



## Upper Merion Dance & Gymnastics Center, LLC.

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# GYMNASTICS JAN-JUN 2024

<b>WINTER (Jan 3 to Feb 18)</b>							
<b>Early Registration Discount:</b> 10% ends Nov 25. <b>50% Add-A-Class:</b> Starts no later than Jan 9							
	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Start Date	Jan 8	Jan 9	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7
End Date	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18
Number Classes	6	6	7	7	7	7	7
Refund Deadline	Jan 15	Jan 16	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14
Closures	None	None	None	None	None	None	None
<b>EARLY SPRING (Feb 19 to Apr 14)</b>							
<b>Early Registration:</b> 15% ends Nov 25; 5% ends Jan 12. <b>50% Add-A-Class:</b> Starts no later than Feb 25							
	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Start Date	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25
End Date	Apr 8	Apr 9	Apr 10	Apr 11	Apr 12	Apr 13	Apr 14
Number Classes	7	7	7	7	7	7	7
Refund Deadline	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1	Mar 2	Mar 3
Closures	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31
<b>LATE SPRING (Apr 15 to Jun 3)</b>							
<b>Early Registration:</b> 15% ends Nov 25; 5% ends Mar 1. <b>50% Add-A-Class:</b> Starts no later than Apr 21							
	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Start Date	Apr 15	Apr 16	Apr 17	Apr 18	Apr 19	Apr 20	Apr 21
End Date	Jun 3	May 28	May 29	May 30	May 31	Jun 1	Jun 2
Number Classes	7	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

\* Classes marked with an asterisk are offered at a lower price because they are off-peak classes or special classes.

**Changes to Levels:** In order to standardize all our programs, UMDGC is renaming all the levels for classes starting in January 2024; other programs will be renaming the levels in June 2024.

<b>FORMER CLASS LEVEL AS OF DEC 2023</b>	<b>NEW CLASS LEVEL AS OF JAN 2024</b>
Intro Gym 0	Intro Gym 1
Intro Gym 1	Intro Gym 2
Intro Gym 2	Intro Gym 3

**Developmental Classes to Advanced Intro:** To avoid confusion with the Girls and Boys Developmental Team programs, the former Developmental Classes have been renamed Advanced Intro Classes. These classes are now only open to Intro 3 gymnasts (formerly Intro Gym 2) to ensure a more productive workout environment to transition to the preteam program.

## General Info and Progressions

UMDGC has a gymnastics program for everyone! We offer introductory classes and accelerated classes for both males and females. Recreational classes are designed for ALL ages and lead to competitive gymnastics only if desired. The Accelerated Track is invitation only for age-specific participants.

Our programs are designed for skill progression and achievement through learning. The chart below shows how the levels progress. For more information on each progression, see each class/program description below.

MALES		FEMALES			ACCELERATED TRACK
		STARTING IN INTRO CLASSES			
Intro Gym 1 (Intro Classes; formerly Intro 0)		Intro Gym 1 (Intro Classes; formerly Intro 0)		Mini Stars (Invite only for ages 4-6)	
Intro Gym 2 (Intro Classes; formerly Intro 1)		Intro Gym 2 (Intro Classes; formerly Intro 1)			
Intro Gym 3 (Intro Classes; formerly Intro 2)		Intro Gym 3 (Intro Classes; formerly Intro 2)		Preteam Blue (Invite only for ages 5-7)	
Boys Preteam 1		Preteam 1			
Men's Gymnastics 4 Life (Non-competitive program for males ages 10 to adult)	Developmental Level 3-6 (Compulsory Routines)	Topaz (Non-competitive program for females of all ages)	Preteam 2		
	Developmental Levels 7-10 (Optional Routines)		Xcel Gold	Developmental Level 3-5 (Compulsory Routines)	
			Xcel Platinum	Developmental Levels 6-10 (Optional Routines)	
			Xcel Diamond		

# Recreational Classes

Introductory gymnastics classes are split into three age groups and three levels to maximize the learning experience. Instruction will be on all the gymnastics events: floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline.

All gymnasts new to UMDGC will start at Intro 1. Once the gymnast masters nearly all the skills on a level, they will be tested by a UMDGC Supervisor. If the athlete passes their skills test, they will be able to start working on the next level of skills within their current group. Occasionally the gymnast may be able to switch to another group of the new level if limits permit and it is not a disruption to the new group.

