



Summer Camps 2024

www.umdgc.com

frontdesk@umdgc.com

610-731-0022

530 Hertzog Blvd., King of Prussia, PA 19406



GENERAL INFO

Weekly, Jun 17 to Aug 16

Camp fees are fully refundable. Take advantage of the savings and get a **FULL REFUND OR CREDIT** if plans change.

Rates if Paying In-Full

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| By Jan 28 | \$310.25 | 15% off regular price |
| Jan 29 to Feb 25 | \$328.50 | 10% off regular price |
| Feb 26 to Mar 24 | \$346.75 | 5% off regular price |
| Starting Mar 25 | \$365.00 | Regular price |

Rates if Paying with 30% Deposit

| | | |
|-----------------|-------|---|
| Starting Mar 25 | \$365 | \$109.50 due at time of registration. |
| | | \$255.50 due two Thursdays before each camp week. |

Discounts & Prorating

- **Closed July 4:** The week of Jul 1-5 will be prorated \$65.
- **Family Discount:** 10% discount when you have two or three campers from the same household attending the same week of camp. 20% discount if four or more campers from the same household attending the same week. See UMDGC Policies & Procedures for details.
- **Military Discount:** 10% off when you have provide proof of past or present military service on file with UMDGC **prior** to registering. See UMDGC Policies & Procedures for details.
- **SNAP Discount:** 10% off camp fees if you have a screenshot of your SNAP eligibility on file with UMDGC **prior** to registering. See UMDGC Policies & Procedures for details.

Communicate Directly with the Camp Staff During Camp Hours

Text or call camp phone: 610-506-4451

Email: camps@umdgc.com

Message in the UMDGC Summer Camp BAND



DANCE

Dance camps include dance instruction in the studios, as well as crafts and afternoon activities. Special performances by the campers will be broadcast in the UMDGC Dance Camp Band each Friday. **Ratio:** 12. Minimum of 4 campers required per week. At the discretion of the UMDGC staff, campers may be split into two age groups. **Attire:** Leotard and tights, or leggings with a t-shirt. Bare feet, ballet or jazz shoes. Music for all camps is clean and age appropriate.

NEW - Acro - NEW

Acro combines the artistry of dance and movement with precision acrobatic elements such as handstands, elbow stands, cartwheels, & walkovers. Emphasizes flexibility, agility, balance, strength & muscle control. **Prerequisite:** Coed ages 7 & up. **Offered:** Jul 22-26.



American Girl

Bring your favorite doll and enjoy a camp that will explore all things American Girl. Campers will enjoy crafts and dance games centered around their doll. Any doll can be brought to camp. Please make sure camper's name is on the doll. **Prerequisite:** Coed ages 5 & up. **Offered:** Jul 1-5. No camp Jul 4.



Colors of the Rainbow

A camp full of colors in motion! Campers will dance to vibrant music celebrating all of what makes the colors of the rainbow unique. Campers will feel bright and vivid learning contemporary, jazz, and hip hop combinations, and surely won't leave feeling blue! **Prerequisite:** Coed ages 5 & up. **Offered:** Jul 29-Aug 2.

NEW - Improv and Choreography - NEW

Come explore and create amazing, creative, and expressive styles of dance! Campers will learn how to create their own pieces and work within a group using a wide-range of popular music! **Prerequisite:** Coed ages 9 & up. **Offered:** Jul 15-19.

Dance Fusion

Back again! This super fun camp will give campers a chance to learn new dance styles fused together! Ballet, Contemporary, Jazz, Hip Hop, and Tap combinations will all be taught during this one of a kind week. Campers can bring their own tap shoes or they are provided free of charge for the week. **Prerequisite:** Coed ages 5 & up. **Offered:** July 8-12 & Aug 12-16.

Frozen

Winter in July! Campers will "chill" with music from Elsa, Anna, Olaf, and more for a ballet and jazz dance camp based on the music and characters of the popular Disney films. Freeze dance included! **Prerequisite:** Coed ages 5 & up. **Offered:** Jul 15-19.

Mermaids & Unicorns

A camp filled with fantasy! Campers will enjoy everything about this magical camp filled with make believe, wonder, and imagination! Dance to upbeat tunes including "Space Unicorn" and other songs from these mythical creatures. **Prerequisite:** Coed ages 5 & up. **Offered:** Jun 24-28.

