumbling classes, skills will not be evaluated for inclusion on the skill sheets.

A great introduction to both pre-ballet and gymnastics. After a short warm-up and stretch participants will enjoy ballet basics, freeze dance, and other fun activities with music in the studio. When in the gym, participants will try the bars, floor, beam, rings, tumbltrak, and trampoline over the course of the session.

AGES 3-5	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Sat 12:10p-1:05p	X	X	X	\$120 (6)	\$120 (6)	\$100 (5)
Sun 2:10p-3:05p	X	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)

INTRO GYMNASTICS AGES 3-5

Over the course of the session, a sense of self-confidence and body awareness will be instilled through skill repetition. To maximize safety, instruction will be on age-appropriate gymnastics events. If necessary, parents may go into the gym on the first day of class only.

Requirement: Ages 3-5. Participants must be potty-trained; no diapers, pull-ups, or training pants permitted. **Special Registration Note:** Gymnasts that are 5 years of age **and** who have passed their level 1 test may enroll in the Ages 6-12+ Introductory class. **Attire:** Leotard or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 5. **Credits:** Base \$20; Max 2.

AGES 3-5	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Coed Monday						
* 10:30a-11:25a	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 11:30a-12:25p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 12:30p-1:25p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 1:35p-2:30p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 2:40p-3:35p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 4:00p-4:55p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
4:30p-5:25p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
5:30p-6:25p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
6:35p-7:30p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Coed Tuesday						
* 10:30a-11:25p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 11:30a-12:25p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 12:30p-1:25p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 1:35p-2:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 2:40p-3:35p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 4:00p-4:55p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
4:30p-5:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
5:30p-6:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
6:35p-7:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Coed Wednesday						
* 4:00p-4:55p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
4:30p-5:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
5:30p-6:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
6:35p-7:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Coed Thursday						
* 4:00p-4:55p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
4:30p-5:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
5:30p-6:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
6:35p-7:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Coed Friday						
4:15p-5:10p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
5:15p-6:10p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
6:20p-7:15p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Coed Saturday						
9:00a-9:55a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
10:00a-10:55a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
11:05a-12:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
12:10p-1:05p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* 1:15p-2:10p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Coed Sunday						
11:00a-11:55a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
12:00p-12:55p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
1:05p-2:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
2:10p-3:05p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
3:15p-4:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* 5:00p-5:55p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 6:00p-6:55p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)

INTRO GYMNASTICS AGES 6-12+

Starting in September 2025, all gymnasts in the Ages 6-12+ classes will start at Intro Gym Level 2. A fun introduction to all the basics of gymnastics. The activities that are covered in the class will improve the attributes common to all sports: coordination, power, balance, discipline, and self-esteem. Instruction will be on floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline. Most classes are designed for Intro Level 1 (first time) to Level 3 (advanced intro). **Requirement:** Ages 6-12. Five-year olds that have passed level 1 are permitted to request to join this class. **Attire:** Leotard or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2

AGES 6-12+	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Boys Only						
* Mon 4:00p-5:00p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* Tue 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* Wed 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* Thu 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Girls Only						
* Mon 4:00p-5:00p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* Tue 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* Wed 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* Thu 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Coed Monday						
* 10:30a-11:30a	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 11:30a-12:30p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 12:30p-1:30p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 1:35p-2:35p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 2:40p-3:40p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 4:30p-5:30p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* 5:30p-6:30p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* 6:35p-7:35p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Coed Tuesday						
* 10:30a-11:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 11:30a-12:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 12:30p-1:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 1:35p-2:35p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 2:40p-3:40p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* 4:30p-5:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* 5:30p-6:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* 6:35p-7:35p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Coed Wednesday						
4:30p-5:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
5:30p-6:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
6:35p-7:35p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Coed Thursday						
4:30p-5:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
5:30p-6:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
6:35p-7:35p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Coed Friday						
4:15p-5:15p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
5:15p-6:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
6:20p-7:20p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Coed Saturday						
9:00a-10:00a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
10:00a-11:00a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
11:05a-12:05p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
12:10p-1:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* 1:15p-2:15p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Coed Sunday						
11:00a-12:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
12:00p-1:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
1:05p-2:05p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
2:10p-3:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
3:15p-4:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* 5:00p-6:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
* 6:00p-7:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)

INTRO GYMNASTICS FOR TEENS & ADULTS

Starting in September 2025, all gymnasts in the Teen & Adult Intro Gymnastics classes will start at Intro Gym Level 2. A structured introduction to all the gymnastics events for both the first-time gymnast and former gymnasts who are looking "to get back into the swing of things." This class is open to gymnasts of all levels. For those looking for a future challenge, this class can be used as a steppingstone towards the UMDGC Xcel team or Topaz program. Instruction will be on age-appropriate gymnastics events: floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline. **Requirement:** Meet the age requirements to be in the class. **Attire:** Leotard or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 8. **Credits:** Base \$20; Max 2.

AGE 12 & UP	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
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Ages 12-Adult						
Tue 7:40p-9:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Wed 7:40p-9:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Ages 18-Adult						
Mon 7:40p-9:15p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Thu 7:40p-9:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)

ADVANCED INTRO CLASSES

The UMDGC Advanced Intro Classes are designed as an accelerated class program for those that have an aspiration to be on the gymnastics teams. We accomplish this through some or all the following:

1. Instruction is by the most experienced class staff and team coaches.
2. Being longer duration where possible.
3. Being held at off-peak times to maximize the space available for additional stations and to minimize distractions.
4. Focusing solely on the events the athlete would compete, plus trampoline and tumbltrak, in order to reduce the number of skills that are required to progress to preteam. If the gymnast enrolls in the intro program, the normal skill sheet will be utilized.

