



# Upper Merion Dance & Gymnastics Center, LLC.

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# GYMNASTICS, TUMBLING, PARKOUR, OPEN GYMS, & PRIVATES SUMMER 2026

	SUMMER I	SUMMER II
<b>Start Date</b>	Mon, Jun 15	Mon, Jul 20
<b>End Date</b>	Fri, Jul 17	Fri, Aug 14
<b>10% Off</b>	Sun, Apr 26	Sun, Apr 26
<b>5% Off</b>	Mon, May 26	Sun, Jun 21
<b>50% Add-a-Class Discount Starts By</b>	Mon, Jun 15	Mon, Jul 20
<b>Refund Deadline 11:59p on</b>	Thu, Jun 25	Thu, Jul 30
<b>Closures</b>	None	None

Due to summer camp, UMDGC's gymnastics, tumbling, and parkour classes are held on weekday evenings only. The full range of classes and 7-day schedule resumes after Labor Day. Lock for the School Year schedule in mid-July.

## NEWS & GENERAL INFO ..... 1

- NEW: Daily passes..... 1
- NEW: Girls Preteam sept 2026 ..... 2
- Evaluations..... 2
- Off-Peak Pricing (\*) ..... 2
- Groups..... 2
- Testing..... 2

## ALL ENTRY-LEVEL CLASSES .... 2

- Gymnastics..... 2
- Intro Gymnastics Ages 3-5 ..... 2
- Intro Gymnastics Ages 6-12+ ..... 3
- Intro Gymnastics For Teens & Adults ..... 3
- Parkour ..... 3
- Parkour 1 ..... 3
- Tumbling ..... 4
- Preschool Tumbling..... 4

- Back Tumbling 1 ..... 4
- Adult & Teen Tumbling..... 4

## GYMNASTICS ..... 4

- Advanced Rec Programs ..... 4
- Advanced Intro Classes ..... 4
- Topaz ..... 5
- Preteam Classes..... 5
- Boys Preteam ..... 5
- Girls Preteam 1 ..... 5
- Girls Preteam 2 ..... 6
- Competitive Gymnastics Teams..... 6
- Boys Developmental Team ..... 6
- Girls Developmental Team..... 7
- Xcel Team ..... 7

## PARKOUR..... 7

- Parkour 2 & 3 ..... 7

## TUMBLING ..... 8

- Back Tumbling..... 8
- Back Tumbling 2 ..... 8
- Back Tumbling 3 ..... 8
- Back Tumbling 4, 5, & 6+..... 8
- Front Tumbling ..... 9
- Front Tumbling 1..... 9

## OPEN GYMS, PRIVATES, & RENTALS ..... 9

- Open Gyms ..... 9
- Personal Classes ..... 10
- Private Lessons..... 10
- Rentals ..... 11

# NEWS & GENERAL INFO

## **NEW: DAILY PASSES**

Our Daily Passes are perfect for busy or vacationing families who need flexibility or for those that have a free night and would like to get a little extra practice in. Instead of committing to a fixed weekly class, athletes purchase a pass through their iClassPro account and can attend on the days that work best for their schedule—making it easy to stay consistent even with changing routines. This simple, commitment- and stress-free option keeps the participants active, learning, and progressing, whenever your busy schedule permits. The participant must meet the requirements of the class they wish to enroll in, and space must be available to redeem the pass. Passes can be used by any family member.

- **To purchase a punch pass to attend:** Log into your iClassPro account -> ProShop at the top -> Passes -> Select the correct pass. Prices are as follows:
- **To redeem the pass up to 7 days prior to attending the class:** Log into your iClassPro account -> Account -> Find the participant -> Passes -> Use for a Class -> Find the date and class and click to enroll.

PASS TYPE	COST	VALID FOR (See each class schedule for appropriate pass type)
Skill Builder Pass	\$25	Adult & Teen Tumbling, Walkovers, Standing Tucks, Front Tumbling, and Hard Floor Tumbling
Class Pass	\$35	Intro Gymnastics Classes, all Parkour Classes, Preschool Tumbling and Back Tumbling 1-3
Elite Pass	\$40	Girls Preteam 1, Girls Preteam 2, Boys Preteam, and Back Tumbling 4+
Power Pass	\$90	Good for three (3) classes of any type.
Team, Nights	\$65	All team weekday practices that start after 4:00p from Memorial Day to Labor Day.
Team, Days	\$100	All team weekday practices that start before 4:00p from Memorial Day to Labor Day.

