



# Spring Break 2024 Camps & Clinics

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



## DAY CAMPS

### Monday, Mar 25, to Friday, Mar 29

**Scheduled Activities:** 9:30a-4:00p

**FREE Extended Supervision:** 8:30a-9:30a and 4:00p-5:00p

- **Mon, Mar 25:** Intro Gymnastics, Beg. Tumbling
- **Tue, Mar 26:** Intro Gymnastics, Beg. Tumbling
- **Wed, Mar 27:** Intro Gymnastics, Beg. Tumbling
- **Thu, Mar 28:** Intro Gymnastics, Beg. Tumbling
- **Fri, Mar 29:** Intro Gymnastics, Beg. Tumbling

### Rates & Discounts

- **Rates:** \$70 per camper per day.
- **Family Discount:** 10%-20% discount when you have two or more campers from the same household attending concurrently.
- **Military Discount:** 10% off when you provide proof of past or present military service.
- **SNAP Discount:** 10% off camp fees if you have a screenshot of your SNAP eligibility on file with UMDGC **prior** to registering.

## GYMNASTICS, INTRO

Designed for UMDGC Intro Gymnastics Levels 1-3, 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.

## TUMBLING, BEGINNER

Designed anyone interested in learning back handsprings, walkovers, rolls, cartwheels, and roundoffs. 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 appropriate and staffing permits. **Prerequisite:** Coed ages 6 & up. **Attire:** Non-restrictive, athletic clothing. Bare feet; or clean, dry cheerleading shoes. **Ratio:** 6-8.



age-appropriate PG-rated movie, watch child-appropriate TV programming, relax, or bring their own activity.

- **Sign-In:** All campers must check-in at sign-in tent (or front desk during inclement weather) each day; parents do not have to come in if a UMDGC Waiver Form has previously been completed since September of each year in iClassPro.
- **Morning Activities:** Activities in the studios or gyms focused on the type of camp you selected.
- **Snack & Lunch:** UMDGC will provide campers two 30-minute breaks. 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 to do arts & crafts, group games, and activities hosted by special guest such as STEM, martial arts, slime, and circus arts, depending on instructor availability.
- **Sign-Out:** An adult must sign-out the camper. \$5 per carload will be charged for each 5-minute period. If the fee is not paid at the time of pick-up, a \$10 fee per five minutes late will be charged to your account and you will be unable to register for additional programs until the fee is paid.

### Special Requests & Group Assignments

Groups within each camp type are split by level, gender, and/or age. Requests to be grouped with a friend or family member will likely not be able to be honored unless the participants are of the same level, have similar skills mastered, gender, and age. If it is possible to accommodate a request, the higher-level participant will be moved down to the lower-level group. To request a special grouping, you must email camps@umdgc.com a minimum of 72 hours prior to the first day of camp.

### Items to Bring to Camp

Bagged Lunch	Snacks
Water Bottle	Bag to put everything in
Activities to do during Extended Supervision	

UMDGC is not responsible for lost, stolen, misplaced, damaged, broken, or discarded items. Dance/cheerleading shoes, grips, bags, electronics, book bags, jewelry, and any item with initials or a name on it will be donated to charity or discarded seven days after being found. All other items will be discarded or donated to charity within 12 hours. If you find that you left something accidentally, immediately email frontdesk@umdgc.com or leave a voicemail at 610-731-0022 so that the staff can set it aside for you for up to one week.

## GENERAL CAMP POLICIES

### Changes & Withdrawing

- **100% Refund:** UMDGC Request Form must be received no later than 24 hours before the start of camps. Refunds will be issued within 30 days.
- **100% Credit:** UMDGC Request Form must be received no later than 9:30a on the day of camp. Credits will be issued within 1 business day.
- **Switching Camps Dates or Switching Camp Types:** UMDGC Request Form must be received no later than 9:30a on the day of school year daily camps. The change will be accepted and you will receive a confirmation at the next business day if there is room to accommodate the request.
- **Other times:** No refunds or credits will be issued. Exceptions will be considered if a doctor's note or documentation of an emergency is supplied at the time of the request.

### Attendance & General Schedule

- **FREE Extended Supervision:** UMDGC staff will supervise campers while they play card and board games, watch a G- or



### Weekly, Jun 17 to Aug 16

**Scheduled Activities:** 9:30a to 4:15p  
**Extended Supervision:** 8:15a to 5:30p

### Register Early and Save!

5% off ends Mar 24  
Installment option begins Mar 25

### Plans Change? No Problem!

Payments 100% Refundable  
Until 6:00p each Monday

### Camp For Every Taste

Dance - Weekly Theme  
Gymnastics - Lvl 1 to Preteam  
Tumbling - All Levels

Register through the iClassPro app ("umdgc"), www.umdgc.com, or in-person.