Requirements: Must have passed Intro Level 2. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or footless tights/leggings; no socks or shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

PASSED INTRO 2	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Female						
Mon 7:40p-9:00p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Tue 7:40p-9:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Wed 7:40p-9:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Thu 7:40p-9:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Sat 2:20p-3:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Male						
Thu 5:00p-6:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)

ADVANCED CLASSES & REC TEAMS

TOPAZ

UMDGC's Topaz class is designed for female gymnasts of all ages (including adults) who are eligible for USAG Xcel or Developmental teams but are not interested in competing or are unable to make the commitment to join the team. The program will focus on skills at the level that the gymnast would be competing and learning routines to compete. If there is interest, up to two in-house competitions will be hosted. Skill advancement and in-house competition results do not change the gymnast's level eligibility within the USAG competitive programs. **Requirement:** Females ages 10+ who have passed UMDGC Girls Preteam 2; competed Xcel Silver or USAG Girls Developmental Level 3 in the past; competed an equivalent in USAIGC or NAIGC; or by coach invitation. **Attire:** Leotard or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 8. **Credits:** No credits offered for missing classes. **Special Note:** Not eligible for the Add-A-Class Discount due to its very reduced rate.

FEMALES AGES 10+ WHO PASSED GIRLS PRETEAM 2	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Mon 7:15p-9:00p, Tue 7:30p-9:15p, & Thu 7:30p-9:15p	\$190	\$190	\$190	\$190	\$190	\$190

JADE

A new male advanced class for those that have previous gymnastics experience, regardless of age; or those that are currently eligible for the boy's developmental program but do not wish to compete. Athletes will work on the men's events and potentially trampoline and tumbltrak with a goal of staying in shape, having fun, and learning a new skills. Strength and/or flexibility may also be done each class. **Requirement:** Males ages 12+ who have passed UMDGC Boys Preteam; competed in a USAG or NAIGC; or by coach's invitation. **Attire:** T-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet or gymnastics shoes. No socks or street shoes permitted. **Max Ratio:** 8. **Credits:** No credits offered for missing classes.

BOYS AGES 12+ WHO PASSED BOYS PRETEAM	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
* Sun 5:00p-7:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)

PRETEAM CLASSES

REGISTRATION NOTE FOR BOYS PRETEAM, GIRLS PRETEAM 1, AND GIRLS PRETEAM 2: It is recommended to register for several sessions at once and/or register for sessions several weeks or months early. Many of these classes will fill up quickly, gymnasts tend not to withdraw, and it is difficult to add new classes or add staff to create additional groups. In the unlikely event that groups can be made, they will be split solely based upon the number of skills each gymnast has.

BOYS PRETEAM

Boys Preteam classes are designed for gymnasts interested in joining UMDGC's boys gymnastics team. These classes will focus on the boys gymnastics equipment: Floor, Pommels/Mushroom, Rings, Vault, P-Bars, and High Bar, plus some trampoline and tumbltrak. Gymnasts will learn all the skills required to compete USAG Developmental level 3. There is a greater emphasis on form and technique, and an introduction to flexibility and strength training. Due to the greater emphasis on skills versus recreation, groups are split solely by skill level and number of skills achieved. **Requirements:** Must have passed all the skills for Intro Gymnastics 3. If you have experience at another gym and feel that your gymnast is ready for UMDGC's preteam program, please contact us to set-up an evaluation time. **Moving to Boys Team:** To move to UMDGC's team for the upcoming season, the gymnast must pass a test of Preteam skills no later than mid-August. Once the gymnast has passed the skills test, he may officially join UMDGC's gymnastics team between June and August. **Attire:** T-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet. **Max Ratio:** 7. **Credits:** No credits offered for missing classes.

BOYS PASSED INTRO 3	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Thu 4:00p-6:00p & Sun 3:00p-5:00p	\$190	\$190	\$190	\$190	\$190	\$190

GIRLS PRETEAM 1

Preteam 1 & 2 and Super Salto Head Coach: Valencia Chang – preteam@umdgc.com

Girls Preteam 1 serves as a transition from the Intro Gymnastics classes to the team program. Gymnasts will focus on perfecting the form, consistency, and technique of the skills that were learned in Intro Gymnastics classes. Instruction will be on the vault, bars, beam, and floor in the upstairs gym. Flexibility, strength, and body positions will be introduced in class. Groups are split solely by skill level and number of skills achieved; requests to be grouped with friends will not be considered. **Requirements:** Must have passed Intro Gym 3. **Attire:** Leotard must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 7. **Credits:** Base \$30; Max 2. **Testing:** Preteam 1 and Preteam 2 testing will take place in a group setting during Thanksgiving Break; late May or early June; and in mid-August only. Requirements, dates, and times will be released approximately 2 weeks prior to the testing. Those that pass the test will be permitted to move to Girls Preteam 2 in Winter I, Summer I, and Fall I sessions only.

GIRLS PASSED INTRO 3	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Mon 4:00p-5:30p	\$200 (5)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)
Mon 5:35p-7:05p	\$200 (5)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)
Tue 4:00p-5:30p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Tue 5:35p-7:05p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Wed 4:00p-5:30p	\$240 (6)	\$240 (6)	X	X	X	X
Wed 5:35p-7:05p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Thu 5:35p-7:05p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Sun 1:00p-2:30p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)
Sun 2:45p-4:15p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)

Super Saltos

Super Saltos is designed for those that have come through Intro Gymnastics classes and are eligible for Preteam 1, and would like a faster track to the team programs. The more frequent practices should allow the gymnasts to advance to Preteam 2 quicker. **Requirements:** By invitation by and evaluation by the Preteam Assistant Director. Must be eligible for Preteam 1. **Max Ratio:** 8. **Credits:** No credits offered for missing classes. **Testing:** Preteam 1 and Preteam 2 testing will take place in a group setting during Thanksgiving Break; late May or early June; and in mid-August only. Requirements, dates, and times will be released approximately 2 weeks prior to the testing.