Taylor Swift

It won't be a "Cruel Summer" for Swifties! Learn combinations to Taylor's newest songs, as well as the classics. Campers will also create fun art projects to celebrate this great pop star with local roots! Dance styles: Contemporary, hip-hop, and jazz. **Prerequisite:** Coed ages 5 & up. **Offered:** Jun 17-21 & Aug 5-9.

GYMNASTICS

UMDGC offers camps for first-time gymnasts all the way up to those competing in the USAG Girls Developmental program level 10. Camp staff will seek to balance fun and discipline for a learning experience that can be the foundation of nearly any athletic pursuit and hopefully a life-long passion. The skills will be taught in a progressive manner utilizing drills, verbal cues, and spotting in order to guarantee the gymnast's safety.

Intro Gymnastics (Intro Levels 1-3)

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. **Offered:** All weeks.

Girls Preteam (Preteam Levels 1-2)



Campers will be exposed to strength, flexibility, and other conditioning in addition to working on the skills required to compete USAG Developmental Level 3 and Xcel Gold. Camp will take place on the downstairs beam and bars, and upstairs for all other events. **Prerequisites:** Girls that are preteam members. **Attire:** Leotards are required. Spandex shorts are permitted. Bare feet. **Ratio:** 8-9. **Offered:** All weeks.

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 shoes.



Beginner Tumbling

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

Upper-Level Tumbling

Back Tumbling Levels 3-7 (formerly Intermediate, Advanced, Expert, and Master) tumblers will work on tucks, layouts, twisting, whips, Arabians, and front tumbling. **Prerequisite:** Passed Back Tumbling Level 2. If you are new to UMDGC Tumbling, please call to be evaluated; must have a standing back handspring on floor without a spot. **Ratio:** 8-10. **Offered:** All weeks.

POLICIES, PROCEDURES, & MORE INFO

Attendance

- **FREE Extended Supervision:** 8:15a-9:30a and 4:15p-5:30p. UMDGC staff will supervise campers while they play card and board games, watch a G- or 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 the previous September 1 in iClassPro.
- **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.

Afternoon Activities

To keep the day interesting and fun, UMDGC provides non-team campers the opportunity to experience activities in addition to those listed in their main camp type. The activities change, so not every camper will do every activity each day or week. Activities may include:

| | | |
|---------------|-------------|------------------|
| Movie Time | STEM | Slime Making |
| Circus Arts | Dance | Moonbounces |
| Arts & Crafts | Trampolines | Parkour |
| Martial Arts | Bingo | Water Activities |

Lunches and Snacks

UMDGC will provide campers two 30-minute breaks for lunches and snacks. 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.

Items to Bring to Camp

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| Bagged Lunch | Snacks |
| Water Bottle | Bag to put everything in |
| Water shoes or sneakers | Sunscreen |
| Activities to do during Extended Supervision | |

Personal Belongings

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.

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.

Groups

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.

Withdraws & Changes

All withdraws and switching of camp days/weeks must be submitted on the UMDGC Request Form which is available at www.umdgc.com. Time of the request is determined by the time UMDGC receives the confirmed request form.

- **Missed Days of Camp:** No UMDGC credits, refunds, or make-ups for missed days.
- **100% Refund or Credit:** 100% refund or UMDGC credit if the UMDGC Request Form is received by 6:00p on the first day of each week of camp.
- **Switching Camps:** Space permitting, switching to another week of camp or type of camp is permitted if the Transfer Request is submitted through the UMDGC Portal no later than 6:00p on the first day of summer camp week from which you are switching.
- **All Other Times:** If received after 6:00p on the first day of each week of camp, a \$50 UMDGC credit will be issued for each remaining full day of camp at the time the request is received.