## **NEW: GIRLS PRETEAM SEPT 2026**

To better serve our athletes, the Girls Gymnastics Preteam programs will be changed. Additional skills will be added to Girls Preteam 1 to better prepare them for Girls Preteam 2. Girls Preteam 2 will become a monthly program with two age groups. Girls in the younger age group will be focused on making the Girls Developmental Team; girls in the older age group will be focused on making the Xcel Team. Exceptions will be considered.

### **EVALUATIONS**

New participants or participants that have done classes or privates away from UMDGC are required to be evaluated or send a video of the required skills **prior** to registering - 610-731-0022 or [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com). If the participant is not evaluated prior to enrolling, they will be placed in the starting level of the program and will need to progress through UMDGC's testing process to advance.

### **OFF-PEAK PRICING (\*)**

Take advantage of our off-peak pricing and enjoy the same great experience to stay active at a lower cost. In addition, these classes, marked with an asterisk (\*), are scheduled during less busy times of the day, giving you more space, less distractions, and potentially smaller group sizes. It's the perfect option for families with flexible schedules, homeschoolers, or anyone looking to save while still getting high-quality instruction.

### **GROUPS**

When staffing permits and enrollment warrants, participants are grouped based upon skill level, age, and/or gender. If you wish to be grouped with a friend or specific coach, make sure to submit an email request to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) no later than 72 hours prior to the first class of the session. After the first class of each session, participants rarely can switch groups due to the disruptions, safety concerns, and lack of space to accommodate everyone. Staff are reassigned each session; therefore, the same coach/instructor is not guaranteed even if the participant is enrolled in the same class.

### **TESTING**

Because skills at higher levels build upon lower-level skills, the participant must master nearly all skills at the current level and pass a skills test to move up a level. Skill testing will be done by the supervisor during class starting the second week of each session. 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 athlete may be able to switch to another group of the new level if group limits permit and it is not a disruption to the new group.

# ALL ENTRY-LEVEL CLASSES

## GYMNASTICS

UMDGC has a gymnastics program for everyone! Recreational classes, advanced non-competitive classes, competitive teams, boys, girls, ages 3 to 63 – you will find something that meets your needs at UMDGC. All our programs are designed for skill progression and achievement through repetition and skills testing.

### **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:** 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 or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 5. **Credits:** Base \$20; Max 2.

<b>AGES 3-5</b>	<b>SUMMER I (Jun 15-Jul 17)</b>	<b>SUMMER II (Jul 20-Aug 14)</b>
<b><u>COED MONDAYS</u></b>		
4:30p-5:25p	\$155 (5)	\$124 (4)
5:30p-6:25p	\$155 (5)	\$124 (4)
6:35p-7:30p	\$155 (5)	\$124 (4)
<b><u>COED TUESDAYS</u></b>		
4:30p-5:25p	\$155 (5)	\$124 (4)
5:30p-6:25p	\$155 (5)	\$124 (4)
6:35p-7:30p	\$155 (5)	\$124 (4)
<b><u>COED WEDNESDAYS</u></b>		
4:30p-5:25p	\$155 (5)	\$124 (4)
5:30p-6:25p	\$155 (5)	\$124 (4)
6:35p-7:30p	\$155 (5)	\$124 (4)
<b><u>COED THURSDAYS</u></b>		
4:30p-5:25p	\$155 (5)	\$124 (4)
5:30p-6:25p	\$155 (5)	\$124 (4)
6:35p-7:30p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)		
<b>POWER PASS:</b> \$90 for three classes		

## 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, tumbling track, and trampoline. Most classes are designed for Intro Level 1 (first time) to Level 3 (advanced intro). **Requirement:** Ages 6 and older. Five-year olds that have passed level 1 are permitted to request to join this class. **Attire:** Leotard or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2

AGES 6-12+	SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
<b>COED MONDAYS</b>		
4:30p-5:30p	\$155 (5)	\$124 (4)
5:30p-6:30p	\$155 (5)	\$124 (4)
6:35p-7:35p	\$155 (5)	\$124 (4)
<b>COED TUESDAYS</b>		
4:30p-5:30p	\$155 (5)	\$124 (4)
5:30p-6:30p	\$155 (5)	\$124 (4)
6:35p-7:35p	\$155 (5)	\$124 (4)
<b>COED WEDNESDAYS</b>		
4:30p-5:30p	\$155 (5)	\$124 (4)
5:30p-6:30p	\$155 (5)	\$124 (4)
6:35p-7:35p	\$155 (5)	\$124 (4)
<b>COED THURSDAYS</b>		
4:30p-5:30p	\$155 (5)	\$124 (4)
5:30p-6:30p	\$155 (5)	\$124 (4)
6:35p-7:35p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)		
<b>POWER PASS:</b> \$90 for three classes		

## INTRO GYMNASTICS FOR TEENS & ADULTS

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:** Meet the age requirements to be in the class. **Attire:** Leotard or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 8. **Credits:** Base \$20; Max 2.