INVITE BY PRETEAM ASST. DIRECTOR	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Wed 7:10p-9:00p & Sun 5:00p-6:30p	\$240	\$240	\$240	\$240	\$240	\$240

GIRLS PRETEAM 2

Preteam 1 & 2 and Super Salto Head Coach: Valencia Chang – preteam@umdgc.com

Preteam 2 is designed for gymnasts interested in joining UMDGC's female team programs: Xcel, Girls Developmental, and Recreational/Topaz. These classes will focus on learning the Xcel Silver skills using the women's gymnastics equipment in the downstairs team gym. There is a greater emphasis on the elements that will lead to success when competing: form, discipline, technique, body positions, strength, and flexibility. **Requirements:** Must have passed Girls Preteam 1. **Attire:** Leotards must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 9. **Credits:** No credits offered for missing classes. **Testing:** Preteam 2 testing will take place in a group setting during late May or early June; and in mid-August only. Requirements, days, and times will be released approximately 2 weeks prior to the testing.

PASSED GIRLS PRETEAM 1	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Tue 7:15p-9:00p, Thu 7:15p-9:00p, & Sun 6:30p-8:00p	\$240	\$240	\$240	\$240	\$240	\$240

GIRLS PRETEAM BLUE

A UMDGC program that is designed to identify and train exceptional young female gymnasts so that they will have a greater and faster opportunity to compete on the Girls Developmental Team, especially at the optional level (levels 7+). This is accomplished through an accelerated program with greater expectations, maturity, and commitment. Due to the high expectations of the program, practice attendance is mandatory. Preteam Blue has a greater emphasis on strength, flexibility, and independently working on drills than the normal preteam program. **Requirement:** By invite only. Target of females ages 5-7. **Attire:** Leotard must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Registration Information:** Commitment is year-round, including during UMDGC's traditional breaks. Tuition is paid weekly in the summer and monthly in the school year. Friday school year practices are longer to

accommodate potential cancellations due to staffing conflicts with competitions. **Moving to Intro Classes:** If a gymnast wishes to switch from Girls Preteam Blue to Intro Gymnastics, the gymnast will enter as Intro 1. If the family believes the gymnast should start at a level higher than Intro 1, an evaluation must be scheduled with the front desk **prior** to registering for Intro classes. **Max Ratio: 8. Credits:** No credits offered for missing classes.

INVITE BY TEAM HEAD COACH	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Monthly Tuition: \$305		4:00p-5:30p	4:00p-5:30p	4:00p-5:30p			

XCEL PRETEAM ORANGE

Preteam Orange is designed to prepare gymnasts for UMDGC's Xcel Team program and the Non-Competitive Topaz Team. The focus of Preteam Orange is the development of Xcel Gold level skills. **Requirement:** Passed Girls Preteam 2. **Attire:** Leotard must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Registration Information:** Commitment is year-round, including during UMDGC's traditional breaks. Tuition is paid weekly in the summer and monthly in the school year. **Moving to Xcel Team:** Gymnasts must pass a skills test in April or May, and in mid- August. Athletes that pass this test may move to the Xcel team in June or September, respectively. **Max Ratio: 8. Credits:** No credits offered for missing classes.

PASSED GIRLS PRETEAM 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Monthly Tuition: \$270	4:00p-6:00p		4:00p-6:00p				

COMPETITIVE GYMNASTICS TEAMS

Team Email Address: gymteams@umdgc.com

UMDGC offers competitive opportunities to gymnasts of all ages and commitment levels. All team programs strongly encourage the participant to train year-round to compete successfully: May to October for offseason training to learn skills for the new level if eligible or perfecting previous skills; beginning of the competition season in October to December; and peak competition season January to May. Tuition is paid weekly in the summer and monthly in the school year. Extra expenses required for uniform, meet fees, team fees, and USAG membership. More information is available online in the Gym Team Handbook. **Credits:** There are no credits or prorating for missing practices. **Mobility Requirements:** Those looking to join team for the upcoming season must pass the appropriate preteam skills test no later than mid-August. Once on the team, each member must meet mobility scores at competitions and pass a skills test by the team meetings in mid-August to move up competitive levels for the upcoming season. **Free Open Workouts:** UMDGC offers free open workouts to all members of the team programs. Each athlete that makes payment for team before the first day of practice will automatically be issued a pass for the upcoming school year (Labor Day thru Memorial Day) or summer (Memorial Day to last day of summer programming). If you enroll after the first day of practice for these time frames, you must email frontdesk@umdgc.com to receive a free open workout pass. Athletes must be punched-in through your iClassPro account to attend open workouts. Account->Find the athlete->Passes->Use for a Class->Find the open workout and click to enroll.