If the participant has previous gymnastics experience, it is highly recommended to be evaluated. You can do this by contacting the front desk at umdgcllc@gmail.com or 610-731-0022 **PRIOR** to attending your first Intro Class or **BEFORE** registering for any other type of class.

## COMBO CLASSES

UMDGC's Intro 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.

### 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.

NOT CURRENTLY OFFERED, BUT WILL RETURN IN SUMMER OR FALL SESSION

### 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.

NOT CURRENTLY OFFERED, BUT WILL RETURN IN SUMMER OR FALL SESSION

## INTRO GYMNASTICS AGES 3-5

Over the course of the session, a sense of self-confidence and body awareness will be instilled through skill repetition. To maximize safety, instruction will be on age-appropriate gymnastics events. If necessary, parents may go into the gym on the first day of class only. **Requirement:** Coed Ages 3-5. Participants must be potty-trained; no diapers, pull-ups, or training pants permitted. **Special Registration Note:** Gymnasts that are 5 years of age **and** who have passed their level 1 test may enroll in the Ages 6-12+ Introductory class. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or footless tights/leggings; no socks or shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 5. **Credits:** Base \$20; Max 2.

COED AGES 3-5			WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
* Mon	10:30a-11:20a		\$164 (6)	\$189 (7)	\$189 (7)
* Mon	11:30a-12:20p		\$164 (6)	\$189 (7)	\$189 (7)
* Mon	12:30p-1:20p		\$164 (6)	\$189 (7)	\$189 (7)
* Mon	1:30p-2:20p		\$164 (6)	\$189 (7)	\$189 (7)
Mon	4:00p-4:50p		\$189 (6)	\$214 (7)	\$214 (7)
Mon	5:05p-5:55p		\$189 (6)	\$214 (7)	\$214 (7)
Mon	6:10p-7:00p		\$189 (6)	\$214 (7)	\$214 (7)
* Tue	10:30a-11:20a		\$164 (6)	\$189 (7)	\$189 (7)
* Tue	11:30a-12:20p		\$164 (6)	\$189 (7)	\$189 (7)
* Tue	12:30p-1:20p		\$164 (6)	\$189 (7)	\$189 (7)
* Tue	1:30p-2:20p		\$164 (6)	\$189 (7)	\$189 (7)
Tue	4:00p-4:50p		\$189 (6)	\$214 (7)	\$214 (7)
Tue	5:05p-5:55p		\$189 (6)	\$214 (7)	\$214 (7)
Tue	6:10p-7:00p		\$189 (6)	\$214 (7)	\$214 (7)
* Wed	11:00a-11:50a		\$189 (7)	\$189 (7)	\$189 (7)
* Wed	1:00p-1:50p		\$189 (7)	\$189 (7)	\$189 (7)
* Wed	2:00p-2:50p		\$189 (7)	\$189 (7)	\$189 (7)
Wed	4:00p-4:50p		\$214 (7)	\$214 (7)	\$214 (7)
Wed	5:05p-5:55p		\$214 (7)	\$214 (7)	\$214 (7)
Wed	6:10p-7:00p		\$214 (7)	\$214 (7)	\$214 (7)

* Thu	10:30a-11:20a	\$189 (7)	\$189 (7)	\$189 (7)
* Thu	11:30a-12:20p	\$189 (7)	\$189 (7)	\$189 (7)
Thu	4:00p-4:50p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	5:05p-5:55p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	6:10p-7:00p	\$214 (7)	\$214 (7)	\$214 (7)
Fri	4:00p-4:50p	\$214 (7)	\$214 (7)	\$189 (6)
Fri	5:05p-5:55p	\$214 (7)	\$214 (7)	\$189 (6)
Fri	6:10p-7:00p	\$214 (7)	\$214 (7)	\$189 (6)
Sat	9:00a-9:50a	\$214 (7)	\$214 (7)	\$189 (6)
Sat	10:00a-10:50a	\$214 (7)	\$214 (7)	\$189 (6)
Sat	11:05a-11:55a	\$214 (7)	\$214 (7)	\$189 (6)
Sat	12:10p-1:00p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	12:00p-12:50p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	1:05p-1:55p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	2:10p-3:00p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	3:15p-4:05p	\$214 (7)	\$214 (7)	\$189 (6)

