



## Upper Merion Dance & Gymnastics Center, LLC.

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# TUMBLING & PARKOUR SUMMER 2025

### SUMMER I

**MON, JUN 16, to FRI, JUL 11**

15% off thru May 12

5% off thru May 22

50% Add-A-Class starts on Jun 16

Refund Deadline: Midnight on Jun 27

Closures: Fri, Jul 4

### SUMMER II

**MON, JUL 14, to FRI, AUG 8**

15% off thru May 12

5% off thru Jun 20

50% Add-A-Class starts on Jul 14

Refund Deadline: Midnight on Jul 25

Closures: None

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

## 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. These classes are mandatory for those ages 12 and younger; those ages 13 and older may enroll in this class or adult parkour (if offered). 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 and 6 for Ages 9-13+. **Credits:** Base \$20; Max 2.

<b>PARKOUR 1</b>	<b>SUMMER I (Jun 16-Jul 11)</b>	<b>SUMMER II (Jul 14-Aug 8)</b>
<b><u>Ages 5-8</u></b>		
Thu 5:45p-6:45p	\$124 (4)	\$124 (4)
<b><u>Ages 9 &amp; UP</u></b>		
Thu 4:45p-5:45p	\$124 (4)	\$124 (4)
Thu 6:50p-7:50p	\$124 (4)	\$124 (4)

### PARKOUR 2 & 3

**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:** Base \$20; Max 2.

#### 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.

#### Parkour 3

Parkour 3 will focus on even more difficult skills than those learned at Parkour 2 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.

<b>PARKOUR 2 &amp; 3 Passed Parkour 1</b>	<b>SUMMER I (Jun 16-Jul 11)</b>	<b>SUMMER II (Jul 14-Aug 8)</b>
Thu 7:50P-8:50P	\$124 (4)	\$124 (4)

## 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 seven levels for ages 6 & up. To progress through the levels, the tumbler must master the skills listed on the UMDGC tumbling skill sheet and pass a skills test.

**Instruction:** 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.

**New or Returning Tumbler Evaluations:** New participants or tumblers that have done classes or privates away from UMDGC are highly encouraged to be evaluated. Schedule an evaluation **prior** to registering - 610-731-0022 or [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com).

**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. If the class organically is doing something that will count towards their reps, participants are welcome to film during the class. Remember, participants of all of UMDGC's teams and those enrolled in the highest class levels always receive free open workouts, where reps may be done without restriction.

### **PRESCHOOL TUMBLING (Ages 3-5)**

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. In addition, tumblers will also spend 15 minutes on trampoline or tumbITrak, and 5-10 minutes on drills to learn back handsprings. **Requirements:** Ages 3-5. **Total Skills:** 14 = 42 stars. **To Pass:** 40 stars total. **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.

<b>PRESCHOOL TUMBLING Ages 3-5</b>		<b>SUMMER I (Jun 16-Jul 11)</b>	<b>SUMMER II (Jul 14-Aug 8)</b>
Mon	4:30p-5:30p	\$124 (4)	\$124 (4)
Tue	5:40p-6:40p	\$124 (4)	\$124 (4)
Wed	5:40p-6:40p	\$124 (4)	\$124 (4)
Thu	4:30p-5:30p	\$124 (4)	\$124 (4)

### **BACK TUMBLING 1 (Ages 6 & Up)**

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 tumbITrak, 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. **Total Skills:** 19 = 57 stars. **To Pass:** 51 stars, including BHS over boulder (3 stars) and standing roundoff on floor (3 stars). **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.

<b>BACK TUMBLING 1 Ages 6+</b>		<b>SUMMER I (Jun 16-Jul 11)</b>	<b>SUMMER II (Jul 14-Aug 8)</b>
Mon	4:30p-5:30p	\$124 (4)	\$124 (4)
Mon	6:45p-7:45p	\$124 (4)	\$124 (4)
Tue	5:40p-6:40p	\$124 (4)	\$124 (4)
Tue	6:45p-7:45p	\$124 (4)	\$124 (4)
Wed	5:40p-6:40p	\$124 (4)	\$124 (4)
Thu	4:30p-5:30p	\$124 (4)	\$124 (4)
Thu	6:45p-7:45p	\$124 (4)	\$124 (4)

### **BACK TUMBLING 2**

Students will be working on standing back handsprings on trampoline, tumbITrak, 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. New tumblers with standing roundoff, cartwheels, forward rolls, bridges with straight arms, and handstands should schedule an evaluation or send videos of these skills to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) before registering. **Total Skills:** 15 = 45 stars. **To Pass:** 39 stars, including 3 stars for running roundoff with rebound on floor and standing back handspring on floor (3 stars). **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.