BOYS DEVELOPMENTAL TEAM

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Level 3 Monthly Tuition: \$280	4:00p-6:00p			4:00p-6:00p		3:00p-5:00p	
Compulsory A Monthly Tuition: \$365	6:00p-9:00p			6:00p-9:00p	4:30p-7:30p		12:00p-3:00p
Compulsory B Monthly Tuition: \$350	6:00p-9:00p			6:00p-9:00p	4:30p-7:30p		12:00p-2:30p
Optional A Monthly Tuition: \$455		5:00p-9:00p	5:00p-9:00p	5:00p-9:00p		11:00a-3:00p	12:00p-4:00p
Optional B Monthly Tuition: \$455	5:00p-9:00p	5:00p-9:00p	5:00p-9:00p			12:00p-4:00p	3:30p-7:30p
Boys Accelerated Invitation Only Monthly: \$85 (Sep-Oct) Weekly Rate: \$20 (Nov-May)						3:00p-5:00p	

GIRLS DEVELOPMENTAL TEAM

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Level 2 Monthly Tuition: \$390	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p		4:30p-7:30p		
Level 3 Monthly Tuition: \$390		4:30p-7:30p		4:30p-7:30p	4:30p-7:30p	10:00a-2:00p	
Level 4 (New) Monthly Tuition: \$435		4:30p-7:30p	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p	10:00a-2:00p	
Level 6 & Level 4 (Returning) Monthly Tuition: \$435	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p		9:00a-1:00p	

XCEL TEAM

A USAG program designed for athletes who wish to continue in gymnastics but cannot make the necessary commitment to the Girls DP Team. The Xcel Team allows participants to select practices from the schedule instead of attending all practices to provide greater flexibility for family obligations, school, and other sports. Placement into the Xcel program will follow USAG policies for the levels that UMDGC offers. **Requirements:** Must attend a minimum of 2 practices per week.

PASSED PRETEAM ORANGE	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Gold Monthly Tuition: \$325	6:00p-9:00p		6:00p-9:00p				11:00a-2:30p
Platinum, Diamond, Sapphire Monthly Tuition: \$325			6:00p-9:00p	6:00p-9:00p			11:00a-2:30p

PARKOUR

Parkour aims to get through a series of obstacles as fast as possible, similar to American Ninja Warrior, using strength, rolls, coordination, and athleticism. Freerunning combines the obstacles of parkour with the flips, twists, and artistry of gymnastics and tricking. All classes will begin upstairs at UMDGC.

PARKOUR 1

Parkour 1 will be focusing on developing and refining precision jumps and building body awareness to start gymnastics and tumbling-oriented skills. This class allows the instructors to see everyone's strengths and weaknesses, and allows practitioners to understand how their bodies work and their limitations. Instructors will contact you when the participant is ready to move up to Parkour 2. **Requirements:** Meet minimum age requirement for the class. **Attire:** T-shirt that is tucked in, or sweatshirt without pockets or hoods. Athletic shorts or sweatpants with elastic waistband or drawstring and no pockets. Clean, dry sneakers. **Max Ratio:** 5 for Ages 5-8, 6 for Ages 9-12+, and 8 for Teens & Adults. **Credits:** Base \$20; Max 2.

	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Ages 5-8						
Mon 5:00p-6:00p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Mon 7:10p-8:10p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* Tue 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Tue 6:05p-7:05p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Wed 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Wed 6:05p-7:05p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Thu 5:00p-6:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Fri 4:00p-5:00p	X	X	\$95 (3)^	\$190 (6)	\$190 (6)	\$160 (5)
Fri 6:05p-7:05p	X	X	\$95 (3)^	\$190 (6)	\$190 (6)	\$160 (5)
Sat 12:30p-1:30p	X	X	\$125 (4)^	\$190 (6)	\$190 (6)	\$160 (5)
Sun 1:20p-2:20p	X	X	\$125 (4)^	\$190 (6)	\$190 (6)	\$160 (5)
Sun 3:20p-4:20p	X	X	\$125 (4)^	\$190 (6)	\$190 (6)	\$160 (5)
Ages 9-12+						
* Mon 4:00p-5:00p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Mon 6:05p-7:05p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Tue 5:00p-6:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Tue 7:10p-8:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Wed 5:00p-6:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Wed 8:30p-9:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
* Thu 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Thu 6:05p-7:05p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Fri 5:00p-6:00p	X	X	\$95 (3)^	\$190 (6)	\$190 (6)	\$160 (5)
Sat 1:35p-2:35p	X	X	\$125 (4)^	\$190 (6)	\$190 (6)	\$160 (5)
Sun 2:20p-3:20p	X	X	\$125 (4)^	\$190 (6)	\$190 (6)	\$160 (5)
Sun 6:05p-7:05p	X	X	\$125 (4)^	\$190 (6)	\$190 (6)	\$160 (5)
Teen & Adult (Ages 13+)						
* Thu 8:30p-9:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)

^ **ADDED IN DECEMBER:** Winter I Mini Session starts Saturday, Jan 3

PARKOUR 2

This class incorporates more advanced parkour movements and introduces freerunning-oriented movements. Skills will include precision jumps, higher-level gymnastics and tumbling skills. Parkour 2 gives students a way to be creative in their movements and figure out their own unique style. **Requirements:** Must have passed Parkour 1. **Attire:** T-shirt that is tucked in, or sweatshirt without pockets or hoods. Athletic shorts or sweatpants with elastic waistband or drawstring and no pockets. Clean, dry sneakers. **Max Ratio:** 7. **Credits:** Base \$20; Max 2.

PASSED PARKOUR 1	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
* Tue 8:15p-9:30p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Wed 7:10p-8:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Sat 3:15p-4:30p	X	X	\$125 (4)^	\$190 (6)	\$190 (6)	\$160 (5)

^ **ADDED IN DECEMBER:** Winter I Mini Session starts Saturday, Jan 3

PARKOUR 3

Parkour 3 will focus on even more difficult skills and more advanced combinations of skills learned at Parkour 2. **Requirements:** Must have passed Parkour 2 or been invited to join the class from the Adult Parkour class. **Attire:** T-shirt that is tucked in, or sweatshirt without

pockets or hoods. Athletic shorts or sweatpants with elastic waistband or drawstring and no pockets. Clean, dry sneakers. **Max Ratio:** 8. **Credits:** No credits.

