



Upper Merion Dance & Gymnastics Center, LLC.

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TUMBLING 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 offered at a lower price because they are off-peak classes, shorter time, or special classes.

Changes to Levels: In order make our class levels easier to understand, UMDGC is organizing the levels for all classes by numbers starting in January 2024.

FORMER BACK TUMBLING LEVEL AS OF DEC 2023	NEW LEVEL AS OF JAN 2024
Beginner 1	Back Tumbling 1
Beginner 2	Back Tumbling 2
Intermediate	Back Tumbling 3
Advanced	Back Tumbling 4
Expert	Back Tumbling 5
Master	Back Tumbling 6
Jedi	Back Tumbling 7

Instruction: All tumbling classes will provide instruction exclusively on spring floor, foam strip, trampoline, TumbTrak, air floor, and/or AirTrak. Other events such as balance beam, bars, rings, and vault are NOT covered in tumbling classes.

New or Returning Tumbler Evaluations: New participants or tumblers who have missed at least 1 calendar year of UMDGC classes wishing to return are highly encouraged to be evaluated prior to registering for a class. Schedule an evaluation **prior** to registering by calling 610-731-0022 or emailing frontdesk@umdgc.com.

Back Tumbling

It is in the Back Tumbling classes that the tumbler will learn cartwheels, roundoffs, back handsprings, standing and running back tucks, layouts, fulls, doubles, whips, and Arabians. These skills are taught in a progressive method that sets the tumbler up for future success through correct technique, repetition, and teaching in an order that does not inhibit future skill acquisition. To ensure a more consistent training experience, classes are split into seven levels for ages 6 & up. To progress through the levels, the tumbler must master the skills listed on the UMDGC tumbling skill sheet and pass a skills test.

PRESCHOOL TUMBLING (Ages 3-5)

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. In addition, tumblers will also spend 15 minutes on trampoline or tumbtrak, and 5-10 minutes on drills to learn back handsprings. **Requirements:** Ages 3-5. **Total Skills:** 14 = 42 stars. **To Pass:** 40 stars total. **Special Registration Note:** Gymnasts that are 5 years of age **and** who have passed their Preschool Tumbling test may request to enroll in the Tumbling 1 class. Once approved by the office staff, you will have

24 hours to make payment. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 5. **Credits & Prorating:** Base \$20; Max 2.

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	\$100 (6)	\$120 (7)	\$120 (7)
* Mon	11:30a-12:20p	\$100 (6)	\$120 (7)	\$120 (7)
Mon	4:00p-4:55p	\$120 (6)	\$140 (7)	\$140 (7)
* Tue	10:30a-11:20a	\$100 (6)	\$120 (7)	\$120 (7)
* Tue	11:30a-12:20p	\$100 (6)	\$120 (7)	\$120 (7)
Tue	5:25p-6:20p	\$120 (6)	\$140 (7)	\$140 (7)
Wed	4:00p-4:55p	\$140 (7)	\$140 (7)	\$140 (7)
Thu	4:00p-4:55p	\$140 (7)	\$140 (7)	\$140 (7)
Sat	10:05a-11:00a	\$140 (7)	\$140 (7)	\$120 (6)
Sun	12:00p-12:55p	X	\$140 (7)	\$120 (6)
Sun	2:10p-3:05p	X	X	\$120 (6)

BACK TUMBLING 1 (Formerly Beginner 1)

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. Tumblers spend 20-30 minutes working on these skills, 15-20 minutes on trampoline or tumbltrak, and 10-20 minutes on drills to learn back handsprings.

Requirements: Ages 6 & up. Five-year old tumblers that have passed the preschool tumbling test are may request to enroll in Tumbling 1. Once approved by the office staff, you will have 24 hours to make the payment to reserve your space. **Total Skills:** 19 = 57 stars. **To Pass:** 51 stars, including BHS over boulder (3 stars) and standing roundoff on floor (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits & Prorating:** Base \$20; Max 2.