## **INTRO GYMNASTICS AGES 6-12+**

A fun introduction to all the basics of gymnastics. The activities that are covered in the class will improve the attributes common to all sports: coordination, power, balance, discipline, and self-esteem. Instruction will be on floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline. Most classes are designed for Intro Level 0 (first time) to Level 2 (advanced beginner). Preteam gymnasts *are* permitted to register, though the experience level of the coaching staff and the structure of the class is not guaranteed to make the class as productive as preteam classes. **Requirement:** Ages 6-12. Five year olds that have passed level 0 are permitted to request to join this class. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or footless tights/leggings; no socks or shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

<b>COED AGES 6-12+</b>		<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
* Mon	12:30p-1:30p	\$164 (6)	\$189 (7)	\$214 (7)
Mon	4:00p-5:00p	\$189 (6)	\$214 (7)	\$214 (7)
Mon	5:05p-6:05p	\$189 (6)	\$214 (7)	\$214 (7)
Mon	6:10p-7:10p	\$189 (6)	\$214 (7)	\$214 (7)
* Tue	12:30p-1:30p	\$164 (6)	\$189 (7)	\$189 (7)
Tue	4:00p-5:00p	\$189 (6)	\$214 (7)	\$214 (7)
Tue	5:05p-6:05p	\$189 (6)	\$214 (7)	\$214 (7)
Tue	6:10p-7:10p	\$189 (6)	\$214 (7)	\$214 (7)
Wed	4:00p-5:00p	\$214 (7)	\$214 (7)	\$214 (7)
Wed	5:05p-6:05p	\$214 (7)	\$214 (7)	\$214 (7)
Wed	6:10p-7:10p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	4:00p-5:00p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	5:05p-6:05p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	6:10p-7:10p	\$214 (7)	\$214 (7)	\$214 (7)
Fri	4:00p-5:00p	\$214 (7)	\$214 (7)	\$189 (6)
Fri	5:05p-6:05p	\$214 (7)	\$214 (7)	\$189 (6)
Fri	6:10p-7:10p	\$214 (7)	\$214 (7)	\$189 (6)
Sat	9:00a-10:00a	\$214 (7)	\$214 (7)	\$189 (6)
Sat	10:00a-11:00a	\$214 (7)	\$214 (7)	\$189 (6)
Sat	11:05a-12:05p	\$214 (7)	\$214 (7)	\$189 (6)
Sat	12:10p-1:10p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	12:00p-1:00p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	1:05p-2:05p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	2:10p-3:10p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	3:15p-4:15p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	4:20p-5:20p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	6:00p-7:00p	\$214 (7)	\$214 (7)	\$189 (6)

## **INTRO GYMNASTICS AGES 12-ADULT**

A structured introduction to all the gymnastics events for both the first-time gymnast and former gymnasts who are looking "to get back into the swing of things." This class is open to gymnasts of all levels. For those looking for a future challenge, this class can be used as a steppingstone towards the UMDGC Xcel team or Topaz program. Instruction will be on age-appropriate gymnastics events: floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline. **Requirement:** Ages 12 and up. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or footless tights/leggings; no socks or shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 8. **Credits:** Base \$20; Max 2.

<b>COED AGES 12-ADULT</b>	<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Tue	7:30p-9:30p	\$189 (6)	\$214 (7)
Wed	7:30p-9:30p	\$214 (7)	\$214 (7)
Sun	4:30p-6:00p	\$189 (7)	\$164 (6)
Sun	6:00p-7:30p	\$189 (7)	\$164 (6)

## **ADVANCED INTRO CLASSES** **(FORMERLY DEVELOPMENTAL)**

The UMDGC Developmental Classes are designed as an accelerated class program for those that have passed UMDGC's Intro 2 (formerly Intro 1) and have an aspiration to be on the gymnastics teams. We accomplish this through:

1. Instruction by the most experienced class staff and team coaches.
2. Longer duration where possible.
3. Held at off-peak time when possible to maximize the amount of space available for additional side stations and to minimize distractions.
4. Focus solely on the events the athlete would compete, plus trampoline and tumbltrak, in order to reduce the number of skills that are required to progress to preteam. If the gymnast enrolls in the intro program, the normal skill sheet will be utilized.

