



Upper Merion Dance & Gymnastics Center, LLC.

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PARKOUR & CIRCUS ARTS JAN – JUN 2024

WINTER (Jan 3 to Feb 18)							
Early Registration Discount: 10% ends Nov 25. 50% Add-A-Class: Starts no later than Jan 9							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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
EARLY SPRING (Feb 19 to Apr 14)							
Early Registration: 15% ends Nov 25; 5% ends Jan 12. 50% Add-A-Class: Starts no later than Feb 25							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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
LATE SPRING (Apr 15 to Jun 3)							
Early Registration: 15% ends Nov 25; 5% ends Mar 1. 50% Add-A-Class: Starts no later than Apr 21							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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 off-peak classes and offered at a lower price.

Ready to soar through the sky? Or plummet towards the floor to be saved at the last second by a piece of silk tied into an intricate series of knots. The classes are safe and accessible for everyone wanting to try this breath-taking performance art. Classes build upper-body and core strength, increase flexibility, and create confidence and creativity. **Special Registration Information:** Due to the unique nature of the class and for the safety of the participants, the class will be canceled and the participants will receive a refund on the dates that the instructor is not available.

MIXED AERIALS 1

Mixed Aerials Level 1 is designed for beginner students to explore different apparatus. Each class will include conditioning to build the strength needed for aerial arts as well as introduce new skills on aerial silks and aerial hoop/lyra. Level 1 classes are for gaining familiarity and comfort with the apparatus and increasing body awareness while in the air. **Requirements:** Ages 6 & up. **Attire:** Students should wear tight-fitting athletic clothing that covers their waist, and the back of the knees. Clothing must be free of buttons, snaps and zippers. Jewelry, hair clips/anything that could snag on the fabric are prohibited. **Max Ratio:** 8. **Credits & Prorating:** Base \$20; Max 2.

AGES	DAY & TIME	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Ages 6-9	Sun 3:05p-4:05p	\$214 (7)	\$214 (7)	\$189 (6)
Ages 9-13	Sun 4:10p-5:10p	\$214 (7)	\$214 (7)	\$189 (6)

MIXED AERIALS 2

Mixed Aerials Level 2 is designed for intermediate students who have completed some course of aerial training either at UMDGC or another school and have a baseline of upper body and core strength. Students will begin to work on more complex poses, transitions and basic drops. On Silks, students should be familiar with footlocks in the air, double footlocks, hipkeys, and be able to invert in the air (tagging is fine). On hoop, students should be comfortable with inverting to the top bar, pullovers to front balance and executing poses on spin. **Requirements:** By instructor invite or by submitting video submission to elenajnaehrmann@gmail.com. **Attire:** Students should wear tight-fitting athletic clothing that covers their waist, and the back of the knees. Clothing must be free of buttons, snaps, and zippers. Jewelry, hair clips/anything that could snag on the fabric are prohibited. **Max Ratio:** 8. **Credits & Prorating:** Base \$20; Max 2.

AGES	DAY & TIME	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Ages 9-13	Sun 5:15p-6:15p	\$214 (7)	\$214 (7)	\$189 (6)

ADULT & TEEN MIXED AERIALS

Individuals will focus on elements from Mixed Aerials 1 & 2 that are designed for their skill level. This is possible due to the participants being able to work independently. **Requirements:** Ages 14 & up. **Attire:** Students should wear tight-fitting athletic clothing that covers their waist, and the back of the knees. Clothing must be free of buttons, snaps and zippers. Jewelry, hair clips/anything that could snag on the fabric are prohibited. **Max Ratio:** 8. **Credits & Prorating:** Base \$20; Max 2.

AGES	DAY & TIME	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Ages 14 & up	Sun 6:20p-7:20p	\$214 (7)	\$214 (7)	\$189 (6)

Parkour

Parkour aims to get through a series of obstacles as fast as possible, similar to American Ninja Warrior, using strength, rolls, coordination, and athleticism. Freerunning combines the obstacles of parkour with the flips, twists, and artistry of gymnastics and tricking. All classes will begin upstairs at UMDGC.

PARKOUR 1

Parkour 1 will be focusing on developing and refining precision jumps and building body awareness to start gymnastics and tumbling-oriented skills. These classes are mandatory for those ages 13 and younger; those ages 14 and older may enroll in this class or adult parkour. This class allows the instructors to see everyone's strengths and weaknesses, and allows practitioners to understand how their bodies work and their limitations. Instructors will contact you when the participant is ready to move up to Parkour 2. **Requirements:** Meet minimum age requirement for the class. **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. **Max Ratio:** 5 for Ages 5-8 and 6 for Ages 9-13+. **Credits & Prorating:** Base \$20; Max 2.

AGES	DAY & TIME	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Ages 5-8	Wed 4:00p-5:00p	\$214 (7)	\$214 (7)	\$214 (7)
Ages 5-8	Wed 6:10p-7:10p	\$214 (7)	\$214 (7)	\$214 (7)
Ages 5-8	Fri 5:05p-6:05p	\$214 (7)	\$214 (7)	\$189 (6)
Ages 5-8	Sun 6:00p-7:00p	\$214 (7)	\$214 (7)	\$189 (6)
Ages 9-13+	Wed 5:05p-6:05p	\$214 (7)	\$214 (7)	\$214 (7)
Ages 9-13+	Wed 7:10p-8:10p	\$214 (7)	\$214 (7)	\$214 (7)
* Ages 9-13+	Wed 8:10p-9:10p	\$189 (7)	\$189 (7)	\$189 (7)
Ages 9-13+	Fri 4:00p-5:00p	\$214 (7)	\$214 (7)	\$189 (6)
Ages 9-13+	Fri 6:10p-7:10p	\$214 (7)	\$214 (7)	\$189 (6)
Ages 9-13+	Sun 7:00p-8:00p	\$214 (7)	\$214 (7)	\$189 (6)

PARKOUR 2

This class incorporates more advanced parkour movements and introduces freerunning-oriented movements. Skills will include precision jumps, higher-level gymnastics and tumbling skills. Parkour 2 gives students a way to be creative in their movements and figure out their own unique style. **Requirements:** Must have passed Parkour 1. **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. **Max Ratio:** 7. **Credits & Prorating:** Base \$20; Max 2.

PASSED PARKOUR 1	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Tue 8:00p-9:00p	\$189 (6)	\$214 (7)	\$214 (7)
Sun 8:00p-9:00p	\$214 (7)	\$214 (7)	\$189 (6)

PARKOUR 3 (FORMERLY ADVANCED PARKOUR)

Requirements: Must have passed Parkour 2 or been invited to join the class from the Adult Parkour class. **Registration Benefits:** All participants in Advanced Parkour classes receive discounted open workouts while enrolled in the class. Make certain to notify the person signing-in open workout that you are an Advanced Parkour member or you will be charged the normal price. **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. **Max Ratio:** 8. **Credits & Prorating:** Base \$20; Max 2.

PASSED PARKOUR 2	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Tue 8:00p-9:30p	\$189 (6)	\$214 (7)	\$214 (7)
Sun 8:00p-9:30p	\$214 (7)	\$214 (7)	\$189 (6)