



Upper Merion Dance & Gymnastics Center, LLC.

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DANCE JAN-JUN 2024 NON-RECITAL

These classes run in 6 & 7 week sessions for the Spring. Not all classes are offered each session. All classes are co-ed unless noted otherwise. E-mail dance@umdgc.com for dance shoe purchase information. Select classes may be Non-recital in the Winter Sessions but switch to Recital based sessions in the Early Spring Session.

WINTER DANCE SESSION (Jan 8-Feb 25)

Early Registration Discount: 10% Ends Nov. 25

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Start Date	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14
End Date	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25
Number Classes	7	7	7	7	7	7	7
Refund Deadline	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21
Closures	None	None	None	None	None	None	None

EARLY SPRING DANCE SESSION (Feb 26-Apr 14)

Early Registration Discount: 15% Ends Nov 25; 5% Ends Jan. 12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Start Date	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1	Mar 2	Mar 3
End Date	Apr 8	Apr 9	Apr 10	Apr 11	Apr 12	Apr 13	Apr 14
Number Classes	6	6	6	6	6	6	6
Refund Deadline	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10
Closures	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31

LATE SPRING DANCE SESSION (Apr 15-Jun 2)

Early Registration Discount: 15% Ends Nov 25; 5% Ends Mar 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Start Date	Apr 15	Apr 16	Apr 17	Apr 18	Apr 19	Apr 20	Apr 21
End Date	May 20	May 28	May 29	May 30	May 31	Jun 1	Jun 2
Number Classes	6	7	7	7	6	6	6
Refund Deadline	Apr 22	Apr 23	Apr 24	Apr 25	Apr 26	Apr 27	Apr 28
Closures	May 27	None	None	None	May 24	May 25	May 26

Acro

Acro combines dance and movement with precision acrobatic elements such as handstands, elbow stands, cartwheels, & walkovers. Class will emphasize flexibility, agility, balance, strength & muscle control. Class is designed for a variety of levels - each participant will work within their capabilities and be challenged.

Focus on progressions for aerials, back handsprings, front walkovers and increasing flexibility in all areas. Some partner work may be featured. **NOTE:** Classes may become a recital class in the Spring session. **Requirements: Participants MUST have a strong bridge and cartwheel.** Ages 6 & up. **Attire & Footwear:** Camisole, leotard, T-shirt or tank, leggings strongly encouraged, bare feet. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

Ages 6-9	Instructor/Studio	Winter (Jan 8-Feb 25)	Early Spring (Feb 26-Apr 14)	Late Spring (Apr 15-Jun 2)
Sun, 2:00-3:00p	Karen D/Studio 2	\$186	\$159	\$159

Pre-Ballet & Ballet 1

A fun introduction to dance that focuses on basic ballet and gross motor skills such as marching, galloping, skipping and jumping. Class will include fun music, colorful scarves/ribbons, hula hoops and stuffed animals to teach skills. Participants must be potty trained. **Requirements:** Ages 3-4. **Shoes:** Any color ballet shoes, or bare feet are acceptable for class. **Female Attire:** Leotard and tights, or non-restrictive athletic clothing. If footed tights are worn, ballet shoes must also be worn. **Male Attire:** Non-restrictive, athletic clothing. **Max Ratio:** 10. **Credits:** Base \$15; Max 2 per session.

Ages 3-4	Instructor/Studio	Winter (Jan 8-Feb 25)	Early Spring (Feb 26-Apr 14)	Late Spring (Apr 15-Jun 2)
Wed, 4:30-5:20p	Michelle E/1	\$186	\$159	\$186
Fri, 5:15p-6:05p	Michelle E/1	\$186	\$159	\$159
Sat, 9:30a-10:20a	Michelle E/1	\$186	\$159	\$159

Introductory (Level 1) classes focus on ballet elements and skills that are appropriate for each age group. Intro classes will include a short stretch, warm up and review basic ballet skills and terminology. Ballet positions (1st-5th) are introduced as well as learning to balance, jump, and leap all in a fun, engaging class. Colorful scarves/ribbons, hula hoops and stuffed animals utilized to teach skills. **Requirements:** Ages 4-6. **Female Attire & Footwear:** Black Leotard and pink tights, pink canvas or leather ballet shoes required. Ballet skirts permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12 with an assistant instructor. **Credits:** Base \$15; Max 2

Ballet 1 Ages 4-6	Instructor/Studio	Winter (Jan 8-Feb 25)	Early Spring (Feb 26-Apr 14)
Sun, 2:00-2:50p	Michelle E/1	\$186	\$159

Teen & Adult Ballet 1

An introduction to Ballet for the beginner teen/adult dancer. Learn the basics of technique, turnout, flexibility, and retaining choreography. Classes will include barre work, center, and across the floor combinations. Great for beginners as well as those with some ballet experience. **Requirements:** Ages 16+ **Attire:** Female Attire & Footwear: Leotard and tights OR leggings and form fitting T-shirt/Tank top. Ballet shoes optional, bare feet permitted. Long hair should be tied back, off the face. Please no sweatshirts or baggy clothing. Sheer skirts and ballet sweaters permitted. Male Attire & Footwear: Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 10. **Credits:** Base \$15; Max 3.