PASSED PARKOUR 2	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
* Mon 8:15p-9:30p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Thu 7:10p-8:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)

TUMBLING

Tumbling was the foundation of gymnastics, cheer, tricking, and parkour. No equipment was needed except a flat open area. Rolls, cartwheels, roundoffs, handsprings, flips, and twists are the badrock of tumbling. All tumbling classes will provide instruction exclusively on spring floor, foam strip, trampoline, TumbITrak, air floor, and/or AirTrak. Other events such as balance beam, bars, rings, and vault are NOT covered in tumbling classes.

Reps for Teams: UMDGC is aware that many local teams require athletes to do reps outside of their normal team practices. Athletes will **not** be allocated time to do reps within UMDGC's class setting, but are welcome to record any skills that are performed in class that could count towards the reps.

BACK TUMBLING

It is in the Back Tumbling classes that the tumbler will learn cartwheels, roundoffs, back handsprings, standing and running back tucks, layouts, fulls, doubles, whips, and Arabians. These skills are taught in a progressive method that sets the tumbler up for future success through correct technique, repetition, and teaching in an order that does not inhibit future skill acquisition. To ensure a more consistent training experience, classes are split into six levels for ages 6 & up and a separate set of skills for the youngest tumblers. To progress through the levels, the tumbler must master the skills listed on the UMDGC tumbling skill sheet and pass a skills test.

PRESCHOOL TUMBLING

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. In addition, tumblers will also spend 15 minutes on trampoline or tumbltrak, and 10 minutes on drills to learn back handsprings. Preschool Tumbling classes will normally be held in the upstairs gym. **Requirements:** Ages 3-5. **Special Registration Note:** Gymnasts that are 5 years of age **and** who have passed their Preschool Tumbling test may request to enroll in the Tumbling 1 class. Once approved by the office staff, you will have 24 hours to make payment. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 5. **Credits:** Base \$20; Max 2.

AGES 3-5	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Mon 5:00p-5:55p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Tue 5:00p-5:55p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Wed 4:00p-4:55p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Wed 6:05p-7:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Thu 4:00p-4:55p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Thu 6:15p-7:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Fri 5:15p-6:10p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sat 10:00a-10:55a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sat 11:00a-11:55a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sun 12:00p-12:55p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sun 1:00p-1:55p	X	X	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)

BACK TUMBLING 1

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. Tumblers spend 30 minutes working on these skills, 15 minutes on trampoline or tumbltrak, and 15 minutes on drills to learn back handsprings. **Requirements:** Ages 6 & up. Five-year old tumblers that have passed the preschool tumbling test may request to enroll in Tumbling 1. Once approved by the office staff, you will have 24 hours to make the payment to reserve your space. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

AGES 6 & UP	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
* Mon 4:00p-5:00p	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Mon 5:00p-6:00p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* Tue 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Tue 6:15p-7:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Wed 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Wed 5:00p-6:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Thu 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Thu 5:00p-6:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Fri 4:15p-5:15p	X	X	X	\$160 (6)	\$160 (6)	\$130 (5)
Fri 6:20p-7:20p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sat 10:00a-11:00a	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sat 11:00a-12:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sun 12:00p-1:00p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sun 2:10p-3:10p	X	X	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)

BACK TUMBLING 2

Students will be working on standing back handsprings on trampoline, tumbltrak, and floor; and perfecting running roundoffs and power hurdle. The goal of this class is roundoff to slight pause back handspring on the floor. **Requirement:** Must have passed Tumbling 1. Those that have not passed UMDGC Tumbling 1 but have standing roundoff, cartwheels, forward rolls, bridges with straight arms, and handstands must schedule an evaluation or send videos of these skills to frontdesk@umdgc.com before registering. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean, dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

PASSED BACK TUMBLING 1	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Mon 6:05p-7:15p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Mon 7:20p-8:30p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* Tue 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Tue 5:00p-6:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Wed 6:05p-7:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Thu 4:00p-5:00p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)
Thu 6:15p-7:25p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Fri 4:15p-5:15p	\$160 (6)	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Fri 6:20p-7:20p	\$190 (6)	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sat 12:05p-1:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
* Sat 1:20p-2:20p	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Sun 1:00p-2:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Sun 3:20p-4:20p	X	X	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)

BACK TUMBLING 3

This class will focus on roundoff multiple back handsprings and standing BHS + BHS. **Requirement:** Must have passed Tumbling 2. Those that have not passed UMDGC Tumbling 2 but have with a standing back handspring and running roundoff must schedule an evaluation or send videos of these skills to frontdesk@umdgc.com before registering for Tumbling 3. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits:** Base \$25; Max 2.

PASSED BACK TUMBLING 2	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Mon 6:05p-7:15p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Tue 7:20p-8:30p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Thu 5:00p-6:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
* Fri 5:15p-6:15p	\$160 (6)	\$130 (5)	\$160 (6)	\$160 (6)	\$160 (6)	\$130 (5)
Sat 12:05p-1:15p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
With Back Tumbling 4						
Wed 7:20p-8:50p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Sun 1:00p-2:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)

BACK TUMBLING 4

Tumbling 4 class will focus on perfecting running tucks, standing tucks on floor, and introducing pikes on floor as a progression to layouts. **Requirement:** Must have passed Tumbling 3. Those that have not passed UMDGC Tumbling 3 but have RO + BHS + BHS and standing BHS + BHS must schedule an evaluation or send videos of these skills to frontdesk@umdgc.com before registering for Tumbling 4. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits:** Base \$25; Max 2.

PASSED BACK TUMBLING 3	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Mon 7:20p-8:50p	\$160 (5)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
Tue 7:20p-8:50p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
With Back Tumbling 3						
Wed 7:20p-8:50p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)
Sun 1:00p-2:10p	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$190 (6)	\$160 (5)
With Back Tumbling 5-6						
Thu 7:30p-9:30p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Sat 12:05p-2:05p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)

BACK TUMBLING 5 & 6+

Attire & Shoes: Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits:** Base \$25; Max 2.

