



# Upper Merion Dance & Gymnastics Center, LLC.

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## UMAS CHEER SPRING 2025

Mon, Feb 2; to Sun, Apr 12

Refund Deadline: Midnight on Feb 12

### ALL UMAS PROGRAMMING TAKE PLACE AT UPPER MERION ALL STARS

421 Fehely Drive, Unit B; King of Prussia, PA 19406

Questions or concerns: umas@umdgc.com

There are no discounts for UMAS Classes except SNAP, Employee, and Military.

## UMAS Specialty Classes

### TOPS FLEXIBILITY & CORE

Focus on flexibility & core strength. Top girls should be able to execute body positions on the ground with stability. **Requirement:** Ages 6 & up. **Max Ratio:** 15. **Credits & Prorating:** Base \$12; Max 2.

AGES 5 & UP		SPRING (Feb 2-Apr 12)	CLOSURES
Mon	8:00p-9:00p	\$184 (8)	Mar 16, Apr 6
Tue	7:30p-8:30p	\$230 (10)	None

### JUMPS & STRENGTH

Focus on the technique of jumps. Athletes need strength and flexibility to perform excellent jumps. **Requirement:** Ages 6 & up. **Max Ratio:** 15. **Credits & Prorating:** Base \$12; Max 2.

AGES 5 & UP		SPRING (Feb 2-Apr 12)	CLOSURES
Wed	8:00p-9:00p	\$207 (9)	Mar 11
Thu	7:30p-8:30p	\$184 (8)	Mar 12, Mar 26

## UMAS Intro & Basic Tumbling Classes

### BACK HANDSPRINGS

We are ready to start level 2 skills. Work all the drills to begin training the back handsprings. **Requirement:** Ages 6 & up. Must have completed all necessary skills from UMAS level 1 skill sheet. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

AGES 6 & UP		SPRING (Feb 2-Apr 12)	CLOSURES
Mon	6:30p-7:30p	\$264 (8)	Mar 16, Apr 6

### BACK TUCKS

I can throw my tuck and now I need to clean it up! This class is geared to the perfection of the skill & getting ready for the next level with Intro to layouts. We want those skills "competition ready." If you want to be center tumbler or last pass on Level 3 or 4, come train with UMAS Staff to get there. **Requirement:** Ages 6 & up. Must have a running tuck without a spot on floor. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

AGES 6 & UP		SPRING (Feb 2-Apr 12)	CLOSURES
Wed	7:00p-8:00p	\$297 (9)	Mar 11

## UMAS Advanced Tumbling Classes

Must receive approval from a UMAS Staff member prior to enrolling for these classes.

### LAYOUTS & FULLS & DOUBLES

All about the technique, perfecting the layout creates a seamless transition into twisting skills. Already twisting? We will focus on form to ensure the next goal is solid doubles. Geared towards our high level 3 tumblers & up. **Requirement:** Must be evaluated by UMAS staff to enroll. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

UMAS STAFF APPROVAL REQUIRED		SPRING (Feb 2-Apr 12)	CLOSURES
Wed	8:00p-9:00p	\$297 (9)	Mar 11

## Youth & Junior Elite Tumbling

**Must be invited by a UMAS Staff member prior to enrolling for these classes.**

UMAS Staff will select a handful of athletes who demonstrate hard work & determination to come train together. These athletes are goal-oriented & focused. Limited spots. **Requirement:** Must be invited by UMAS staff to enroll. **Credits & Prorating:** \$20; no maximum. **Registration Process:** Charges will be placed on your account and must be paid no later than 2 days prior to the start of the class. There are no discounts.

BY INVITE ONLY	DAY & TIMES	FEE	DATES CLASSES HELD
Youth Elite	Sat, 10:30a-12:00p	\$104	Jan 31, Feb 28, Mar 21, Apr 4
Junior Elite	Fri, 5:00p-6:30p	\$130	Jan 30, Feb 13, Feb 27, Mar 30, Apr 3

## UMAS Cheer Teams

**Owner Operator:** Alexandria D'Aulerio

**Contact:** umas@umdcg.com

**Location:** UMAS; 421 Feheley Drive, King of Prussia, PA 19406

Upper Merion All Stars is a competitive all star team that offers many policies that make it more family-friendly and less expensive than other local all star programs. All star cheerleading programs are organized into six different age groups, six different levels. Flyers, bases, and backspots get to dance, jump, stunt, and tumble, so there is a role for just about everyone. Tuition is paid monthly. Extra expenses for uniform, meet fees, team fees, and USASF membership. More information is available through the UMAS Team Handbook and online.

