



Upper Merion Dance & Gymnastics Center, LLC.

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DANCE SPRING 2024

Payment Options: In Full or 5 Monthly Installments (Jan-May). These classes are invited to participate in UMDGC's annual dance recital. Monthly payments can be paid via invoice sent for each month or Automatic payments. An automatic payment form can be completed online on www.umdgc.com under Important Forms. All classes are co-ed unless noted otherwise. Note: Some class levels are combined due to lower number of dancers and levels close in abilities. Levels are determined by instructors. E-mail dance@umdgc.com for specific questions and dance shoe purchase information. For shorter session programming, see Non-Recital flyer.

SPRING (Jan 8 – Jun 2)							
Early Registration: 10% Ends Nov 25							
	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Start Date	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14
End Date	May 20	May 28	May 29	May 30	May 31	Jun 1	Jun 2
Number Classes	19	20	20	20	20	19	18
Refund Deadline	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21
Closures	Mar 25 & May 27	Mar 26	Mar 27	Mar 28	Mar 29 & May 24	Mar 30 & May 25	Mar 31 & 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. 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. **Requirements: Ages 10 & up. Participants MUST have a cartwheel and strong bridge. Attire & Footwear:** Camisole, leotard, T-shirt or tank, leggings strongly encouraged, bare feet. **Max Ratio: 12. Credits: Base \$15; Max 3**

Ages 10 & up	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Mon, 5:00-6:00p	Karen D/Studio 2	\$504	\$110

Combo Classes

BALLET/CONTEMPORARY

Learn the basics of Ballet and Contemporary dance, focusing on alignment, turnout, and strength/flexibility. **Requirement:** Ages 8 & up. **Female Attire & Footwear:** Leotard and tights OR solid color leggings or spandex shorts with T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Pink canvas or leather ballet shoes required. Ballet shoes can be worn for contemporary as well. Ballet skirts permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio: 12. Credits: Base \$15; Max 3.**

Ages 8-11	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Tue, 6:15p-7:15p	Britney D/2	\$530	\$116

Dance Fusion

This class is being offered as a non-recital class for Winter session and as a recital class for Early/Late Spring. Participation is not required.

A fun and exciting class to try out a variety of dance! A new style of dance will be taught each class so participants can try out something new each week. Open to all levels. After a short warm up, dance steps will be taught and put into a combination to music. Styles in Ballet, Contemporary/Modern, Jazz, Hip Hop and Jazz Funk! Other styles such as Bollywood, Bellydancing and Heels may also be included. **Requirement:** Ages 17 & up. **Attire & Footwear:** Comfortable non-restrictive clothing, sneakers, bare feet or dance shoes. **Max Ratio: 12. Credits: Base \$15; Max 2.**

Ages 17+	Instructor/Studio	Early/Late Spring (Feb 26 - Jun 2)
Thu, 8:05p-9:05p	Varies Weekly/1	\$345

Ballet & Pointe

The basis for contemporary and modern dance forms, ballet is great for toning and strengthening all muscle groups, developing balance, poise, and grace, as well as gaining body awareness and learning discipline. The various age group classes are progressive in nature and serve to prepare dancers for each level appropriately. Ballet is a dance form that incorporates fitness, fun and creativity. Classes will include Barre, center floor and across the floor to teach steps, skills, and combinations.

BALLET 1

This introductory class focuses on ballet elements and skills that will include a short stretch, warm up, across the floor and center floor skills. Ballet positions are introduced as well as learning to balance, jump, and leap all in a fun, engaging class. Colorful scarves/ribbons, hula hoops may be used in class. **Requirement:** Ages 5-7. **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 3.

Ages 5-7	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Tue, 5:00p-6:00p	Michelle E/1	\$530	\$116
Sat, 10:30a-11:30a	Michelle E/1	\$504	\$110

BALLET 2

Emphasis on more intricate barre exercises and basic turnout of the feet. Class will also focus on ballet terminology; jumps, leaps, turns; and flexibility. New skills will be mastered at the barre before entering center work. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in both Fall and Spring Sessions. **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 3.