AGES 12 & up	SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
Mon 7:40p-9:00p	\$155 (5)	\$124 (4)
Tue 7:40p-9:00p	\$155 (5)	\$124 (4)
Wed 7:40p-9:00p	\$155 (5)	\$124 (4)
Thu 7:40p-9:00p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)		
<b>POWER PASS:</b> \$90 for three classes		

## **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 focus on developing and refining precision jumps and building body awareness to start gymnastics and tumbling-oriented skills. This class allows the instructors to see everyone's strengths and weaknesses and allows participants 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, 6 for Ages 9-12+, and 8 for Teens & Adults. **Credits:** Base \$20; Max 2.

	SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
<b>Coed Ages 5-8</b>		
Mon 4:30p-5:30p	\$155 (5)	\$124 (4)
Mon 6:35p-7:35p	\$155 (5)	\$124 (4)
Tue 5:30p-6:30p	\$155 (5)	\$124 (4)
<b>Coed Ages 9-Adult</b>		
Mon 5:30p-6:30p	\$155 (5)	\$124 (4)
Tue 4:30p-5:30p	\$155 (5)	\$124 (4)
Tue 6:35p-7:35p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)		
<b>POWER PASS:</b> \$90 for three classes		

# TUMBLING

Tumbling is the foundation of gymnastics, cheer, tricking, and parkour. No equipment is needed except for a flat open area. Rolls, cartwheels, roundoffs, handsprings, flips, and twists are the bedrock of tumbling. All tumbling classes will provide instruction exclusively on spring floor, foam strip, trampoline, TumbITrak, air floor, and/or AirTrak. Other events such as balance beam, bars, rings, and vault are NOT covered in tumbling classes.

## PRESCHOOL TUMBLING

Participants will master the essential skills of tumbling: handstand fundamentals, forward rolls, basic body shapes, and building body awareness. In addition, tumblers will also spend 15 minutes on trampoline or tumbITrak. Preschool Tumbling classes will normally be held in the upstairs gym. **Requirements:** Ages 3-5. **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:** Base \$20; Max 2.

AGES 3-5		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
Mon	4:30p-5:25p	\$155 (5)	\$124 (4)
Mon	5:30p-6:25p	\$155 (5)	\$124 (4)
Tue	4:30p-5:25p	\$155 (5)	\$124 (4)
Tue	5:30p-6:25p	\$155 (5)	\$124 (4)
Wed	4:30p-5:25p	\$155 (5)	\$124 (4)
Thu	4:30p-5:25p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)			
<b>POWER PASS:</b> \$90 for three classes			

## BACK TUMBLING 1

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. Tumblers spend 30 minutes working on these skills, 15 minutes on trampoline or tumbITrak, and 15 minutes on drills to learn back handsprings. **Requirements:** Ages 6 & up. Five-year old tumblers that have passed the preschool tumbling test 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. **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:** Base \$20; Max 2.

AGES 6 TO ADULT		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
Mon	4:30p-5:30p	\$155 (5)	\$124 (4)
Mon	6:35p-7:35p	\$155 (5)	\$124 (4)
Tue	4:30p-5:30p	\$155 (5)	\$124 (4)
Wed	4:30p-5:30p	\$155 (5)	\$124 (4)
Wed	5:30p-6:30p	\$155 (5)	\$124 (4)
Thu	4:30p-5:30p	\$155 (5)	\$124 (4)
Thu	5:30p-6:30p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)			
<b>POWER PASS:</b> \$90 for three classes			

## ADULT & TEEN TUMBLING

Teen & Adult Tumbling is designed for those that want to tumble recreationally or for activities outside of competitive gymnastics and cheer, and for adults who are looking to regain their old glory or try a new activity. 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. **Requirements:** Coed ages 13 & up. 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:** 7. **Credits:** Base \$15; Max 2.

AGES 13 TO ADULT		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
Mon	7:40p-9:00p	\$100 (5)	\$80 (4)
Thu	7:40p-9:00p	\$100 (5)	\$80 (4)
<b>DAILY PASS:</b> Skill Builder Pass (\$25)			

# GYMNASTICS

## ADVANCED REC PROGRAMS

### ADVANCED INTRO CLASSES

The UMDGC Advanced Intro Classes are designed as an accelerated class program for those that have an aspiration to be on the gymnastics teams. We accomplish this through the following:

1. Instruction is by the most experienced class staff and team coaches.
2. Being longer duration where possible.

3. Being held at off-peak times to maximize the space available for additional stations and to minimize distractions.
4. Focusing solely on the events the athlete would compete, plus trampoline and tumbltrak, 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. **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.