Back Tumbling 5

Tumblers will work on halves, fulls, whips, and increasing height on standing tucks. **Requirement:** Must have passed Tumbling 4. Those that have not passed UMDGC Tumbling 4 but have standing tuck off a 6" block and running open pike must schedule an evaluation or send a video of these skills to frontdesk@umdgc.com before registering.

Back Tumbling 6+

Master & Jedi tumblers will focus on multiple twists; specialty passes utilizing front tumbling, whips, and Arabians; standing tumbling passes; and standing fulls. Multiple flips and twists of greater than a double will be expected from tumblers that the coaching staff feel can work them. Correct technique, basics, correct form, and drills to increase power will be focused upon. **Requirement:** Must have passed Tumbling 5. Those that have not passed UMDGC Tumbling 5 but have whip to open pike and a full must schedule an evaluation or send a video to frontdesk@umdgc.com prior to registering.

PASSED BACK TUMBLING 4	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Mon 7:30p-9:30p	\$200 (5)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)
Tue 7:30p-9:30p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Wed 7:30p-9:30p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Sun 6:00p-8:00p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)
With Back Tumbling 4						
Thu 7:30p-9:30p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)
Sat 12:05p-2:05p	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$240 (6)	\$200 (5)

SPECIAL TUMBLING CLASSES

DROP-IN CLASSES – ONLY \$25!

To purchase a punch pass to attend: Log into your iClassPro account -> Click on ProShop -> Passes -> Select the correct pass.
To redeem the pass up to 7 days prior to attending the class: Log into your iClassPro account -> Account -> Find the athlete -> Passes -> Use for a Class -> Find the date and class and click to enroll.

ADULT & TEEN TUMBLING

Adult Tumbling is designed for those that want to tumble recreationally or for activities outside of competitive gymnastics and cheer, and for adults who are looking to regain their old glory or try a new activity. Tumblers will focus on specific skills they wish to obtain with guidance and correction from instructors. Because each tumbler is working at their own pace and towards their own goal, there are more opportunities for independent training in this class. **Requirements:** Coed ages 13 & up. No skill requirement. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio: 7. Credits:** Base \$15; Max 2. **Single Class Pass:** "Tumbling – Specialty".

AGES 13 & UP	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)	SINGLE CLASS PASS
Tue 8:30p-9:30p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$25
Sat 1:20p-2:20p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)	\$25
Sun 6:00p-7:15p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)	\$25

DEAD/HARD FLOOR

Hard floor tumbling classes are designed for recreational, extracurricular, and college cheerleaders looking to practice running tumbling and standing tumbling passes on the dead/hard floor. Class will take place primarily on the vault runway at UMDGC (1-3/8" flexi-roll), with the trampolines and tumbltrak only used for body shaping; the spring floor will not be used. Running tumbling and standing back handspring series will be the focus of this class. Standing tucks, standing back handsprings, and back walkovers will not be covered in this class. **Requirements:** Must have passed Back Tumbling 3 tumbling. Those that have not passed UMDGC Tumbling 3 but have running back handspring without a spot must schedule an evaluation or send videos of these skills to frontdesk@umdgc.com before registering. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. No pockets. Shirts must be completely tucked in. Bare feet, or clean and dry cheerleading shoes (do not wear outside). **Max Ratio: 8. Credit Info:** Base \$15; Max 2. **Single Class Pass:** "Tumbling – Specialty".

PASSED BACK TUMBLING 3	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)	SINGLE CLASS PASS
Sun 6:00p-7:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	X	X	\$25
Sun 5:00p-6:00p	X	X	X	X	\$120 (6)	\$100 (5)	\$25

FRONT TUMBLING 1

The focus of this class is learning front handsprings, front handspring stepouts, mounters, dive rolls, and front tucks. Because they are a key component of most of these skills, a portion of each class will be used to practice handstands. The most important skill in tumbling and gymnastics, handstands develop the shoulder and core strength, tightness, and body awareness that will make more advanced skills much easier. **Requirement:** Must have passed Back Tumbling 1. Those that have not passed UMDGC Back Tumbling 1 but have standing roundoff, cartwheels, forward rolls, bridges with straight arms, and handstands must schedule an evaluation or send videos of these skills to frontdesk@umdgc.com before registering. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio: 6. Credits:** Base \$15; Max 2. **Single Class Pass:** "Tumbling – Specialty".

PASSED BACK TUMBLING 1	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)	SINGLE CLASS PASS
Tue 6:15p-7:15p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$25
Wed 5:00p-6:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$25

FRONT TUMBLING 2 & UP

The focus on this class is learning front layouts, front twisting, front tuck stepouts, and combinations of front tumbling skills. Perfection of Front Tumbling 1 skills will also be done. **Requirement:** Must have passed Front Tumbling Level 1. Those that have not passed UMDGC Front Tumbling 1 but have a front handspring and front tuck on spring floor must schedule an evaluation or send videos of these skills to frontdesk@umdgc.com before registering. **Max Ratio: 8. Credit Info:** Base \$15. Max 2. **Single Class Pass:** "Tumbling – Specialty".

PASSED FRONT TUMBLING 1	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)	SINGLE CLASS PASS
Sun 4:50p-6:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)	\$25

SKILL-INTENSIVE TUMBLING

DROP-IN CLASSES – ONLY \$25!

To purchase a punch pass to attend: Log into your iClassPro account -> Click on ProShop -> Passes -> Select the correct pass.
To redeem the pass up to 7 days prior to attending the class: Log into your iClassPro account -> Account -> Find the athlete -> Passes -> Use for a Class -> Find the date and class and click to enroll.