**Requirements:** Must have passed Intro Level 2 (formerly Intro 1). **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or footless tights/leggings; no socks or shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

	<b>PASSED INTRO 2</b>		<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Male	Mon	6:30p-7:45p	\$189 (6)	\$214 (7)	\$189 (6)
Male	Thu	7:15p-8:30p	\$214 (7)	\$214 (7)	\$214 (7)
Female	Mon	7:15p-8:30p	\$189 (6)	\$214 (7)	\$189 (6)
Female	Tue	7:15p-8:30p	\$189 (6)	\$214 (7)	\$214 (7)
Female	Wed	7:15p-8:30p	\$214 (7)	\$214 (7)	\$214 (7)
Female	Thu	7:15p-8:30p	\$214 (7)	\$214 (7)	\$214 (7)
Female	Sat	2:00p-3:15p	\$214 (7)	\$214 (7)	\$189 (6)

## **MEN'S GYMNASTICS 4 LIFE**

Men's Gymnastics 4 Life instills the same form, technique, and skill progressions that team gymnasts use to master flips and acrobatics on the men's gymnastics event: Floor, Pommels/Mushroom, Rings, Vault, P-Bars, and High Bar, plus some trampoline and tumbltrak. This program is designed so that students can develop gymnastics prowess for personal enjoyment without the commitment of competition or to assist in other sports. **Requirements:** Must have passed Boys Preteam 1. **Attire:** T-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet. **Max Ratio:** 8. **Credits:** Base \$20; Max 2.

<b>PASSED BOYS PRETEAM 1</b>		<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Wed	7:45p-9:00p	\$140 (7)	\$140 (7)	\$140 (7)

## **TOPAZ**

UMDGC's Topaz class is designed for female gymnasts of all ages (including adults) who have passed Girls Preteam 1 or eligible for Xcel or Developmental teams but are not interested in competing or are unable to make the commitment to join the team. The class will focus on skills at the level that the gymnast would be competing. Gymnasts will be able to move up levels if they achieve 90% of their skills at the current level, but it does not change their level eligibility within the USAG competitive programs. **Requirement:** Females of any age who are eligible who have passed Girls Preteam 1 who do not wish to compete, or by coach's invitation. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or footless tights/leggings; no socks or shoes permitted. **Max Ratio:** 8. **Credits:** \$20. Max 2.

<b>PASSED GIRLS PRETEAM 1</b>		<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Tue	7:30-9:30p	\$189 (6)	\$214 (7)	\$214 (7)

## **Preteam Classes**

### **BOYS PRETEAM 1**

Boys Preteam classes are designed for gymnasts interested in joining UMDGC's boys gymnastics team. These classes will focus on the boys gymnastics equipment: Floor, Pommels/Mushroom, Rings, Vault, P-Bars, and High Bar, plus some trampoline and tumbltrak. Gymnasts will learn all the skills required to compete USAG Developmental level 3. There is a greater emphasis on form and technique, and an introduction to flexibility and strength training. Due to the greater emphasis on skills versus recreation, groups are split solely by skill level and number of skills achieved. **Requirements:** Must have passed all the skills for Intro Gymnastics 3. If you have experience at another gym and feel that your gymnast is ready for UMDGC's preteam program, please contact us to set-up an evaluation time. **Moving to Boys Team:** To move to UMDGC's team for the upcoming season, the gymnast must pass a test of Preteam skills no later than mid-August. Once the gymnast has passed the skills test, he may officially join UMDGC's gymnastics team between June and August. **Attire:** T-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet. **Max Ratio:** 7. **Credits:** Base \$35; Max 2.

