



Upper Merion Dance & Gymnastics Center, LLC.

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UMAS CHEER SPRING 2024

ALL UMAS PROGRAMMING TAKE PLACE AT UPPER MERION ALL STARS

421 Fehleley Drive, Unit B; King of Prussia, PA 19406

Questions or concerns: umas@umdgc.com

484-681-4949 during office hours; 610-731-0022 outside of office hours and during breaks.

THERE ARE NO DISCOUNTS FOR UMAS CHEER CLASSES EXCEPT EMPLOYEE AND MILITARY.

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

UMAS Specialty Classes

COMBO CLASS: TOPS FLEX, CORE, AND JUMPS

Tops Flex & Core: Focus on flexibility & core strength. Top girls should be able to execute body positions on the ground with stability. **Jumps:** Focus on the technique of jumps. Athletes need strength and flexibility to perform excellent jumps.

Requirement: Ages 6 & up. **Max Ratio:** 15. **Credits & Prorating:** Base \$10; Max 2.

COMBO CLASS		WINTER	EARLY SPRING
Ages 6 & up		(Jan 3-Feb 18)	(Feb 19-Apr 14)
Mon	5:00p-6:00p	\$83 (6)	\$96 (7)
Thu	5:00p-6:00p	\$96 (7)	\$96 (7)

UMAS Tumbling Classes

INTRO TO BACK WALKOVER & BACK HANDSPRINGS

Aka "the basics." Work body shaping and drills for back walkovers and back handsprings as you begin your all star tumble journey! Uses UMAS level 1 and 2 skill sheets. **Requirement:** Ages 5 & up. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

INTRO BWO		WINTER	EARLY SPRING
Ages 5 & up		(Jan 3-Feb 18)	(Feb 19-Apr 14)
Tue	7:30p-8:30p	\$162 (6)	\$189 (7)

INTRO TO BACK HANDSPRING

We are ready to start level 2 skills. Work all the drills to begin training the back handsprings. Will focus on the UMAS level 2 skill sheet. **Requirement:** Ages 6 & up. Must have completed all necessary skills from UMAS level 1 skill sheet. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

INTRO BHS		WINTER	EARLY SPRING
Must have passed UMAS level 1		(Jan 3-Feb 18)	(Feb 19-Apr 14)
Tue	5:00p-6:00p	\$162 (6)	\$189 (7)

MASTER TUCK

I can throw my tuck and now I need to clean it up! This class is geared in the perfection of the skill & getting ready for the next level with Intro to layouts. We want those level 3 skills "competition ready." If you want to be center tumbler or last pass on Level 3,

come train with UMAS Staff to get there. Uses UMAS level 3-4 skill sheet. **Requirement:** Ages 6 & up. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

MASTER TUCK Must be able to do a Tuck	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)
Wed 8:00p-9:00p	\$189 (7)	\$189 (7)

LAYOUTS & FULLS

All about the technique. Perfecting the layout creates a seamless transition into spinning skills. Already spinning? We will focus on form to ensure the next goal is solid doubles. Geared towards our high level 3 tumblers & up. Will use the UMAS level 4, 5, and 6 skill sheet. **Requirement:** Must be evaluated by UMAS staff to enroll. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

LAYOUTS & FULLS Must be able to do a Tuck	WINTER (Jan 3-Feb 18)	EARLY SPRING (Feb 19-Apr 14)
Mon 7:30p-8:30p	\$162 (6)	\$189 (7)

JUNIOR ELITES

UMAS Staff will select a handful of athletes who demonstrate hard work & determination to come train together. These athletes are goal-oriented & focused. Days and times will vary depending on athlete's schedule. Will use the UMAS level 4, 5, and 6 skill sheet. **Requirement:** Must be invited by UMAS staff to enroll. **Ratio:** 7. **Credits & Prorating:** \$20 per class; unlimited credits are permitted per session.