PASSED INTRO 2		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
<b>GIRLS</b>			
Mon	7:40p-9:00p	\$155 (5)	\$124 (4)
Tue	7:40p-9:00p	\$155 (5)	\$124 (4)
Wed	7:40p-9:00p	\$155 (5)	\$124 (4)
Thu	7:40p-9:00p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)			
<b>POWER PASS:</b> \$90 for three classes			

## TOPAZ

UMDGC's Topaz class is designed for female gymnasts of all ages (including adults) who are eligible for USAG Xcel or Developmental teams but are not interested in competing or are unable to make the commitment to join the team. The program will focus on skills at the level that the gymnast would be competing and learning routines to compete. If there is interest, up to two in-house competitions will be hosted. Skill advancement and in-house competition results do not change the gymnast's level eligibility within the USAG competitive programs. **Requirement:** Females ages 10+ who have passed UMDGC Girls Preteam 2; competed Xcel Silver or USAG Girls Developmental Level 3 in the past; competed an equivalent in USAIGC or NAIGC; or by coach invitation. **Attire:** Leotard or t-shirt with athletic shorts or sweatpants with elastic waistband or drawstring. Bare feet, footless tights/leggings, or gymnastics shoes. No socks or street shoes permitted. Hair must be tied back so it is out of the participant's eyes. **Max Ratio:** 8. **Credits:** No credits offered for missing classes. **Special Note:** Not eligible for the Add-A-Class Discount due to its very reduced rate.

**SCHEDULE TO BE RELEASED IN THE FUTURE ONCE STAFF AVAILABILITY IS FINALIZED.**

## **PRETEAM CLASSES**

**REGISTRATION NOTE FOR BOYS PRETEAM, GIRLS PRETEAM 1, AND GIRLS PRETEAM 2:** It is recommended to register for several sessions at once and/or register for sessions several weeks or months early. Many of these classes will fill up quickly, gymnasts tend not to withdraw, and it is difficult to add new classes or add staff to create additional groups. In the unlikely event that groups can be made, they will be split solely based upon the number of skills each gymnast has.

### BOYS PRETEAM

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 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:** No credits offered for missing classes.

**DURING THE SUMMER, BOYS PRETEAM TRAINS WITH THE BOYS TEAM AT CAMP.  
SEE BOYS TEAM SCHEDULE FOR DETAILS.**

### GIRLS PRETEAM 1

Preteam 1 & 2 and Super Salto Head Coach: Valencia Chang – [preteam@umdgc.com](mailto:preteam@umdgc.com)

Girls Preteam 1 serves as a transition from the Intro Gymnastics classes to the team program. Gymnasts will focus on perfecting the form, consistency, and technique of the skills that were learned in Intro Gymnastics classes. Instruction will be on the vault, bars, beam, and floor, usually in the upstairs Class Gym. Flexibility, strength, and body positions will be introduced in class. 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. **Attire:** Leotard must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 7. **Credits:** Base \$30; Max 2. **Testing:** Preteam 1 and Preteam 2 testing will take place in a group setting during Thanksgiving Break; late May or early June; and in mid-August only. Requirements, dates, and times will be released approximately 2 weeks prior to the testing. Those that pass the test will be permitted to move to Girls Preteam 2 in Winter I, Summer I, and Fall I sessions only.

GIRLS PASSED INTRO 3		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
* Mon	4:20p-5:50p	\$140 (5)	\$100 (4)
Mon	5:55p-7:25p	\$175 (5)	\$140 (4)
* Thu	4:20p-5:50p	\$140 (5)	\$100 (4)
Thu	5:55p-7:25p	\$175 (5)	\$140 (4)
<b>DAILY PASS:</b> Elite Pass (\$40)			
<b>POWER PASS:</b> \$90 for three classes			

## GIRLS PRETEAM 2

Preteam 1 & 2 and Super Salto Head Coach: Valencia Chang – [preteam@umdgc.com](mailto:preteam@umdgc.com)

Preteam 2 is designed for gymnasts interested in joining UMDGC's female team programs: Xcel, Girls Developmental, and Recreational/Topaz. These classes will focus on learning the Xcel Silver skills using the women's gymnastics equipment in the downstairs team gym. There is a greater emphasis on the elements that will lead to success when competing: form, discipline, technique, body positions, strength, and flexibility. **Requirements:** Must have passed Girls Preteam 1. **Attire:** Leotards must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 9 . **Credits:** No credits offered for missing classes. **Testing:** Preteam 2 testing will take place in a group setting during late May or early June; and in mid-August only. Requirements, days, and times will be released approximately 2 weeks prior to the testing.