Ballet 1 Ages 16+	Instructor/Studio	Early Spring (Feb 26-Apr 14)
Tue, 7:30-8:30p	Michelle E/1	\$159

Hip Hop

Basic hip hop movements, isolations, jumps and floorwork. Incorporates learning to follow rhythm with music. **Requirements:** Ages 5 & up. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Leggings/pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

Ages 5-8	Instructor/Studio	Winter (Jan 8-Feb 25)	Early Spring (Feb 26-Apr 14)	Late Spring (Apr 15-Jun 2)
Sun, 3:00-3:50p	Michelle E /1	\$186	\$159	--
Fri, 6:30-7:20p	Michelle E/1	----	---	\$159

Jazz Funk

Jazz funk dance is a hybrid dance style that combines elements of jazz dance and funk styles. It is a high-energy, upbeat style that is often performed to contemporary pop and hip hop music. **Requirements:** Ages 10 & up **Attire & Footwear:** Leggings/Sweatpants, T-shirt/Tank top. Clean & dry sneakers. **Max Ratio:** 12. **Credits:** Base \$15; Max 2

Ages 10+	Instructor/Studio	Winter (Jan 8-Feb 25)	Early Spring (Feb 26-Apr 14)
Sun, 1:00-2:00p	Michelle E/1	\$186	\$159

Tap & Musical Theater Tap

This foot stompin fun introduction to tap features showtunes from musicals as well as movies! Dancers will learn counting steps, keeping a beat, and exciting choreography. Some theatre jazz and using props may also be included. Classes accommodate those with some tap experience and those with little or no tap experience. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, tap shoes of any color. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. FREE Tap shoe rental included in each session. *Limited sizes available* Contact dance@umdgc.com for sizing information and shoe availability.

Musical Theater Tap Ages 7+	Instructor/Studio	Early Spring (Feb 26-Apr 14)
Tue, 6:10p-7:10p	Michelle E/1	\$159

An introduction to the fun and musical world of creating rhythm with your feet! Emphasis on counting steps, keeping a beat, and learning to follow a rhythm. Appropriate for those with some tap experience and those with little or no tap experience. **Female Attire & Footwear:** Leotard and tights, or shorts, leggings or shorts. FREE Tap shoe rental included in each session. *Limited sizes available* Contact dance@umdgc.com for sizing information and shoe availability. **Male Attire & Footwear:** athletic pants or leggings, tank top or T-shirt. **Max Ratio:** 12. **Credits & Prorating:** Base \$15; Max 2.

Tap Ages 4-6	Instructor/Studio	Winter (Jan 8-Feb 25)	Early Spring (Feb 26-Apr 14)
Sat, 11:35a-12:25p	Michelle E/1	\$186	\$159

Turns & Leaps

This class is required for Jazz 4 & 5 Contemporary 3.

This class focuses on strengthening dancers' turns, leaps, and other tricks. Conditioning exercises will target the muscle groups needed to execute high-level tricks while technical combinations will integrate these skills into choreography. Skills may include but are not limited to: Calypso leaps, foutte turns, a la seconde turns, and switch leaps. **Requirement:** Ages 10 & up. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, dance shoes or bare feet. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, dance shoes or bare feet. **Max Ratio:** 16. **Credits: No Credits Apply.**

Ages 10+	Instructor/Studio	Spring In Full Only (Jan 8-Jun 2)
Wed, 6:30p-7:30p	Mijka S/2	\$265 NO DISCOUNTS APPLY

Combo Classes

UMDGC's Combo Classes are designed as a fun introduction to tap, pre-ballet, gymnastics, and tumbling. These classes are meant to allow the students to try each program without a long-term commitment and see if they are a good fit to pursue in the future. While skills that will be covered in gymnastics and tumbling classes, skills will not be evaluated for inclusion on the skill sheets. **NOTE: Combo Classes follow the Winter, Early and Late Spring Sessions for Gymnastics and Tumbling Programming**

CREATIVE DANCE & GYMNASTICS

A great introduction to both pre-ballet and gymnastics. After a short warm-up and stretch participants will enjoy ballet basics, freeze dance, and other fun activities with music in the studio. When in the gym, participants will try the bars, floor, beam, rings, tumbltrak, and trampoline each session. **Requirements:** Ages 3-5. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Hair must be tied back so it is out of the participant's eyes. Bare feet or ballet shoes permitted for the dance portion of class. Bare feet or footless tights/leggings permitted in the gym. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 10 in the studio; 5 in the gym. **Credits:** Base \$15. Max # Credits: 2.

COED AGES 3-5	LOCATION	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 9)
Wed 11:30a-12:30p	Studio 1/Upstairs Gym	Canceled	Canceled	\$140 (7)
Thu 12:00p-1:00p	Studio 1/Upstairs Gym	\$140 (7)	Canceled	\$140 (7)

TUMBLE TAPS

An introduction to tap and tumbling. Participants will learn stomps, shuffles, and heel and toe stamps as well as how to keep a rhythm with tambourines and rhythm sticks. In the gym, the participants will focus on the tumbltrak, trampolines, and floor. **Requirements:** Ages 4-6. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Tap shoes are required for this class, FREE Tap shoe rental included in each session. Bare feet or footless tights/leggings permitted in the gym. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 10 in the studio; 5 in the gym. **Credits:** Base \$15. Max # Credits: 2.

COED AGES 4-6	LOCATION	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 9)
Thu 1:00p-2:00p	Studio 1/Upstairs Gym	\$140 (7)	Canceled	\$140 (7)