JR. ELTIES By invite only	Jan 5 - Apr 12 No Classes: Feb 9, Mar 1, Mar 9, Mar 22
Fri 5:00p-6:30p	\$200 (6)

UMAS Cheer Teams

Director: Alexzandria D'Aulerio

Contact: umas@umdgc.com

Location: UMAS; 421 Feheley Drive, King of Prussia, PA 19406

Upper Merion All Stars is a competitive all star team that offers many policies that make it more family-friendly and less expensive than other local all star programs. All star cheerleading programs are organized into six different age groups, six different levels. Flyers, bases, and backspots get to dance, jump, stunt, and tumble, so there is a role for just about everyone. Tuition is paid monthly. Extra expenses for uniform, meet fees, team fees, and USASF membership. More information is available through the UMAS Team Handbook and online.

PREP & NOVICE PROGRAM (STARTS SEPTEMBER 11)

The UMAS Prep & Novice Program is designed for beginner cheerleaders and compete in the USASF Novice and Prep programs. Cheerleaders may be as young as 3 years old. Because these programs are introductory and beginner in nature, the fees and uniforms are lower, competitions are local, and commitment level is lower with optional summer classes and mandatory practices September to March.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
RAINDROPS Tiny Novice 1 Tuition: \$105 Sep to Mar		5:00p-6:00p		5:00p-6:00p			
CLEMENTINES Tiny Prep 1 Tuition: \$110 Sep to Mar	5:00p-6:30p		5:00p-6:30p				
MINI BLUE Mini Prep 1 Tuition: \$110 Sep to Mar		6:00p-7:30p		6:00p-7:30p			
YOUTH/JUNIOR BLUE Youth or Junior Prep 1 Tuition: \$110 Sep to Mar	6:30p-8:30p		6:30p-8:30p				

ELITE & WORLDS TEAMS – JUN 7 TO AUG 31

The Elite and Worlds teams have a year-round commitment: tryouts are held in late spring; skill development and choreography in the summer; polishing the routine in the fall; and competitions in winter and early spring. During the school year, Sunday practices will be held for levels 3 and higher. Extra practices will be held on Fridays and Saturdays prior to competitions and for choreography during the school year. **Practices Canceled:** July 3 to July 6, and August 21 to August 25.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
MANGOS Small Mini 2 Tuition: \$170 Jun to Apr	5:00-6:30p		5:00-6:30p				
TURQUOISE Small Youth 2 Tuition: \$170 Jun to Apr		5:00-7:00p		5:00-7:00p			

ELECTRIC Small Junior 2 Tuition: \$170 Jun to Apr	5:30- 7:30p		5:30- 7:30p				
CRYSTALS Small Youth 3 Tuition: \$170 Jun to Apr	5:00- 7:00p		5:00- 7:00p				12:30p- 2:30p
FROST Small Junior 3 Tuition: \$170 Jun to Apr		6:30- 8:30p		6:30- 8:30p			9:00a- 11:00a
SAPPHIRES Small Senior 3 Tuition: \$170 Jun to Apr	7:30- 9:30p		7:30- 9:30p				9:00a- 11:00a
ICE Small Junior 4 Tuition: \$170 Jun to Apr		5:00- 7:00p		5:00- 7:00p			2:00p- 4:00p
HALOS Small Senior 5 Tuition: \$170 Jun to Apr	6:00- 8:00p		6:00- 8:00p				10:30a- 12:30p
CITRUS Small Junior 6 Tuition: \$170 Jun to Apr		6:30- 8:30p		6:30- 8:30p			10:30a- 12:30p
CRUSH Small Coed 6 Tuition: \$175 Jun to Apr	7:30- 9:30p		7:30- 9:30p				12:30p- 2:30p
ROYALS Extra Small All Girl 6 Tuition: \$175 Jun to Apr		7:30- 9:30p		7:30- 9:30p			2:30p- 4:30p