<b>PASSED INTRO 3</b>		<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Tue	4:30p-6:30p	\$189 (6)	\$214 (7)	\$214 (7)
Wed	4:30p-6:30p	\$214 (7)	\$214 (7)	\$214 (7)

## **GIRLS MINI STARS**

Mini Stars is an invitation only class for girls pre-K and Kindergarten age who display an aptitude and enthusiasm for gymnastics. They will learn basic elements on vault, bars, beam, floor and tramp/tumbltrak with the goal of mastering the fundamentals of gymnastics. This will allow them to become eligible for our team program in the future. Classes will be mainly downstairs on the team equipment, taught by team coaches. The environment will be positive and encouraging while focusing on skill progressions. **Requirement:** By invite only. Targeted ages 4-6. **Attire:** Leotard with the option of bike shorts/leggings, and hair pulled back. Minimum requirement is one hour per week, but multiple days are allowed and even encouraged. **Moving to Intro Classes:** If a gymnast wishes to switch from Girls Mini Stars to Intro Gymnasts, the gymnast will enter as Intro 1. If the family believes the gymnast should start at a level higher than Intro 1, an evaluation must be scheduled with the front desk **prior** to registering for Intro classes. **Max Ratio:** 7. **Credits:** Base \$20; Max 2.

<b>SPECIAL INVITE BY TEAM DIRECTOR</b>	<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Mon 4:00p-5:00p	\$189 (6)	\$214 (7)	\$214 (7)
Wed 4:00p-5:00p	\$214 (7)	\$214 (7)	\$214 (7)
Fri 4:00p-5:00p	\$214 (7)	\$214 (7)	\$189 (6)

## **GIRLS PRETEAM CONDITIONING CLASS**

The Girls Preteam Conditioning Class allows Girls Preteam 1 and Girls Preteam 2 members to have extra time to work on the strength, condition, body shaping, and flexibility outside of the normal preteam class time. **Special Registration Process:** This class is free but requires gymnasts to pre-register through the iClassPro account approximately 24-48 hours prior to each class; walk-ins are not permitted. Girls preteam members may attend as many classes per week as they wish. If a gymnast signs up and repeatedly does not attend this class, they will be suspended from future conditioning classes. If you wish to drop a class that you pre-registered for, please email [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) no less than 1 hour before the start of the class. **Requirements:** Must be enrolled in a Girls Preteam 1 or Girls Preteam 2 class concurrently to attending the free Girls Preteam Conditioning Class. **Attire:** Leotard must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 10-12.

<b>ENROLLED IN PRETEAM 1 OR PRETEAM 2</b>	<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Tue 8:00p-9:00p	Free	Free	Free
Fri 4:00p-5:00p	Free	Free	Free
Sun 6:30p-7:30p	Free	Free	Free

## **GIRLS PRETEAM 1**

Girls Preteam 1 serves as a transition from the Intro Gymnastics classes to the team program using the female equipment in the upstairs class gym: vaults, bars, beam, and floor. Trained staff will focus on improving form and technique on the essential skills that were learned in the Intro Gymnastics classes. While flexibility, strength, and body positions will be covered in class, it is recommended that Girls Preteam members attend the free Girls Preteam Conditioning Classes. Groups are split solely by skill level and number of skills achieved; requests to be grouped with friends will not be considered. **Requirements:** Must have passed Intro Gym 3. If the gymnast has experience at another gym and may be ready for UMDGC's preteam program, please contact UMDGC to set-up an evaluation time **before** attempting to enroll. **Attire:** Leotard must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 7. **Credits:** Base \$35; Max 2. **Testing:** Preteam 1 and Preteam 2 testing will take place in a group setting on a date and time determined by the team director based upon the availability of key team staff. Testing will **not** take place during the normal class times. Any gymnast that has achieved the minimum number of skills to be evaluated for their current level will be permitted to sign-up and attend the evaluation. The team staff will evaluate the form, technique, and execution of the skills, body shapes, strength, and flexibility. Videos and written descriptions of these elements will be listed in iClassPro to help parents understand the expectations for the preteam skill evaluation. If the team staff deem that the Preteam 1 gymnast is ready to move up, the gymnast may move to : 1) Preteam 2 during the next session or 2) Topaz program immediately or any time in the future.