Passed previous level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Tue, 5:15-6:15p	Britney D/1	\$530	\$116

BALLET 3

Class refines technique, turnout, flexibility and retaining choreography. Increased emphasis on barre exercises, leaps, jumps, spotting with turns and balance. Classes will include barre work, center, and across the floor. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in both Fall & Spring sessions. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes required. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. Sheer skirts and ballet sweaters permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed previous level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Mon, 6:00-7:00p	Britney D/1	\$504	\$110

BALLET 4 & 5

Increased emphasis on fine tuning skills such as weight change and more advanced technique and intricate combinations that require balance and stamina, strength, and focus. Students will work to retain more challenging choreography and repertoire along with understanding of composers and choreographers. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in both Fall & Spring sessions. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 3.

Passed Ballet previous level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Tue, 7:15p-8:45p	Britney D/2	\$663	\$145

BALLET 6

This level is the final step before reaching the advanced/pointe classes. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in both Fall & Spring sessions and must take both classes per week to qualify for pre-pointe. If the dancer only takes one class at this level, they will remain Ballet 5 and cannot advance to pointe. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 3.

Passed previous level or by tryout Attend Both Days	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Mon, 7:00p-8:30p Thu, 6:30p-8:00p	Britney D/1 Dana R/1	\$945	\$189

POINTE 1 & 2

Requirements: Students must receive approval from the Pointe instructors and have achieved 90% of the skills on the Pre-Pointe check list to purchase Pointe shoes. Pointe students are required to attend year-round, including summer classes. Skills will be mastered at the barre and in center. **Female Attire & Footwear:** Any solid color leotard (no prints) and pink tights, pink canvas or leather ballet shoes and Pointe shoes if applicable. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Registration Benefit:** All participants in Pointe classes receive free open workouts while enrolled in the class. Make certain to notify the person signing-in open workout that you are a Pointe student, or you will be charged the normal price. **Max Ratio:** 12. **Credits:** Base \$20; Max 3 per class day and 6 per session total.

Passed Previous level or by tryout Attend Both Days	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Mon, 7:00p-8:30p Thu, 5:00p-6:30p	Britney D/1 Dana R/1	\$945	\$189

POINTE VARIATIONS

Additional instruction on classical ballet variations for advanced pointe students only. **Requirements:** By instructor invitation only. **Female Attire & Footwear:** Any solid color leotard (no prints) and pink tights, pink canvas or leather ballet shoes and Pointe shoes if applicable. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Max Ratio:** 12. **Credits:** No credits.

By invitation only	Instructor/Studio	Spring In Full Jan 8 – Jun 2
Mon, 8:30p-9:00p	Britney D/1	\$125

Contemporary

CONTEMPORARY 2

Suited for young creative dancers, this class is a fun and imaginative study using modern technique. The focus will be on alignment, balance, coordination, and movement development while learning contemporary and modern techniques. Students will also experiment with improvisation and creating movement phrases that explore their creative sides. Performance exercises increase spatial and kinesthetic awareness. **Requirements:** Passed Intro Ballet & Contemporary. **Female Attire & Footwear:** Leotard and tights OR solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks or Foot Undeez. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Contemporary 2 Passed Previous Level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Mon, 7:15p-8:30p	Mijka S/2	\$580	\$127

CONTEMPORARY 3

This is an advanced, fast-paced technique class that focuses on self-expression, specification of movement, and strength. All aspects listed in Contemporary 1 and 2 plus qualitative movement, advanced floorwork, and complex phrases are covered throughout the year. Students will focus on a variety of techniques such as Graham, Horton and Limon. Class may perform two pieces in the Spring recital. **Requirements:** By tryout or instructor invitation from the previous level class. Requires enrollment in non-recital Turns and Leaps class. Dancers must enroll in both Fall & Spring Sessions. **Female Attire & Footwear:** Leotard and tights Or solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks or Foot Undeez. **Max Ratio:** 12. **Credits:** Base \$20; Max 3.

Passed Contemporary 2 or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Wed, 7:30p-9:00p	Mijka S/2	\$663	\$145

Hip Hop

HIP HOP 1

Basic hip hop motions and 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. 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 3.

Ages	Day & Time	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Ages 5-7	Thu, 5:00p-6:00p	Carlee C/2	\$530	\$116
Ages 8 & up	Thu, 6:00p-7:00p	Carlee C/2	\$530	\$116

HIP HOP 2

Increased emphasis on techniques of Intro Hip Hop with more intricate movement and faster moving combinations. Class will focus on more advanced floorwork, isolations, musicality and freestyling skills. **Requirements:** Classes are determined by instructor permission. Dancers must enroll in both Fall and Spring sessions. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. 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 3.