**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@umdcg.com](mailto:frontdesk@umdcg.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 correct open workout and click to enroll.

### PREP & NOVICE PROGRAM (SEP-MAR)

The UMAS Prep & Novice Program is designed for beginner cheerleaders and compete in the USASF Novice and Prep programs. Cheerleaders may be as young as 3 years old. Because these programs are introductory and beginner in nature, the fees and uniforms are lower, competitions are local, and commitment level is lower with optional summer classes and mandatory practices September to March.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>BABY BLUES</b> FUNDamentals Tiny 1 Tuition: \$110 Sep to Mar		5:00p-6:00p		5:00p-6:00p			
<b>RAIN DROPS</b> Prep Tiny 1 Tuition: \$110 Sep to Mar		5:00p-6:00p		5:00p-6:00p			
<b>CLEMENTINES</b> Tiny Prep 1 Tuition: \$11 Sep to Mar	5:00p-6:30p		5:00p-6:30p				
<b>MINI BLUE</b> Mini Prep 1 Tuition: \$115 Sep to Mar		6:00p-7:30p		6:00p-7:30p			
<b>JUNIOR BLUE</b> Junior Prep 1 Tuition: \$115 Sep to Mar		7:00p-8:30p		7:00p-8:30p			

### ELITE & WORLDS TEAMS – JUN 2 TO AUG 28

The Elite and Worlds teams have a year-round commitment: tryouts are held in late spring; skill development and choreography in the summer; polishing the routine in the fall; and competitions in winter and early spring. During the school year, Sunday practices will be held for levels 3 and higher. Extra practices will be held on Fridays and Saturdays prior to competitions and for choreography during the school year. **Practices Canceled:** July 3 to July 6, and August 21 to August 25.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>MINI ELITE</b> Small Mini 1 Tuition: \$140 Jun to Apr	5:00p-6:30p		5:00p-6:30p				
<b>TURQUOISE</b> Medium Youth 2 Tuition: \$180 Jun to Apr		5:00p-7:00p		5:00p-7:00p			
<b>ELECTRIC</b> Medium Junior 2 Tuition: \$180 Jun to Apr	7:00p-9:00p		7:00p-9:00p				

<b>CRYSTALS</b> Small Youth 3 Tuition: \$180 Jun to Apr	5:00p- 7:00p		5:00p- 7:00p				10:00a- 12:00p
<b>FROST</b> Medium Junior 3 Tuition: \$180 Jun to Apr	5:00p- 7:00p		5:00p- 7:00p				1:00p- 3:00p
<b>ICE</b> Small Junior 4 Tuition: \$180 Jun to Apr		7:00p- 9:00p		7:00p- 9:00p			2:30p- 4:30p
<b>RAIN</b> Small Senior 4 Tuition: \$180 Jun to Apr		5:00p- 7:00p		5:00p- 7:00p			10:00a- 12:00p
<b>CITRUS</b> Small Junior 6 Tuition: \$180 Jun to Apr	6:00p- 8:00p		6:00p- 8:00p				1:00p- 3:00p
<b>MIDNIGHT</b> U18 Non-Tumble 6 Tuition: \$185 Jun to Apr	7:30p- 9:30p		7:30p- 9:30p				11:30a- 1:30p
<b>ROYALS</b> X-Small All Girl 6 Tuition: \$180 Jun to Apr		7:30p- 9:30p		7:00p- 9:30p			10:45a- 1:30p

## 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. Skills gained at Private Lessons cannot be put into the computer system; they can only be entered during an evaluation or during classes, camps, and clinics.

Private lessons with UMAS staff will be held at UMAS. All payments must be made through Venmo transactions to the instructor. Private lessons held at UMAS do not need to pay a separate UMDGC fee; the fee paid to the coach includes the UMDGC fee who will forward it to UMDGC. For more details or to book a private lesson at UMAS, join the UMAS Private Lesson Band. The link can be found under Private Lessons on [www.umdgc.com](http://www.umdgc.com) or by copying this link into your web browser: <https://band.us/n/a5ae57Vaq1Mby>.