TYPICAL CAMP SCHEDULE

| INTRO GYMNASTICS | | | | | | | | | | | | | | | | |
|-------------------|--------------------------------------|--------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------------|---------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|----------------------------|--------------------------|--|
| Group A | | Group B | | Group C | | Group D | | Group E | | Group F | | PRETEAM | | | | |
| EXTENDED DROP OFF | | | | | | | | | | | | DANCE | | | | |
| EXTENDED DROP OFF | | | | | | | | | | | | TUMBLING | | | | |
| EXTENDED DROP OFF | | | | | | | | | | | | Upper | | | GYM TEAM | |
| 8-15-9:30 | | | | | | | | | | | | | | | | |
| 9:30-10:00 | Tramp | Red Floor | Beam | Bars | Red Floor | Tumbitrak | Warm-up & Flex | Dance Activity | Dance Activity | Rolls, HS | Rolls, HS | Rolls, HS | Warm-up TR/TT | Warm-up | | |
| 10:00-10:30 | Red Floor | Beam | Bars | Red Floor | Tumbitrak | Pommel's, Rings, P- Bars, Outside | Tramp | Dance Activity | Dance Activity | Tumbitrak | Tramp | Cartwheels & Roundoffs | Standing Tucks | Conditioning on blue floor | | |
| 10:30-11:00 | Beam | Bars | Red Floor | Tumbitrak | Pommel's, Rings, P- Bars, Outside | Tramp | Red Floor | Dance Activity | Dance Activity | Tramp | BHS | Tumbitrak | Standing BHS Series | | | |
| 11:00-11:30 | Bars | Red Floor | Tumbitrak | Pommel's, Rings, P- Bars, Outside | Tramp | Red Floor | Special Guest or Activity | Dance Activity | Dance Activity | Walkovers & Bridges on Red | BHS | Special Guest or Activity | Special Guest or Activity | Events | | |
| 11:30-12:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | | Lunch | Lunch | Lunch | Lunch | | | | | |
| 12:00-12:30 | Red Floor | Tumbitrak | Pommel's, Rings, P- Bars, Outside | Tramp | Red Floor | Beam | Lunch | Dance Activity | Dance Activity | End 12:50 Special Guest or Activity | End 12:50 Special Guest or Activity | Lunch | Blue & Gray Floor | Red, TT, Tramp, Airfloor | | |
| 12:30-1:00 | Tumbitrak | Pommel's, Rings, P- Bars, Outside | Tramp | Red Floor | Beam | Bars | Red Floor | Dance Activity | Dance Activity | | | BHS | | | Lunch | |
| 1:00-1:30 | Pommel's, Rings, P- Bars, Outside | Tramp | Red Floor | Beam | Bars | Red Floor | Tumbitrak | 1:10 start Special Guest or Activity | 1:10 start Special Guest or Activity | BHS | Walkovers & Bridges on Red | BHS | Lunch | Events | | |
| 1:30-2:00 | Snack | Snack | Snack | Snack | Snack | Snack | Outside or Arts & Crafts | | | | BHS | Cartwheels & Roundoffs | Walkovers & Bridges on Red | | Outside or Arts & Crafts | |
| 2:00-2:30 | Special Guest or Activity | Special Guest or Activity | Outside or Arts & Crafts | Outside or Arts & Crafts | Outside or Arts & Crafts | Special Guest or Activity | Strength & Flex on Purple | Movie/Game in Studio or Urban on Red | Movie/Game in Studio or Urban on Red | Snack | Snack | Snack | Movie/Game in Studio or Urban on Red | | | |
| 2:30-3:00 | | | | | | | Snack | Outside or Arts & Crafts | Outside or Arts & Crafts | Cartwheels & Roundoffs | Tumbitrak | Tramp | Specialty Front, Backward, Whips | Snack | | |
| 3:00-3:30 | Movie/Game in Studio or Urban on Red | Movie/Game in Studio or Urban on Red | Special Guest or Activity | Special Guest or Activity | Special Guest or Activity | Movie/Game in Studio or Urban on Red | Bars Downstairs | Snack | Snack | Outside or Arts & Crafts | Movie/Game in Studio or Urban on Red | Outside or Arts & Crafts | Snack | Independent Training | | |
| 3:30-4:00 | Outside or Arts & Crafts | Outside or Arts & Crafts | | | | Outside or Arts & Crafts | Beam Downstairs | Tramp/Tumbitrak Upstairs | Tramp/Tumbitrak Upstairs | Movie/Game in Studio or Urban on Red | Movie/Game in Studio or Urban on Red | Movie/Game in Studio or Urban on Red | Tumbitrak or Tramp Downstairs | | | |
| 4:00-4:15 | OPEN WORKOUT | | | | | | | | | | | | | | | |
| 4:15-5:30 | EXTENDED PICK-UP | | | | | | | | | | | | | | | |