Passed previous level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Mon, 5:00p-6:00p	Mijka S/2	\$504	\$110

HIP HOP 3

Increased emphasis on techniques of Intro Hip Hop with more intricate movement and faster moving combinations. Classes may include instruction on specific hip hop techniques, such as 90s Grooves, House, Breakin', and Pop & Lock. Some conditioning will be included. **Requirements:** Classes are determined by instructor permission. Dancers must enroll in both Fall and Spring sessions. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. 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 3.

Passed previous level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Thu, 7:00p-8:00p	Carlee C/2	\$530	\$116

Jazz

Jazz is a high energy style of dance and can be seen in commercials and musicals. Focus on body isolations, turns, leaps, and jumps. Students will gain strength, flexibility, endurance, and coordination.

JAZZ 1

Basics of jazz are introduced including, but not limited to, jazz squares, weight change, isolations, basic leaps, and jumps. **Requirements:** Ages 6 & up. **Female Attire & Footwear:** Leotard and tights or solid color leggings or spandex shorts, tank top or T-shirt, black slip-on jazz shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black slip-on jazz shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

NOT CURRENTLY BEING OFFERED.

JAZZ 2

NOT CURRENTLY BEING OFFERED.

JAZZ 3

Increased emphasis on reviewing Jazz 1 steps and combinations, reinforcing technique, spotting with turns and isolation, and more intricate combinations. Learning to incorporate arm movement with footwork combinations as well as floor work are covered. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in Fall & Spring Sessions. **Female Attire & Footwear:** Leotard and tights or solid color leggings or spandex shorts, tank top or T-shirt, black slip-on jazz shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black slip-on jazz shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed Jazz 1 or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Mon, 6:00p-7:15p	Mijka S/2	\$580	\$127

JAZZ 4 & 5

Jazz 3: Greater emphasis on refining technique. More intricate leaps, jumps, and turns including tour jetes, calypso's, and fute turns. These classes may perform two numbers in the recital. **Jazz 4:** Greater emphasis on refining technique. More intricate leaps, jumps, and turns including tour jetes, calypso's, and fute turns. These classes may perform two numbers in the recital. **Requirements:** Requires enrollment in non-recital Turns and Leaps class. Dancers must enroll in Fall & Spring Sessions. By instructor invitation or tryout. **Shoes:** Black slip-on jazz shoes required. **Female Attire:** Tights solid color leggings or spandex shorts and form fitting shirt or leotard. No baggy or oversized clothing. **Male Attire:** Attire for all males in dance programming is non-restrictive, athletic clothing. **Max Ratio:** 12. **Credits:** Base \$20; Max 3.

Passed previous level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Wed, 5:00p-6:30p	Mijka S/2	\$663	\$145

Tap

Tap is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Class focuses on timing and rhythm. Classes include both center and across-the-floor combinations to music and a cappella. Classes will incorporate some jazz and other dance styles.

TAP 1

An introduction to stamps, stomps, shuffles, flaps and more. Emphasis on counting steps, keeping a beat, and learning to follow a rhythm. Classes accommodate those with some tap experience and those with little or no tap experience. **Requirement:** **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black Mary Jane buckle tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. This class is progressive in nature and can prepare dancers for the next level. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

NOT CURRENTLY BEING OFFERED.
SEE NON-RECITAL FLYER FOR AGES 4-6 TAP CLASS

TAP 2

NOT CURRENTLY BEING OFFERED.

TAP 3

Greater focus on timing, rhythm and working on tempo changes and speed of steps executed. Dancers will review weight change and be introduced to syncopation. Dancers will learn to incorporate arm movements with footwork. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in both Fall & Spring Sessions. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed Tap 1 or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Wed, 6:30p-7:30p	Brett A/1	\$530	\$116

TAP 4 & 5

Focus on intricate footwork and combinations, increasing speed, tempo changes, time steps and across-the-floor combinations. Included: drawbacks, wings, and refining technique. Both rhythm-style and Broadway-style tap will be taught. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in both Fall & Spring Sessions. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 3.

Passed previous level or by tryout	Instructor/Studio	Spring In Full Jan 8 – Jun 2	Spring Monthly Jan 8 – Jun 2
Wed, 7:30p-9:00p	Brett A/1	\$663	\$145