# CLINICS, WORKSHOPS, & INTENSIVES

## ARTS & CRAFTS

### Only \$5!!!

UMDGC is excited to announce two art classes the week of Spring Break. This class is perfect for children that love a hands-on approach to express their creativity. Using air dry clay, children will be invited to learn how to mold, shape, twist, and add texture to create their own dragonfly (ages 5-8) or a frog in a pond (ages 9-12). Each class is limited in size.



#### Dragonfly

Ages 5-8  
Wed, Mar 27  
5:00p-6:00p

#### Frog in a Pond

Ages 9-12  
Wed, Mar 27  
6:30p-7:30p



## TUMBLING

### \$25 per clinic

**Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes.

#### Walkovers, Cartwheels, and Roundoffs

This class will focus on the skills for USASF 1 - back walkovers, roundoffs, and cartwheels. **Requirements:** Ages 6 & up. Five-year old tumblers that have passed the preschool tumbling test are 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. **Max Ratio:** 6. **Offered:** 4:00p of Mar 25, Mar 26, Mar 27, and Mar 28.

#### Standing Back Handsprings & Roundoffs

This clinic will focus exclusively on perfecting roundoffs and doing back handsprings everywhere - tramp, tumbltrak, and floor. **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. **Max Ratio:** 6. **Offered:** 5:05p of Mar 25, Mar 26, Mar 27, and Mar 28.

#### Back Handsprings - Running and Standing Series

This class will focus on roundoff multiple back handsprings and standing BHS + BHS. Drills, perfection of technique, and strength may be done to increase power and speed and improve form. **Requirement:** Must have passed Tumbling 2. New tumblers with a standing back handspring and running roundoff are encouraged to be evaluated before registering for Tumbling 3. **Max Ratio:** 6. **Offered:** 6:10p of Mar 25, Mar 26, Mar 27, and Mar 28.

#### Standing Tucks

Progressions and drills will be used to provide an intense focus on standing back tucks. Strength and flexibility related to standing tucks may also be covered during the class. 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. New tumblers with a standing back handspring and running roundoff are encouraged to be evaluated before registering. **Max Ratio:** 7. **Offered:** 7:30p on Mar 27 and Mar 28.

#### Tucks, Layouts, Fulls, and Doubles

This clinic will focus on perfecting running tucks, layouts, and twisting. Standing tumbling, whips, and arabians may be covered depending on the needs and skill level of the enrollees. Each clinic will be slip into two or more groups based upon skill level. **Requirement:** Must have passed Tumbling 3. New tumblers that have the required skills of Tumbling 3 are encouraged to schedule an evaluation before registering for Tumbling 4. **Max Ratio:** 7. **Offered:** 7:30p on Mar 25, Mar 26, Mar 27, and Mar 28.

## ACROBATICS & TUMBLING

### Only \$5!!!

Love to Tumble, Stunt, and Jump!? Join us for an introduction to USAG's newest addition, Acrobatics and Tumbling! Come try out one of the fastest growing youth and collegiate level sports!

Acrobatics & Tumbling is the evolution of different disciplines of gymnastics, which includes the athletic aspects of competitive cheerleading. Individuals and small groups execute acrobatic lifts, tosses, and tumbling. Athletes primarily come from a variety of gymnastics and cheerleading disciplines, primarily women's artistic and Xcel programs, trampoline and tumbling, acrobatic, youth acrobatics & tumbling, all-star cheer, high school cheer and STUNT, sideline cheer, and dance.

- **Beginner Level** - Must have a handstand and cartwheel. Thu, Mar 28, 7:00p-8:00p.
- **Intermediate Level** - Must have a standing back handspring and running roundoff back handspring. Thu, Mar 28, 8:00p-9:00p.

## PARKOUR

### \$25 per clinic

**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.

#### 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. **Requirements:** Meet minimum age requirement for the class. **Max Ratio:** 5 for Ages 5-8 and 6 for Ages 9-13+. **Offered:** Evenings of Mar 26, Mar 27, and Mar 28.

#### Parkour 2 & 3

This class incorporates more advanced parkour movements and introduces freerunning-oriented movements. Skills will include precision jumps, higher-level gymnastics and tumbling skills. **Requirements:** Must have passed Parkour 1. **Max Ratio:** 7. **Offered:** Evenings of Mar 26, Mar 27, and Mar 28.

## PRETEAM & XCEL SILVER

### \$25 per clinic

An opportunity for preteam and Xcel Silver gymnasts to get extra work on the events they need. **Requirements:** Preteam or Xcel Silver gymnast. **Attire:** Leotard preferred. If leotard is not available, non-restrictive, athletic clothes is acceptable. Bare feet. **Max Ratio:** 8.

- **Bars & Beam** - Monday, Mar 25, 7:30p-9:00p
- **Vault & Floor** - Wednesday, Mar 27, 7:30p-9:00p

## UPCOMING SESSIONS

Early Spring Session  
ends Apr 14

Late Spring Session  
Apr 15 to Jun 3

Summer 1  
Jun 10 to Jul 12

Summer 2  
Jul 15 to Aug 9

Register through the iClassPro app ("umdgc"), [www.umdgc.com](http://www.umdgc.com), or in-person.