

# SPRING BREAK Camp

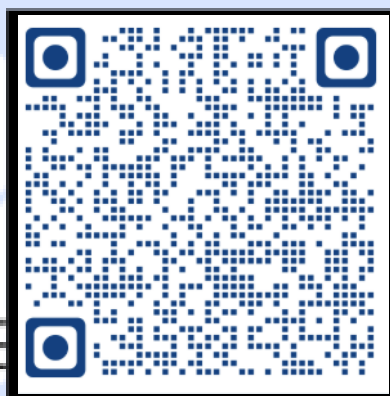
Tumbling 🌸 Gymnastics 🌸 Dance

Mon, Mar 30<sup>th</sup> - Fri, Apr 3<sup>rd</sup>

9:30am - 4:00pm

FREE extended drop-off 8:30am-9:30am

FREE extended pick-up 4:00pm-5:00pm



**\$70 per day**



# School Year Camps 25-26

www.umdgc.com; frontdesk@umdgc.com 610-731-0022  
530 Hertzog Blvd., King of Prussia, PA 19406



## SCHEDULE

8:30a-9:30a - FREE Extended Drop-off  
9:30a-4:00p - Scheduled Camp Activities  
4:00p-5:00p - FREE Extended Pick-up

## SPRING BREAK

- **Mon, Mar 30:** Intro Gym, Beg. Tumbling, Taylor Swift - ERAS
- **Tue, Mar 31:** Intro Gym, Beg. Tumbling
- **Wed, Apr 1:** Intro Gym, Beg. Tumbling
- **Thu, Apr 2:** Intro Gym, Beg. Tumbling
- **Fri, Apr 3:** Intro Gym, Beg. Tumbling

## DAILY RATE

- **Family Discount:** Multiple campers must be enrolled on the same days; does not need to be the same camp type.
- **Military Discount:** 10% off when you provide proof of past or present military service **prior** to registering.
- **SNAP Discount:** 10% off camp fees if you have a screenshot of your SNAP eligibility since September 1 on file with UMDGC **prior** to registering.

### NUMBER OF CAMPERS & PER CAMPER FEE

1	2 (10% off)	3 (25% off)	4+ (40% off)
\$70	\$63	\$52.50	\$42

## DANCE

Dance camps include dance instruction, crafts, and dance games. Disco and black lights may be used - let us know if this is a concern. Campers may be split into two age groups. All music is clean and age-appropriate. **Ratio:** 15-20 depending on staffing. Minimum 4 campers required per day. **Attire:** Bare feet, ballet shoes, or jazz shoes. Leotard and tights, or leggings and t-shirt. No oversized clothing.

### Taylor Swift- ERAS

Calling all Swifties. This camp will rock your socks off with tunes from Taylor's Eras tour and Life of a Showgirl album. It won't be a "Cruel Summer" when you are dancing "Fearless" Dance games and Improv included. **Dance styles:** Ballet, Contemporary and Jazz. **Prerequisite:** Coed ages 5 & up.

More dance camps may be added depending on staff availability.

## TUMBLING

Perfect for those looking to learn or perfect tumbling skills. Progressive instruction will be provided on the spring floor, airfloor, tumbltrak, and trampolines. Campers are divided into groups based upon level and/or age when possible. **Attire:** Non-restrictive, athletic clothing. Bare feet; or clean, dry cheerleading, gymnastics, or wrestling shoes.

### Beginner Tumbling

Back Tumbling Level 1 & 2 tumblers will focus on back handspings, rolls, cartwheels, roundoffs, and back walkovers. Goal of this camp is to master back handspings and the other essential skills of tumbling. **Prerequisite:** Coed ages 6 & up. **Ratio:** 6-8.

## GYMNASTICS, INTRO

Designed for first time to UMDGC Intro level 3 gymnasts, this camp is ideal for first-time gymnasts and those preparing for team. Campers will receive instruction on all of the gymnastics equipment, including trampoline and tumbltrak. Campers are divided into groups based upon gender, level, and/or age. **Prerequisites:** Coed ages 5 & up. **Attire:** Non-restrictive, athletic clothes. Bare feet. **Ratio:** 6-8.

## GENERAL CAMP POLICIES

The full list of UMDGC camp policies can be found on the UMDGC Policies packet online at [www.umdgc.com](http://www.umdgc.com) or at UMDGC's front desk. Following are the highlights.

### Changes & Withdrawing

- **UMDGC Request Form:** A UMDGC Request Form must be completed and confirmed for all withdraws and changes. The form can be found on the top left of [www.umdgc.com](http://www.umdgc.com). Time of the request is determined by the time UMDGC receives the confirmed request form.
- **Withdrawing:** 100% refund if received 24 hours prior to the start of camp. 100% UMDGC Credit if received before 9:30a on the day of the camp. No UMDGC Credits or refunds issued after 9:30a on the day of camp. Credits will be issued within 1 business day; refunds will be processed within 30 days.
- **Switching Camps Dates or Switching Camp Types:** May be made prior to the start time of the camp if the participant meets the requirements for the new program and the new program is not filled.
- **Exceptions:** Exceptions to the above will only be considered if a doctor's note or documentation of an emergency is supplied at the time of the request.

### Attendance, Activities, & Food

- **FREE Extended Supervision:** UMDGC staff will supervise campers while they play games, watch an age-appropriate movie or TV programming, relax, or bring their own activity.
- **Sign-In:** All campers must check-in each day; parents do not have to come in if the account is current, Waiver & Release has been completed, and contact and special needs information is current.
- **Sign-Out:** An adult must sign-out the camper. A late fee of \$5 per carload will be charged for each 5-minute period. The fee must be paid prior to attending future UMDGC programming.
- **Snack & Lunch:** UMDGC will provide campers one 30-minute break for lunches and a 15-minute snack. UMDGC does not supply food, drinks, utensils, refrigerators, or microwaves. UMDGC staff will only enforce eating plans or eating expectations that are supplied by a health care professional. Please no glass containers.
- **Afternoon Activities:** Groups may be merged or organized by age. Campers will try a selection of activities based upon instructor availability: arts & crafts, board games, karaoke, sports games, dance instruction, and more.

### Camper Rules and Expectations

- Campers must follow the directions of UMDGC staff.
- Campers must remain with their group at all times when in the gym and studios.
- Notify a staff member immediately of all injuries or problems.
- Gum, food, and drinks other than water are prohibited in the studios and gym.
- Campers are expected to participate in all activities or must sit in the lobby for the remainder of the rotation.
- Campers are expected to behave in an appropriate manner and show respect to others.
- Campers may not touch other campers without coach/instructor permission.
- UMDGC is not responsible for damaged, stolen, lost, or misplaced property and money. Bring at your own risk and keep in your bag or check it in at the front desk.
- Proper attire is essential for the safety of the camper and staff. Anyone not dressed correctly will not be permitted to participate.
- All "official" calls will be made from the UMDGC phones, unless UMDGC has lost utilities.

### Items to Bring to Camp

- Bagged Lunch
- Snacks
- Water Bottle
- Bag to put everything in
- Activities to do during Extended Supervision
- Grips, proper shoes, braces, tape, and other personal equipment needed to do your activity.