AGES 6 & UP		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Mon	4:00p-5:00p	\$189 (6)	\$214 (7)	\$214 (7)
Mon	5:00p-6:00p	X	\$214 (7)	\$214 (7)
Tue	5:25p-6:25p	\$189 (6)	\$214 (7)	\$214 (7)
Tue	6:30p-7:30p	\$189 (6)	\$214 (7)	\$214 (7)
Wed	4:00p-5:00p	\$214 (7)	\$214 (7)	\$214 (7)
Wed	5:05p-6:05p	X	X	\$214 (7)
Wed	6:30p-7:30p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	4:00p-5:00p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	6:30p-7:30p	\$214 (7)	\$214 (7)	\$214 (7)
Fri	5:00p-6:00p	\$214 (7)	\$214 (7)	\$189 (6)
Sat	11:05a-12:05p	\$214 (7)	\$214 (7)	\$189 (6)
* Sat	1:40p-2:40p	\$140 (7)	\$140 (7)	\$120 (6)
p Sun	12:00p-1:00p	X	\$214 (7)	\$189 (6)
Sun	1:05p-2:05p	X	\$214 (7)	\$189 (6)
Sun	3:15p-4:15p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	4:15p-5:15p	\$214 (7)	\$214 (7)	\$189 (6)
* Sun	6:00p-7:00p	X	\$150 (7)	\$125 (6)

BACK TUMBLING 2 (Formerly Beginner 2)

Tumbling 2 students will be working on standing back handsprings on trampoline, tumbltrak, and floor; and perfecting roundoffs from a run and power hurdle. The goal of this class is roundoff to slight pause back handspring on the floor. **Requirement:** Must have passed Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated before registering. **Total Skills:** 15 = 45 stars. **To Pass:** 39 stars, including running roundoff with rebound on floor (3 stars) and standing back handspring on floor without a spot (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits & Prorating:** Base \$20; Max 2.

PASSED TUMBLING 1		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
* Mon	5:00p-6:00p	X	\$150 (7)	\$150 (7)
Mon	6:05p-7:25p	\$189 (6)	\$214 (7)	\$214 (7)
Mon	7:30p-8:50p	\$189 (6)	\$214 (7)	\$214 (7)
Tue	4:00p-5:20p	\$189 (6)	\$214 (7)	\$214 (7)
Tue	6:30p-7:50p	\$189 (6)	\$214 (7)	\$214 (7)
Wed	5:05p-6:25p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	5:05p-6:25p	\$214 (7)	\$214 (7)	\$214 (7)
Fri	6:05p-7:25p	\$214 (7)	\$214 (7)	\$189 (6)
Sat	12:10p-1:30p	\$214 (7)	\$214 (7)	\$189 (6)
* Sun	1:05p-2:05p	X	\$150 (7)	\$125 (6)
Sun	3:15p-4:35p	\$214 (7)	\$214 (7)	\$189 (6)
* Sun	6:00p-7:00p	X	\$150 (7)	\$125 (6)

BACK TUMBLING 3 (Formerly Intermediate)

This class will focus on roundoff multiple back handsprings and standing BHS + BHS. **Requirement:** Must have passed Tumbling 2. New tumblers with a standing back handspring and running roundoff are encouraged to be evaluated before registering for Tumbling 3. **Total Skills:** 16 = 48 stars. **To Pass:** 45 stars, incl. RO + BHS + BHS on floor (3 stars) and standing BHS + BHS on floor (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits & Prorating:** Base \$25; Max 2.

PASSED TUMBLING 2		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
* Mon	5:00p-6:00p	X	\$150 (7)	\$150 (7)
Mon	6:05p-7:25p	\$189 (6)	\$214 (7)	\$214 (7)
Tue	4:00p-5:20p	\$189 (6)	\$214 (7)	\$214 (7)
Wed	7:30p-8:50p	\$214 (7)	\$214 (7)	\$214 (7)
Thu	5:50p-6:25p	X	X	\$214 (7)
Thu	7:30p-8:50p	\$214 (7)	\$214 (7)	\$214 (7)
Sat	12:10p-1:30p	\$214 (7)	\$214 (7)	\$189 (6)
Sun	3:15p-4:35p	\$214 (7)	\$214 (7)	\$189 (6)

BACK TUMBLING 4 (Formerly Advanced)

Tumbling 4 class will focus on perfecting running tucks, standing tucks on floor, and introducing pikes on floor as a progression to layouts. **Requirement:** Must have passed Tumbling 3. New tumblers that have the required skills of Tumbling 3 are encouraged to schedule an evaluation before registering for Tumbling 4. **Total Skills:** 13 = 39 stars. **To Pass:** 33 stars, including running open pike (3 stars) and standing tuck (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits & Prorating:** Base \$25; Max 2.