<b>PASSED GIRLS PRETEAM 1</b>	<b>SUMMER I (Jun 15-Jul 17)</b>	<b>SUMMER II (Jul 20-Aug 14)</b>
Mon & Thu, 7:30p-9:00p	\$175 (5)	\$140 (4)
<b>DAILY PASS:</b> Elite Pass (\$40)		
<b>POWER PASS:</b> \$90 for three classes		

## COMPETITIVE GYMNASTICS TEAMS

Team Email Address: [gymteams@umdgc.com](mailto:gymteams@umdgc.com)

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. 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. **Mobility Requirements:** Those looking to join team for the upcoming season must pass the appropriate preteam skills test no later than mid-August. Once on the team, each member must meet mobility scores at competitions and pass a skills test by the team meetings in mid-August to move up competitive levels for the upcoming season. **Free Open Workouts:** UMDGC offers free open workouts to all members of the team programs. Each athlete that makes payment for team before the first day of practice will automatically be issued a pass for the upcoming school year (Labor Day thru Memorial Day) or summer (Memorial Day to last day of summer programming). If you enroll after the first day of practice, you must email [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) to receive a free open workout pass. Athletes must be punched in through your iClassPro account to attend open workouts. Account->Find the athlete->Passes->Use for a Class->Find the open workout and click to enroll.

## BOYS DEVELOPMENTAL TEAM

### June 1 to June 12 (No practice May 22-May 31)

LEVEL COMPETED IN 2025-26	Mon	Tue	Wed	Thu	Fri
<b>Level 3</b> Weekly Tuition: \$70 Daily Rate: \$65	4:00p-6:00p			4:00p-6:00p	
<b>Compulsory A &amp; B</b> Weekly Tuition: \$90 Daily Rate: \$65	6:00p-9:00p			6:00p-9:00p	4:30p-7:30p
<b>Optional A</b> Weekly Tuition: \$110 Daily Rate: \$65		5:00p-9:00p	5:00p-9:00p	5:00p-9:00p	4:30p-7:30p
<b>Optional B</b> Weekly Tuition: \$110 Daily Rate: \$65	5:00p-9:00p	5:00p-9:00p	5:00p-9:00p		4:30p-7:30p

### June 15 to August 14 (No practice June 29-July 5)

LEVEL COMPETED IN 2025-26	Mon	Tue	Wed	Thu	Fri
<b>BOYS PRETEAM, LEVEL 3, COMP A, &amp; COMP B</b> Weekly: \$200 Daily Rate: \$100	9:30a-3:30p FREE Supervision & Open Workout 8:15a to 5:30p	9:30a-3:30p FREE Supervision & Open Workout 8:15a to 5:30p	9:30a-3:30p FREE Supervision & Open Workout 8:15a to 5:30p	9:30a-3:30p FREE Supervision & Open Workout 8:15a to 5:30p	9:30a-3:30p FREE Supervision & Open Workout 8:15a to 5:30p
<b>BOYS OPT A</b> Weekly: \$135 Daily Rate: \$65	4:15p-8:15p	4:15p-8:15p	4:15p-8:15p	4:15p-8:15p	4:15p-7:30p
<b>BOYS OPT B</b> Weekly: \$105 Daily Rate: \$65	4:15p-8:15p	4:15p-8:15p	4:15p-8:15p	4:15p-8:15p	

## GIRLS DEVELOPMENTAL TEAM

### June 1 to June 12 (No practice May 22-May 31)

LEVEL COMPETED IN 2025-26	Mon	Tue	Wed	Thu	Fri
<b>LEVEL 2</b> Weekly Tuition: \$110 Daily Rate: \$65	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p		4:30p-7:30p
<b>LEVEL 3</b> Weekly Tuition: \$110 Daily Rate: \$65	4:30p-7:30p	4:30p-7:30p		4:30p-7:30p	4:30p-7:30p
<b>LEVEL 4-6</b> Weekly Tuition: \$125 Daily Rate: \$65	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p

### June 15 to August 14

LEVEL TRAINING FOR 2026-27	Mon	Tue	Wed	Thu	Fri
<b>GIRLS 3</b> Weekly: \$105 Daily Rate: \$65	4:15p-7:15p	4:15p-7:15p	4:15p-7:15p		
<b>GIRLS 4 AND ALL OPTIONALS</b> Weekly: \$200 Daily Rate: \$100	9:00a-3:00p FREE Supervision & Open Workout 8:15a to 5:30p	9:00a-3:00p FREE Supervision & Open Workout 8:15a to 5:30p	9:00a-3:00p FREE Supervision & Open Workout 8:15a to 5:30p	9:00a-3:00p FREE Supervision & Open Workout 8:15a to 5:30p	9:00a-3:00p FREE Supervision & Open Workout 8:15a to 5:30p