<b>BACK TUMBLING 2 Passed Back Tumbling 1</b>		<b>SUMMER I (Jun 16-Jul 11)</b>	<b>SUMMER II (Jul 14-Aug 8)</b>
Mon	5:30p-6:40p	\$124 (4)	\$124 (4)
Tue	4:30p-5:40p	\$124 (4)	\$124 (4)
Tue	6:45p-7:55p	\$124 (4)	\$124 (4)
Wed	4:30p-5:40p	\$124 (4)	\$124 (4)
Wed	6:45p-7:55p	\$124 (4)	\$124 (4)
Thu	5:30p-6:40p	\$124 (4)	\$124 (4)

### **BACK TUMBLING 3**

This class will focus on roundoff multiple back handsprings and standing BHS + BHS. **Requirement:** Must have passed Tumbling 2. New tumblers with a standing back handspring and running roundoff should schedule an evaluation or send videos of these skills to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) before registering for Tumbling 3. **Total Skills:** 16 = 48 stars. **To Pass:** 45 stars, incl. RO + BHS + BHS on floor (3 stars) and standing BHS + BHS on floor (3 stars). **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 \$25; Max 2.

<b>BACK TUMBLING 3</b> <b>Passed Back Tumbling 2</b>		<b>SUMMER I</b> (Jun 16-Jul 11)	<b>SUMMER II</b> (Jul 14-Aug 8)
Mon	5:30p-6:40p	\$124 (4)	\$124 (4)
Tue	4:30p-5:40p	\$124 (4)	\$124 (4)
Wed	4:30p-5:40p	\$124 (4)	\$124 (4)
Thu	5:30p-6:40p	\$124 (4)	\$124 (4)
Thu	6:45p-7:45p	\$124 (4)	\$124 (4)

### **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. New tumblers that have RO + BHS + BHS and standing BHS + BHS should schedule an evaluation or send videos of these skills to frontdesk@umdgc.com before registering for Tumbling 4. **Total Skills:** 13 = 39 stars. **To Pass:** 33 stars, including running open pike (3 stars) and standing tuck (3 stars). **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.

<b>BACK TUMBLING 4</b> <b>Passed Back Tumbling 3</b>		<b>SUMMER I</b> (Jun 16-Jul 11)	<b>SUMMER II</b> (Jul 14-Aug 8)
Mon	7:50p-9:10p	\$124 (4)	\$124 (4)
Tue	8:00p-9:20p	\$124 (4)	\$124 (4)
Wed	6:45p-7:45p	\$124 (4)	\$124 (4)
Thu	7:50p-9:10p	\$124 (4)	\$124 (4)

### **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. Tumblers that have standing tuck and running open pike are encouraged to schedule an evaluation before registering. **Total Skills:** 15 = 45 stars. **To Pass:** 39 stars, including 3 stars for running full and running whip through open pike.

#### **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. New tumblers with whip to open pike and a full are encouraged to schedule an evaluation prior to registering for Master Tumbling Class.

<b>BACK TUMBLING 5+</b> <b>Passed Back Tumbling 4</b>		<b>SUMMER I</b> (Jun 16-Jul 11)	<b>SUMMER II</b> (Jul 14-Aug 8)
Mon	7:30p-9:30p	\$124 (4)	\$124 (4)
Tue	7:30p-9:30p	\$124 (4)	\$124 (4)
Wed	7:30p-9:30p	\$124 (4)	\$124 (4)
Thu	7:30p-9:30p	\$124 (4)	\$124 (4)

## **Special Tumbling Classes**

### **ADULT TUMBLING (AGES 12+)**

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:** Must meet the age requirement. 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:** 8. **Credits:** Base \$15; Max 2.

<b>ADULT TUMBLING</b> <b>Ages 12+</b>		<b>SUMMER I</b> (Jun 16-Jul 11)	<b>SUMMER II</b> (Jul 14-Aug 8)
Mon	7:50p-9:00p	\$124 (4)	\$124 (4)
Thu	7:50p-9:00p	\$124 (4)	\$124 (4)

### **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 Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated 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.

<b>FRONT TUMBLING 1</b> <b>Passed Back Tumbling 1</b>		<b>SUMMER I</b> (Jun 16-Jul 11)	<b>SUMMER II</b> (Jul 14-Aug 8)
Mon	6:45p-7:45p	\$124 (4)	\$124 (4)

## Skill-Intensive Classes

These classes provide students extra time to work on skills that often take a little longer to learn, are not in the normal progression of skills taught at UMDGC, or to allow tumblers at lower levels to try new skills. Progressions and drills will be used to provide an intense focus on the selected tumbling skill. Strength and flexibility related to the focused skill may also be covered during the class.

### 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 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.

<b>STANDING TUCKS</b> <b>Passed Back Tumbling 3</b>		<b>SUMMER I</b> (Jun 16-Jul 11)	<b>SUMMER II</b> (Jul 14-Aug 8)
Wed	6:45p-7:45p	\$124 (4)	\$124 (4)

### 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 Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated 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.

<b>WALKOVERS</b> <b>Passed Back Tumbling 1</b>		<b>SUMMER I</b> (Jun 16-Jul 11)	<b>SUMMER II</b> (Jul 14-Aug 8)
Thu	6:45p-7:45p	\$124 (4)	\$124 (4)