PASSED TUMBLING 3		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Mon	7:30p-9:30p	\$260 (6)	\$295 (7)	\$295 (7)
Tue	7:30p-9:30p	\$260 (6)	\$295 (7)	\$295 (7)
Wed	7:30p-9:30p	\$295 (7)	\$295 (7)	\$295 (7)
Thu	7:30p-9:30p	\$295 (7)	\$295 (7)	\$295 (7)
Sun	7:00p-9:00p	\$295 (7)	\$295 (7)	\$260 (6)

BACK TUMBLING 5 (Formerly Expert) & BACK TUMBLING 6 & 7 (Master & Jedi)

Back Tumbling 5

Tumblers will work on halves, fulls, whips, and increasing height on standing tucks. **Requirement:** Must have passed Tumbling 4. Tumblers that have the required skills for Tumbling 4 (standing tuck and running open pike) are encouraged to schedule an evaluation before registering. **Total Skills:** 15 = 45 stars. **To Pass:** 39 stars, including running full (3 stars) and running whip through open pike (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits & Prorating:** Base \$25; Max 2.

Back Tumbling 6 & 7 (Master Tumbling Class)

Master & Jedi tumblers will focus on multiple twists; specialty passes utilizing front tumbling, whips, and Arabians; standing tumbling passes; and standing fulls. Multiple flips and twists of greater than a double will be expected from tumblers that the coaching staff feel can work them. Correct technique, basics, correct form, and drills to increase power will be focused upon. **Requirement:** Must have passed Tumbling 5. New tumblers with whip to open pike and a full are encouraged to schedule an evaluation prior to registering for Master Tumbling Class. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Registration Benefits:** All Tumbling 6-7 participants receive free open workouts while enrolled in the class. Make certain to notify the person signing-in open workout that you in Master Tumbling class, or you will be charged the normal price. **Max Ratio:** 8. **Credits & Prorating:** Base \$25; Max 2.

PASSED TUMBLING 4		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Tue	7:30p-9:30p	\$260 (6)	\$295 (7)	\$295 (7)
Wed	7:30p-9:30p	\$295 (7)	\$295 (7)	\$295 (7)
Thu	7:30p-9:30p	\$295 (7)	\$295 (7)	\$295 (7)
Sat	12:40p-2:40p	\$295 (7)	\$295 (7)	\$260 (6)
Sun	7:00p-9:00p	\$295 (7)	\$295 (7)	\$260 (6)

Front Tumbling

Front tumbling tends to be the first tumbling skills you learn – front handspring in the grass or front flips off the diving board. And if a tumbler ever develops a mental block, they tend to focus on front tumbling. Why? Because front tumbling skills are less scary and safer to do on your own – you will fall on your butt instead of your head. In these classes you will learn the techniques and body positioning required to perform front tucks, front handsprings, front tumbling series, and front twisting in a safe manner.

FRONT TUMBLING 1

The focus of this class is learning front handsprings, front handspring stepouts, mounters, dive rolls, and front tucks. Because they are a key component of most of these skills, a portion of each class will be used to practice handstands. The most important skill in tumbling and gymnastics, handstands develop the shoulder and core strength, tightness, and body awareness that will make more

advanced skills much easier. **Requirement:** Must have passed Tumbling 2 or send a video to frontdesk@umdgc.com of the participant doing a standing back handspring without a spot and a running roundoff with rebound. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits & Prorating:** Base \$15; Max 2.

PASSED TUMBLING 2		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Wed	6:30p-7:30p	\$140 (7)	\$140 (7)	\$140 (7)
Sun	1:05p-2:05p	X	\$140 (7)	\$120 (6)

FRONT TUMBLING 2-4

The focus of this class is learning front layouts, front twisting, front tuck stepouts, and combinations of front tumbling skills. Perfection of Front Tumbling 1 skills will also be done. **Requirement:** Must have passed Front Tumbling 1. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits & Prorating:** Base \$15; Max 2.

PASSED FRONT TUMBLING 1		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Mon	7:30p-9:00p	\$140 (7)	\$140 (7)	\$140 (7)

Recreational Tumbling

Recreational Tumbling is not as rigid in nature as UMDGC's Back Tumbling program and is designed for those looking to do tumbling for activities outside of competitive gymnastics and cheer. Tumblers will focus on specific skills they wish to obtain with guidance and correction from instructors. Because each tumbler is working at their own pace and towards their own goal, there are more opportunities for independent training in this class.

REC TUMBLING 1

Recreational Tumbling 1 is perfect for those trying tumbling for the first time and wish to learn the basics. Skills that will be covered in this class include handstands; cartwheels and roundoffs; front handsprings, dive rolls, and front tucks; standing and running back handsprings. **Requirements:** Must meet age requirement. No skill requirement. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6 (Ages 8-12) or 8 (Ages 13-Adult). **Credits & Prorating:** Base \$15; Max 2.