## 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 attend a minimum of 2 practices per week.

### May 26 to June 12

LEVEL COMPETED IN 2025-26	Mon	Tue	Wed	Thu	Fri
<b>GOLD</b> Weekly: \$80 Daily Rate: \$65	6:00p-9:00p		6:00p-9:00p		
<b>PLATINUM, DIAMOND, SAPPHIRE</b> Weekly: \$80 Daily Rate: \$65			6:00p-9:00p	6:00p-9:00p	

### June 15 to August 14

	Mon	Tue	Wed	Thu	Fri
<b>ALL LEVELS</b> Weekly: \$105 Daily Rate: \$65	4:15p-7:15p	4:15p-7:15p	4:15p-7:15p		

# PARKOUR

## PARKOUR 2 & 3

**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:** No credits.

### 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.

### Parkour 3

Parkour 3 will focus on even more difficult skills and more advanced combinations of skills learned at Parkour 2. **Requirements:** Must have passed Parkour 2 or been invited to join the class from the Adult Parkour class.

PASSED PARKOUR 1		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
Mon	7:40p-9:00p	\$155 (5)	\$124 (4)
Tue	7:40p-9:00p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)			
<b>POWER PASS:</b> \$90 for three classes			

# TUMBLING

**Reps for Teams:** UMDGC is aware that many local teams require athletes to do reps outside of their normal team practices. Athletes will **not** be allocated time to do reps within UMDGC's class setting, but are welcome to record any skills that are performed in class that could count towards the reps.

## 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 six levels for ages 6 & up and a separate set of skills for the youngest tumblers. To progress through the levels, the tumbler must master the skills listed on the UMDGC tumbling skill sheet and pass a skills test.

### BACK TUMBLING 2

Students will work on standing back handsprings on trampoline, tumbltrak, and floor; and perfecting running roundoffs and power hurdle. The goal of this class is roundoff to slight pause back handspring on the floor. **Requirement:** Must have passed Tumbling 1. Those that have not passed UMDGC Tumbling 1 but have standing roundoff, cartwheels, forward rolls, bridges with straight arms, and handstands must schedule an evaluation or send videos of these skills to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) before registering. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean, dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

PASSED BACK TUMBLING 1		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
Mon	5:30p-6:30p	\$155 (5)	\$124 (4)
Mon	6:35p-7:35p	\$155 (5)	\$124 (4)
Tue	5:30p-6:30p	\$155 (5)	\$124 (4)
Tue	6:35p-7:35p	\$155 (5)	\$124 (4)
Wed	5:30p-6:30p	\$155 (5)	\$124 (4)
Wed	6:35p-7:35p	\$155 (5)	\$124 (4)
Thu	5:30p-6:30p	\$155 (5)	\$124 (4)
Thu	6:35p-7:35p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)			
<b>POWER PASS:</b> \$90 for three classes			

### BACK TUMBLING 3

This class will focus on roundoff multiple back handsprings and standing BHS + BHS. **Requirement:** Must have passed Tumbling 2. Those that have not passed UMDGC Tumbling 2 but have with a standing back handspring and running roundoff must schedule an evaluation or send videos of these skills to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) before registering for 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:** Base \$25; Max 2.

PASSED BACK TUMBLING 2		SUMMER I (Jun 15-Jul 17)	SUMMER II (Jul 20-Aug 14)
Mon	7:40p-9:00p	\$155 (5)	\$124 (4)
Tue	7:40p-9:00p	\$155 (5)	\$124 (4)
Wed	7:40p-9:00p	\$155 (5)	\$124 (4)
Thu	6:35p-7:35p	\$155 (5)	\$124 (4)
<b>DAILY PASS:</b> Class Pass (\$35)			
<b>POWER PASS:</b> \$90 for three classes			

### BACK TUMBLING 4, 5, & 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:** 8. **Credits:** Base \$25; Max 2.

#### Back Tumbling 4

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. Those that have not passed UMDGC Tumbling 3 but have RO + BHS + BHS and standing BHS + BHS must schedule an evaluation or send videos of these skills to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) before registering for Tumbling 4.

#### Back Tumbling 5

Tumblers will work on halves, fulls, whips, and increasing height on standing tucks. **Requirement:** Must have passed Tumbling 4. Those that have not passed UMDGC Tumbling 4 but have standing tuck off a 6" block and running open pike must schedule an evaluation or send a video of these skills to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) before registering.