<b>PASSED INTRO 3</b>	<b>WINTER</b> (Jan 3-Feb 18)	<b>EARLY SPRING</b> (Feb 19-Apr 14)	<b>LATE SPRING</b> (Apr 15-Jun 3)
Mon 4:00p-5:40p	\$189 (6)	\$214 (7)	\$214 (7)
Mon 5:45p-7:25p	\$189 (6)	\$214 (7)	\$214 (7)
* Mon 7:30p-9:00p	\$164 (6)	\$189 (7)	\$189 (7)
Thu 4:00p-5:40p	\$214 (7)	\$214 (7)	\$214 (7)
Thu 5:45p-7:25p	\$214 (7)	\$214 (7)	\$214 (7)
* Thu 7:30p-9:00p	\$189 (7)	\$189 (7)	\$189 (7)
Sat 2:00p-3:40p	\$214 (7)	\$214 (7)	\$189 (6)
Sun 5:00p-6:40p	\$214 (7)	\$214 (7)	\$189 (6)
* Sun 7:30p-9:00p	\$189 (7)	\$189 (7)	\$164 (6)

## **GIRLS PRETEAM 2**

Preteam 2 is designed for gymnasts interested in joining UMDGC's Girls Developmental Program Level 3 or Xcel Gold. These classes will focus on the women's gymnastics equipment in the downstairs team gym: Vault, Bars, Beam, and Floor. Gymnasts will learn all the skills required to compete USAG level 3 or Xcel Gold. There is a greater emphasis on form, discipline, and technique, and more intense flexibility and strength training than Preteam 1. Groups are split solely by skill level and number of skills achieved; requests to be grouped with friends will not be considered. While flexibility, strength, and body positions will be covered in class, it is recommended that Girls Preteam members attend the free Girls Preteam Conditioning Classes. **Requirements:** Must have passed Preteam 1. If the gymnast has experience at another gym and may be ready for UMDGC's preteam program, please contact UMDGC to set-up a preliminary evaluation to see if they can attend a Preteam Testing time in the future. **Attire:** Leotards must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 8. **Credits:** Base \$35; Max 2. **Testing:** Preteam 1 and Preteam 2 testing will take place in a group setting on a date and time determined by the team director based upon the availability of

key team staff. Testing will **not** take place during the normal class times. Any gymnast that has achieved the minimum number of skills to be evaluated for their current level will be permitted to sign-up and attend the evaluation. The team staff will evaluate the form, technique, and execution of the skills, body shapes, strength, and flexibility. Videos and written descriptions of these elements will be listed in iClassPro to help parents understand the expectations for the preteam skill evaluation. After the evaluation, the team staff will determine if the gymnast should pursue Girls Developmental Level 3 or Xcel Gold starting in the summer. The gymnast is also permitted to return to Preteam 2 to increase their evaluations in the future or may switch to the non-competitive Topaz class.

<b>GIRLS PRETEAM 2</b>	<b>WINTER</b>	<b>EARLY SPRING</b>	<b>LATE SPRING</b>
Passed Preteam 1	(Jan 3-Feb 18)	(Feb 19-Apr 14)	(Apr 15-Jun 3)
At this time, all Preteam 2 gymnasts should register for the Preteam 1 classes.			

## Gymnastics Teams

**SAVE 10% ON ALL TEAM FEES THRU AUGUST 20**

**VERY IMPORTANT: Only make tuition for your team fees after your coach has passed the gymnast to the level you will be competing for the upcoming season.**

UMDGC offers competitive opportunities to gymnasts of all ages and commitment levels. All team programs strongly encourage the participant to train year-round to compete successfully: May to October for offseason training to learn skills for the new level if eligible or perfecting previous skills; beginning of the competition season in October to December; and peak competition season January to May. All team members ages 7 & up receive free open workouts. Tuition is paid weekly in the summer and monthly in the school year. Extra expenses required for uniform, meet fees, team fees, and USAG membership. More information is available online in the Gym Team Handbook. **Credits:** There are no credits or prorating for missing practices.

Girls and Xcel Team Director:  
Melissa Skudris - [mskudris@umdgc.com](mailto:mskudris@umdgc.com)

Boys Team Head Coaches:  
Eric Cappello - [ecappello@umdgc.com](mailto:ecappello@umdgc.com)  
Walt Kenny - [wtkenny1@gmail.com](mailto:wtkenny1@gmail.com)

### BOYS DEVELOPMENTAL TEAM

UMDGC offers Men's USAG Developmental Levels 3-10. UMDGC boys program strongly encourages the participant to train year-round to compete successfully: May to October for offseason training to learn skills for the new level if eligible or perfecting previous skills; beginning of the competition season in November to December; and peak competition season January to early May. All team members receive free open workouts. Tuition is paid weekly in the summer and monthly in the school year. Extra expenses required for uniform, meet fees, team fees, and USAG membership. More information is available in the Gym Team Handbook. **Prerequisite:** Must have passed the boys preteam skills test by the Team Meetings (approximately Mid-August) to enter the team program. Must meet mobility scores at competitions and pass a skills test by the Team Meetings (approximately Mid-August) to move up competitive levels for the upcoming season.