STANDING TUCKS

Emphasis will be on the correct body position on the takeoff, increasing power from the legs, and straight and fast arm swings. Standing open tucks and standing pikes will be covered on trampoline, tumbltrak, and air surfaces to increase the chances of completing a standing tuck on the floor. **Requirement:** Must have passed Back Tumbling 3. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits:** Base \$15; Max 2. **Single Class Pass:** "Tumbling – Specialty".

PASSED BACK TUMBLING 3	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)	SINGLE CLASS PASS
Sat 3:00p-4:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)	\$25
Sun 5:00p-6:00p	X	X	X	X	\$120 (6)	\$100 (5)	\$25

WALKOVERS

Front walkovers, back walkovers, and variations of these skills, such as limbers and tick-tocks, will be covered in this class. Specific skills that each tumbler will do will be dependent on the skill and abilities of each tumbler individually. **Requirement:** Must have passed Back Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated before registering or send a video to tumbling@umdgc.com. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$15; Max 2. **Single Class Pass:** "Tumbling – Specialty".

PASSED BACK TUMBLING 1	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)	SINGLE CLASS PASS
Sat 3:00p-4:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)	\$25

WHIPS & ARABIANS

Tumblers will work on drills and body positioning to learn and perfect whips and Arabians. Most of the drills will take place on rod floor and tumbltrak, before transitioning to spring floor. For those that master these skills, variations will be covered. Whips variations will include combinations of whips and back handsprings, full-twisting whips, and whips into flips. Those that master Arabians on spring floor will work on Arabian stepouts; piked and laid out Arabians; and Arabians with twists. **Prerequisite:** Must have passed Back Tumbling 4 or have roundoff layout without a spot. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits:** Base \$15; Max 2. **Single Class Pass:** "Tumbling – Specialty".

PASSED BACK TUMBLING 4	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)	SINGLE CLASS PASS
Sat 11:00a-12:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)	\$25

GROUP TUMBLING

MUST BE A MEMBER OF PW SPARTANS	DAY & TIME	FALL I (Sep 2-Oct 12)	FALL II (Oct 13-Nov 23)	WINTER I (Dec 1-Jan 25)	WINTER II (Jan 26-Mar 8)
Ages 5-7; Back Walkovers & Standing Back Handsprings	Sun, 2:15p-3:15p	\$108 (6)	\$108 (6)	\$108 (6)	\$108 (6)
Ages 8-10; Back Walkovers & Standing Back Handsprings	Sun, 3:20p-4:20p	\$108 (6)	\$108 (6)	\$108 (6)	\$108 (6)
Ages 11 & up; Back Walkovers & Standing Back Handsprings	Sun, 5:00p-6:00p	\$108 (6)	\$108 (6)	\$108 (6)	\$108 (6)
Ages 5-10; Roundoff Back Handsprings & Standing Back Handspring Series	Sun, 2:15p-3:15p	\$108 (6)	\$108 (6)	\$108 (6)	\$108 (6)
Ages 11+; Roundoff Back Handsprings & Standing Back Handspring Series	Sun, 3:20p-4:20p	\$108 (6)	\$108 (6)	\$108 (6)	\$108 (6)
All Ages; Roundoff Tucks/Layouts & Roundoff Back Handspring Tucks/Layouts	Sun, 5:00p-6:00p	\$108 (6)	\$108 (6)	\$108 (6)	\$108 (6)

MUST BE A MEMBER OF PW SPARTANS	DAY & TIME	SPRING I (Mar 9-Apr 26)	SPRING II (Apr 27-Jun 7)
Ages 5 & up; Back Walkovers & Standing Back Handsprings. On Spring Floor	Sun, 2:15p-4:00p	\$120 (6)	\$100 (5)
Ages 5 & up; Roundoff Back Handsprings, Standing Back Handspring Series, Roundoff Tucks, and higher. On Dead Floor.	Sun, 2:15p-4:00p	\$120 (6)	\$100 (5)

OPEN GYMS, PRIVATES, & RENTALS

Open workouts and private lessons allow participants extra opportunities to work on skills they want or need. Depending on staff availability and needed improvements to the facilities, private lessons and open workouts may operate during UMDGC's breaks. Check www.umdgc.com for any special times that may be available. UMDGC Breaks for 2025-26 are as follows:

- Labor Day – Friday, Aug 29, to Monday, Sep 1, 2025
- Halloween – Friday, Oct 31, 2025
- Thanksgiving Break – Monday, Nov 24, to Sunday, Nov 30, 2025
- Winter Break – Saturday, Dec 20, 2025, to Friday, Jan 2, 2026
- Spring Break – Monday, Mar 30, to Sunday, Apr 5, 2026
- Memorial Day Weekend – Friday, May 22, to Monday, May 25, 2026
- Early Summer Break – Monday, Jun 8, to Sunday, Jun 14, 2026

OPEN WORKOUTS

Open gyms are designed as an opportunity for anyone to work on skills they have nearly mastered or to hang out with friends and teammates. Designated staff will be available at each open workout to assist with spotting and coaching. Please be advised that music with explicit content may be played after 9:00p.