## Back Tumbling 6+

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. Those that have not passed UMDGC Tumbling 5 but have whip to open pike and a full must schedule an evaluation or send a video to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) prior to registering.

<b>PASSED TUMBLING 3</b>		<b>SUMMER I (Jun 15-Jul 17)</b>	<b>SUMMER II (Jul 20-Aug 14)</b>
Mon	7:30p-9:30p	\$175 (5)	\$140 (4)
Tue	7:30p-9:30p	\$175 (5)	\$140 (4)
Wed	7:30p-9:30p	\$175 (5)	\$140 (4)
Thu	7:30p-9:30p	\$175 (5)	\$140 (4)
<b>DAILY PASS:</b> Elite Pass (\$40)			
<b>POWER PASS:</b> \$90 for three classes			

## FRONT TUMBLING

### 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 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 Back Tumbling 1. Those that have not passed UMDGC Back Tumbling 1 but have standing roundoff, cartwheels, forward rolls, bridges with straight arms, and handstands must schedule an evaluation or send videos of these skills to [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) before registering. **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:** Base \$15; Max 2.

<b>PASSED BACK TUMBLING 1</b>		<b>SUMMER I (Jun 15-Jul 17)</b>	<b>SUMMER II (Jul 20-Aug 14)</b>
Tue	6:35p-7:35p	\$100 (5)	\$80 (4)
Wed	6:35p-7:35p	\$100 (5)	\$80 (4)
<b>DAILY PASS:</b> Skill Builder Pass (\$25)			

## OPEN GYMS, PRIVATES, & RENTALS

Open workouts and private lessons allow participants extra opportunities to work on skills they want or need. Depending on staff availability and needed improvements to the facilities, private lessons and open workouts may operate during UMDGC's breaks. Check [www.umdgc.com](http://www.umdgc.com) for any special times that may be available. UMDGC Breaks for 2025-26 are as follows:

- Early Summer Break – Monday, Jun 8, 2026; to Sunday, Jun 14, 2026
- Late Summer Break – Saturday, Aug 15, 2026; to Monday, Sep 7, 2026

## OPEN GYMS

Open gyms are designed as an opportunity for anyone to work on skills they have nearly mastered or to hang out with friends and teammates. Designated staff will be available at each open workout to assist with spotting and coaching. Please be advised that music with explicit content may be played after 9:00p.

### Pricing

- **\$8** - Preregister online.
- **\$15** – Payment at start of open workout. Cash, Venmo, Cash App, or you can withdraw cash from the ATM in the lobby.
- **Special Discounted Passes** for 10, 50, and lifetime uses are available through the iClassPro's ProShop when logged into your iClassPro account. Special discounts are offered throughout the year, including Spring Break, Winter Break, and Thanksgiving.
- **FREE**
  - **Students** - Members of UMAS Cheer Teams, UMDGC Gym Teams, UMDGC Dance Performance Company, Master tumblers, and Pointe. Each eligible participant that makes payment for programming before the first day of each session will automatically be issued a pass for the upcoming session. If you enroll after the first day of the session, you must email [frontdesk@umdgc.com](mailto:frontdesk@umdgc.com) to receive a free open workout pass. Athletes must be punched in through your iClassPro account to attend open workouts free of charge. Account -> Find the participant -> Passes -> Use for a Class -> find the correct open workout. You may preregister up to 3 days in advance.
  - **UMDGC & UMAS Staff** - Enroll through the iClassPro account by clicking on Open Workouts on the main menu and find the open workout you wish to enroll in.

## Times Available June 15-August 14

Day & Times	Ages	Notes
Mon, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Tue, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Wed, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Thu, 9:00p - 10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Fri, 7:30p - 9:00p	7 & up	Entire gym is available to use.

## PERSONAL CLASSES

We know people are looking for private lessons, but the cost is too expensive, do not feel comfortable negotiating prices, do not know who to ask, or staff are not available. Now, let UMDGC do the work for you! Staff with "down time" in their schedules will be scheduled by UMDGC to Personal Classes at a lower, flat fee and during times there is space available in the gyms. Personal Classes are subject to change based upon enrollments, space availability, and staff assignments.

Recommended skills and/or events will be included for each coach hosting a Personal Class. After enrolling, it is recommended that you email the [UMDGC Front Desk \(frontdesk@umdgc.com\)](mailto:frontdesk@umdgc.com) with the skill(s) or event(s) that you'd like to focus on. This will ensure that you have a qualified coach for what you want to work on. Plus, it'll give the staff a chance to prepare for the Personal Class, giving you more time to work on the skills or events you want.