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
BOYS 3 Monthly Tuition: \$250	4:30p- 6:30p			4:30p- 6:30p		3:00p- 5:00p	
BOYS 4-6 Monthly Tuition: \$305	6:30p- 9:00p	6:30p- 9:00p		6:30p- 9:00p	4:30- 7:30p	11:30a- 2:30p	
BOYS 7-10 Monthly Tuition: \$385		5:00p- 9:00p	5:00p- 9:00p	5:00p- 9:00p	4:00p- 7:30p	11:00a- 3:00p	

### GIRLS PRETEAM BLUE

A UMDGC program that is designed to identify and train exceptional young female gymnasts so that they will have a greater and faster opportunity to compete at the optional level (levels 7+). This is accomplished through an accelerated program with greater expectations, maturity, and commitment. Due to the high expectations of the program, practice attendance is mandatory. Preteam Blue has a greater emphasis on strength, flexibility, and independently working on drills than the normal preteam program. **Requirement:** By invite only. Targeted ages 5-7. **Registration Information:** Commitment is year-round, including during UMDGC's traditional breaks. Tuition is paid weekly in the summer and monthly in the school year. **Moving to Intro Classes:** If a gymnast wishes to switch from Girls Preteam Blue to Intro Gymnasts, the gymnast will enter as Intro 1. If the family believes the gymnast should start at a level higher than Intro 1, an evaluation must be scheduled with the front desk **prior** to registering for Intro classes.

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
PRETEAM BLUE Monthly Tuition: \$275	5:00p- 7:00p		5:00p- 7:00p		5:00p- 7:00p		

### GIRLS DEVELOPMENTAL TEAM

UMDGC's DP Girls Team competes USAG 3-10. Due to the progressive nature of gymnastics, the Girls Team is highly structured with specific requirements for attendance, mobility, and qualifying to compete. **Requirement:** Must have passed the girls preteam skills test by the team meetings (approximately Mid-August) to enter Girls Team 3. Must meet mobility scores at competitions and pass a skills test by the team meetings (approximately Mid-August) to move up competitive levels for the upcoming season.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
LEVEL 3 Monthly Tuition: \$350	4:30p-7:30p	4:30p-7:30p		4:30p-7:30p		10:00a-1:00p	
LEVELS 4 Monthly Tuition: \$365	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p		10:00a-1:00p	
LEVELS 6 Monthly Tuition: \$390	4:30p-8:00p	4:30p-8:00p	4:30p-8:00p	4:30p-8:00p	4:30-7:30p		
LEVELS 7-10 Monthly Tuition: \$390	4:30p-8:30p	4:30p-8:30p	4:30p-8:30p	4:30p-8:30p	4:30p-7:30p		
EARLY PRACTICE Monthly Tuition: \$390	1:00p-5:00p	1:00p-5:00p	1:00p-5:00p	1:00p-5:00p	2:30p-6:30p		

## **XCEL TEAM**

A USAG program designed for athletes who wish to continue in gymnastics but cannot make the necessary commitment to the Girls DP Team. The Xcel Team allows participants to select practices from the schedule instead of attending all practices to provide greater flexibility for family obligations, school, and other sports. Placement into the Xcel program will follow USAG policies for the levels that UMDGC offers. **Requirements:** Must have passed Preteam 1 to enter the Xcel Program. Other competitive gymnasts may move to Xcel based upon USAG Policies.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
SILVER Monthly Tuition: \$250 Minimum of 2 practices per week		6:30p-9:00p			5:00p-7:30p	10:00a-12:30p	3:00p-5:30p
GOLD & PLATINUM & DIAMOND Monthly Tuition: \$250 Minimum of 2 practices per week			6:30p-9:00p	6:30p-9:00p			12:00-3:00p