	Day & Time		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Ages 8-12+	Sun	3:15p-4:15p	\$140 (7)	\$140 (7)	\$120 (6)
Ages 13-Adult	Mon	8:30p-9:30p	\$120 (6)	\$140 (7)	\$140 (7)
Ages 13-Adult	Sun	7:00p-8:00p	\$140 (7)	\$140 (7)	\$120 (6)

REC TUMBLING 2

Participants may focus on aerials, back tucks, layouts, fulls, or combination tumbling. **Requirements:** Must be able to do TWO of the following: roundoff back handsprings; front handspring; and front tuck. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits & Prorating:** Base \$15; Max 2.

	Day & Time		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Rec 2, Ages 8-12+	Mon	7:30p-8:30p	\$120 (6)	\$140 (7)	\$140 (7)
Rec 2, Ages 13-Adult	Sun	8:00p-9:00p	\$140 (7)	\$140 (7)	\$120 (6)

Special Tumbling Classes

HARD FLOOR TUMBLING

Hard floor tumbling classes are designed for recreational and extracurricular cheerleaders looking to practice running tumbling and standing tumbling passes on the dead/hard floor. Class will take place primarily on 40' of 1-3/8" flexi-roll at UMDGC, with the trampolines and tumbltrak only used for body shaping; the spring floor will not be used. Running tumbling will be the focus of this class: roundoff back handsprings, tucks, layouts, and fulls. Standing handsprings to tucks and layouts will also be worked on. Standing tucks will not be covered in this class. **Requirements:** Must have passed Tumbling 2 or send a video to frontdesk@umdgc.com of the participant doing a standing back handspring without a spot and a running roundoff with rebound. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits & Prorating:** Base \$15; Max 2.

PASSED TUMBLING 2		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Sun	1:05p-2:05p	X	\$140 (7)	\$120 (6)

STANDING TUCKS

Progressions and drills will be used to provide an intense focus on standing back tucks. Strength and flexibility related to standing tucks may also be covered during the class. Emphasis will be on the correct body position on the takeoff, increasing power from the legs, and straight and fast arm swings. Standing open tucks and standing pikes will be covered on trampoline, tumbltrak, and air surfaces to increase the chances of completing a standing tuck on the floor. **Requirement:** Must have passed Tumbling 3. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits & Prorating:** Base \$15; Max 2.

PASSED TUMBLING 3		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Mon	5:00p-6:00p	\$120 (6)	\$140 (7)	\$140 (7)
Sun	4:15p-5:15p	\$140 (7)	\$140 (7)	\$120 (6)

WALKOVERS

Progressions and drills will be used to provide an intense focus on front and back walkovers, and variations of these such as limbers and tick-tocks. Strength and flexibility related to these skills may also be covered during the class. **Requirement:** Must have passed Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated before registering. Due to the stress back walkovers place upon a developing athlete's back and relative size of the athlete's head vs. arm length, this class is not recommended that those under the age of 6. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits & Prorating:** Base \$15; Max 2.

PASSED TUMBLING 1		WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
Sun	12:00p-1:00p	X	\$140 (7)	\$120 (6)

Group Tumbling Classes

Local school and recreational cheer programs are invited to contact Dave Evasew (devasew@umdgc.com) to check for the availability of group tumbling classes. These groups will receive discounts of up to 50% off the normal tumbling class rate and will have dedicated instructors and space. Those that are learning back handsprings and roundoff back handsprings will practice mostly on the spring floor, trampolines, and tumbltrak to reduce the risk of injury and provide a more forgiving surface. For tumblers working on more advanced tumbling skills, tumbltrak and spring floor will be used to learn these new skills prior to be taken to the hard/dead floor to master these skills. **Levels & Groups:** The cheerleading group's staff will have final control of the groupings of students. If the cheerleading staff does not provide the UMDGC tumbling staff with preferred groupings, UMDGC will use the following process to organize the cheerleaders. Placement will be based upon the cheerleader's actual skill level as evaluated by UMDGC staff on the first day of class based upon a limited number of essential tumbling skills. If you prefer a more in-depth evaluation, schedule an evaluation prior to the start of the classes. After the initial placement, the cheerleader will advance through the tumbling program using the UMDGC tumbling skill sheets. Groups will be created solely upon the tumbling level of the cheerleaders (and possibly age if there are many the same level). Requests to be grouped with friends cannot be guaranteed. **Credits for Missed Classes:** Because the fee is discounted heavily already, there are no credits for missed classes. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes.

Tumbling Group	Day & Times	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)	LATE SPRING (Apr 15-Jun 3)
PW Spartans All Ages/Levels/Teams	Sun 2:10p-3:10p	Included in previous session	\$120 (7)	\$100 (6)