## PRIVATE LESSONS

Private lessons allow one to three participants an opportunity to work with the coach of their choice on the skills of their choice. This instruction is ideal for those looking to advance at a more rapid pace than normal, need a quieter environment to reduce distractions, looking on specific skills that aren't covered in classes, during UMDGC's class breaks to continue training, or those who need greater repetition on a skill that is more challenging to achieve.

Reach out to your favorite coach to see if they are available to coach private lessons. A schedule of times that private lessons may be held can be found under Private Lessons on [www.umdgc.com](http://www.umdgc.com). Staff and timeslots are not guaranteed to be available and are subject to change. Direct all questions, arrangements, pricing questions, and concerns to the instructor.

Areas that may be used for private lessons at UMDGC are as follows:

- Class Area: Red spring floor. Gymnastics equipment geared towards youth, including 20' Tumbtrak and 2 trampolines.
- Team Area: Blue and gray spring floor. Vault. Male and female gymnastics equipment designed for competition and adults.
- Tumbling Area: Purple Weller floor. Rod floor. Tramp. 40' Tumbtrak.
- Open Workouts: **In most cases, the entire UMDGC gym area is available to use.** We cannot guarantee the availability of any equipment. Register at your own risk as lines may be long for floors, trampolines, and tumbtraks; and vault may not be available to use. This is especially true on Friday nights. Instead of registering as a private lesson, you are welcome to register through the appropriate open workout at a reduced fee.

### How to Book a Private Lesson

1. **Create an account if you have not been to UMDGC before.** Go to [www.umdgc.com](http://www.umdgc.com) and Create an Account. This will have you complete all information about the participant and emergency contacts, and have you agree to the terms, waiver, and releases. Anyone without a completed waiver form will not be permitted to participate in private lessons or any other programming at UMDGC.
2. **Make arrangements with the instructor of your choice for a private lesson timeslot.** Availability of staff and/or the facility is not guaranteed and are subject to change. Direct all questions, arrangements, and concerns to the instructor. If the private lesson is scheduled during a time that is not listed on the scheduled availability or during an open workout, the private lesson will be canceled and all fees to UMDGC will be forfeited.
3. **Each participant attending the private lesson pays UMDGC's fee (\$5 per 30 minutes) through iClassPro.** Once you have confirmed with the instructor, the instructor will create an appointment for you in iClassPro. The instructor will then send you an invoice in your iClassPro account. This fee must be paid to UMDGC at least 24 hours prior to the start of the private lesson or the private lesson could be canceled.
4. **Payment is made by the participant to the instructor.** Each instructor has different fees, payment methods, and cancellation policies, so please contact your instructor directly.

### Cancellations

UMDGC requires that each instructor have a cancel policy regarding the instructor's portion of the private lesson fees. With regards to the UMDGC portion of the Private Lesson Fees, the following policies and procedures will be in place. To cancel the private lesson, contact the instructor so that the instructor can cancel the private lesson in iClassPro. If the private lesson is canceled prior to the scheduled start time of the private lesson, you will be eligible for a 100% refund or credit of the fees that were paid to UMDGC. If the private lesson is canceled after the scheduled start time of the private lesson, the UMDGC portion of the fees is forfeited.

### Rescheduling

To reschedule the private lesson, please contact the instructor directly so that they can reschedule the private lesson at one of their future timeslots. It is the responsibility of the instructor to contact the UMDGC Front Desk to transfer the fee for the private lesson. If there are no timeslots available, please follow the Cancellation policies above.

### Inclement Weather

Closures due to extreme weather, utility outages, road closures, etc. will be communicated on the UMDGC Facebook pages and via email. If UMDGC is closed during the time of the private, a full refund will be issued automatically within 2 business days of reopening. If UMDGC

is open and the participant is unable to attend, the private participant must submit a UMDGC Request Form following the policies listed above.

## RENTALS

UMDGC and UMAS facilities may be available for rent for individual or group's needs. To check availability, please contact the following:

- Dance Studios at UMDGC – Michelle Elbin, [dance@umdgc.com](mailto:dance@umdgc.com)
- UMAS – Alexandria D'Aulerio, [a\\_daulerio@umdgc.com](mailto:a_daulerio@umdgc.com)
- Gym Spaces at UMDGC – Dave Evasew, [devasew@umdgc.com](mailto:devasew@umdgc.com)

If the individual or group does not have liability insurance, all participants will need to have a UMDGC Waiver Form signed prior to attending, and the rental fee will be a higher rate. If the individual or group has their own liability insurance, a reduced rate is available, and waiver forms do not need to be submitted. A certificate of insurance must be forwarded to the contact listed above naming "Upper Merion Dance & Gymnastics Center, LLC." as additionally insured.