Pricing

- **\$8** - Preregister online.
- **\$15** - Payment at start of open workout. Cash, Venmo, Cash App, or you can withdraw cash from the ATM in the lobby.
- **Special Discounted Passes** available for 10, 50, and lifetime are available through the iClassPro's ProShop when logged into your iClassPro account.
- **FREE**
 - **Students** - Members of UMAS Cheer Teams, UMDGC Gym Teams, UMDGC Dance Performance Company, Master tumblers, and Pointe. Each eligible participant that makes payment for programming before the first day of each session will automatically be issued a pass for the upcoming session. If you enroll after the first day of the session, you must email frontdesk@umdgc.com to receive a free open workout pass. Athletes must be punched in through your iClassPro account to attend open workouts free of charge. Account -> Find the participant -> Passes -> Use for a Class -> find the correct open workout. You may preregister up to 3 days in advance.
 - **UMDGC & UMAS Staff** - Enroll through the iClassPro account by clicking on Open Workouts on the main menu and find the open workout you wish to enroll in.

Times Available Year Round

Day & Times	Ages	Notes
Mon, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Thu, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Fri, 7:30p - 9:00p	7 & up	Entire gym is available to use.

Additional Times Available During the School Year

Day & Times	Ages	Notes
Fri, 12:30p - 2:30p	3 & up	Each payment permits a participant and ONE person ages 18 and older to attend. Ages 7 & up may attend without an adult; those ages 3 to 6 must always have an adult supervising them. No one under the age of 2 may enter the workout areas, even when being held or supervised by an adult.
Tue, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Wed, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Sun, 7:30p - 9:00p	7 & up	Entire gym is available to use. Some floor areas may be used until 8:00p for classes.

PRIVATE LESSONS

Private lessons allow one to three participants an opportunity to work with the coach of their choice on the skills of their choice. This instruction is ideal for those looking to advance at a more rapid pace than normal, need a quieter environment to reduce distractions, looking on specific skills that aren't covered in classes, during UMDGC's class breaks to continue training, or those who need greater repetition on a skill that is more challenging to achieve.

Reach out to your favorite coach to see if they are available to coach private lessons. A schedule of times that private lessons may be held can be found under Private Lessons on www.umdgc.com. Staff and timeslots are not guaranteed to be available and are subject to change. Direct all questions, arrangements, pricing questions, and concerns to the instructor.

Areas that may be used for private lessons at UMDGC are as follows:

- Class Area: Red spring floor. Gymnastics equipment geared towards youth, including 20' Tumbtrak and 2 trampolines.
- Team Area: Blue and gray spring floor. Vault. Male and female gymnastics equipment designed for competition and adults.
- Tumbling Area: Purple Weller floor. Rod floor. Tramp. 40' Tumbtrak.
- Open Workouts: **In most cases, the entire UMDGC gym area is available to use.** We cannot guarantee the availability of any equipment. Register at your own risk as lines may be long for floors, trampolines, and tumbtraks; and vault may not be available to use. This is especially true on Friday nights. Instead of registering as a private lesson, you are welcome to register through the appropriate open workout at a reduced fee.

How to Book a Private Lesson

- 1. If you are not already enrolled at UMDGC, create an iClassPro account.** Go to www.umdgc.com and Create an Account. This will have you complete all important information about the participant and emergency contacts, and have you agree to the terms, waiver, and releases. Anyone without a completed waiver form will not be permitted to participate in private lessons or any other programming at UMDGC.
- 2. Make arrangements with the instructor of your choice for a private lesson timeslot.** Availability of staff and/or the facility is not guaranteed and are subject to change. Direct all questions, arrangements, and concerns to the instructor. If the private lesson is scheduled during a time that is not listed on the scheduled availability or during an open workout, the private lesson will be canceled and all fees to UMDGC will be forfeited.
- 3. Each participant attending the private lesson pays UMDGC's fee (\$5 per 30 minutes) to reserve the timeslot.** Once you have confirmed with the instructor, the instructor will create an appointment for you if one is not already available. The instructor will then send you an invoice in your iClassPro account. This fee must be paid to UMDGC at least 24 hours prior to the start of the private lesson.
- 4. Payment is made by the participant to the instructor for the instructor's portion of the private lesson.** Each instructor has different arrangements and policies, so please contact your instructor directly.

Cancellations

UMDGC requires that each instructor have a cancel policy regarding the instructor's portion of the private lesson fees. With regards to the UMDGC portion of the Private Lesson Fees, the following policies and procedures will be in place. To cancel the private lesson, contact the instructor so that the instructor can cancel the private lesson in iClassPro. If the private lesson is canceled prior to the scheduled start time of the private lesson, you will be eligible for a 100% refund or credit of the fees that were paid to UMDGC. If the private lesson is canceled after the scheduled start time of the private lesson, the UMDGC portion of the fees is forfeited.

Rescheduling

To reschedule the private lesson, please contact the instructor directly so that they can reschedule the private lesson at one of their future timeslots. It is the responsibility of the instructor to contact the UMDGC Front Desk to transfer the fee for the private lesson. If there are no timeslots available, please follow the Cancellation policies above.

Inclement Weather

Closures due to extreme weather, utility outages, road closures, etc. will be communicated on the UMDGC Facebook pages and via email. If UMDGC is closed during the time of the private, a full refund will be issued automatically within 2 business days of reopening. If UMDGC is open and the participant is unable to attend, the private participant must submit a UMDGC Request Form following the policies listed above.

RENTALS

UMDGC and UMAS facilities may be available for rent for individual or group's needs. To check availability, please contact the following:

- Dance Studios at UMDGC – Michelle Elbin, dance@umdgc.com
- UMAS – Alexandria D'Aulerio, a_daulerio@umdgc.com
- Gym Spaces at UMDGC – Dave Evasew, devasew@umdgc.com

If the individual or group does not have liability insurance, all participants will need to have a UMDGC Waiver Form signed prior to attending, and the rental fee will be a higher rate. If the individual or group has their own liability insurance, a reduced rate is available, and waiver forms do not need to be submitted. A certificate of insurance must be forwarded to the contact listed above naming "Upper Merion Dance & Gymnastics Center, LLC." as additionally insured.