



# UMDGC Camps Summer 2018

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530 Hertzog Blvd., King of Prussia, PA 19406



## Dance Camps

**ADDITIONAL DANCE CAMP OPTIONS WILL BE RELEASED IN 2018.** Dance camps include studio time and dance instruction as well as crafts, afternoon activities and open gym. Campers requiring shoes must be sized one week prior to the start of camp. Tap shoes may be rented for \$10 per week. **Ratio:** 12 dancers per instructor. Minimum of 4 campers required per week. **Attire:** Leotard and tights, or leggings with t-shirt.

### American Girl

Bring your favorite doll and enjoy a camp that will explore and celebrate all things American Girl. Campers will enjoy crafts and dance games centered around their doll. Campers will learn about different dolls and their origins as well. **Note:** Any doll can be brought to camp. Please make sure camper's name is on the doll. **Dance styles:** Ballet and jazz. **Prerequisite:** Girls ages 6-11. **Shoes:** Bare feet, ballet shoes, or jazz shoes. **Week:** Jul 2-Jul 6.



### Hamilton

Inspired by the smash hit Broadway musical! Take a trip back to the 18th century with this camp and walk into the Revolutionary War through the perspective of Alexander Hamilton. Dance to the rap and hip-hop inspired lyrics of songs like "Wait for it" and "You'll be back"! This camp will leave you "Satisfied" and there's no way you'll be able to "Say No to This"! **Dance styles:** Contemporary, jazz and hip hop. **Prerequisite:** Coed ages 9 & up. **Attire:** Bare feet or jazz shoes. **Week:** Jul 9-Jul 13.

### Jazz & Contemporary

Come explore these amazing, creative, and expressive styles of dance! Learn how to tell a story through movement and technique such as turns and jumps! **Prerequisite:** Coed ages 8 & up. **Shoes:** Bare feet or jazz shoes. **Week:** Aug 6-Aug 10.

### Katy Perry

You'll be "Chained to the Rhythm" of this dance camp inspired by the pop icon Katy Perry. Dance to new hits like "Feels" and classic hits like "Roar" and "California Gurls". We will also create unique fashionable crafts. Like Katy Perry herself, this camp is sure to be fun and fabulous! **Dance styles:** Jazz. **Prerequisite:** Coed ages 8 & up. **Attire:** Bare feet or jazz shoes. **Week:** Jul 30-Aug 3.

### Meghan Trainor

Learn routines to Meghan's most popular music! A new style will be taught each day. Campers will also create fun art projects to celebrate this amazing pop star! **Dance styles:** Contemporary, jazz, and hip-hop. **Prerequisite:** Coed ages 6 & up. **Attire:** Bare feet, ballet shoes, or jazz shoes. **Week:** Jul 16-Jul 20.

### Moana

Mahalo! Spend a week dancing to all the music of Moana. Enjoy Polynesian-themed crafts and summer fun with grass skirts, sea shells, and so much more! Come and explore "How Far You'll Go" at Moana dance camp. **Dance styles:** Ballet and jazz. **Prerequisite:** Coed ages 5-8. **Attire:** Bare feet, ballet shoes, or jazz shoes. **Week:** Jul 23-Jul 27.

### Taylor Swift

Are you "Ready for It"... The return of Taylor Swift camp! Learn combinations to Taylor's newest songs as well as the classics. A new style will be introduced each day. Campers will also create fun art projects to celebrate this great pop star with local roots! **Dance styles:** Contemporary, hip-hop, and jazz. **Prerequisite:** Coed ages 7 & up. **Attire:** Bare feet, ballet shoes, or jazz shoes. **Weeks:** Jun 25-Jun 29, Aug 13-Aug 17.

## Gymnastics Camps

### Beginner Gymnastics (UMDGC Levels 0-2)

Ideal for first-time gymnasts and those preparing for team. Campers will receive instruction on all of the gymnastics equipment, including trampoline and tumbltrak. Campers are divided into groups based upon gender, level, and/or age. **Prerequisites:** Coed ages 5 & up. **Attire:** Non-restrictive, athletic clothes. Bare feet. **Ratio:** 6-8 gymnasts per instructor. **Weeks:** All 10 weeks.

### Team, Preteam, and Topaz

An intense workout designed to prepare the gymnast for the next competitive season. Schedule includes morning event workouts, tumbltrak and trampoline in the afternoons, daily flexibility and strength, opportunity to participate in one afternoon activity or take an extended break, open workout, and special team-only activities. **Boys:** Boys levels 2-6. Athletic shorts and t-shirt. Bare feet. Bring sweat pants or competition pants each day. **Girls:** Open to all girls and Xcel team members and members of UMDGC's girls preteam and Topaz programs. Leotard required. Spandex/velvet shorts permitted. Bare feet. **Ratio:** 8-10 gymnasts per instructor. **Weeks:** All 10 weeks.



## Tumbling Camp

Perfect for those looking to learn or perfect tumbling skills. Progressive instruction will be provided on the spring floor, airfloor, tumbltrak, and trampolines. Some front tumbling will be included. Campers are divided into groups based upon level and/or age when appropriate and staffing permits. Beginner 1 & Beginner 2 tumblers will focus on rolls, cartwheels, roundoffs, and back handsprings, while intermediate tumblers will work on running tumbling and back tucks. Advanced to Master tumblers will work on layouts, twisting, whips, and Arabians. Gymnasts that can do a running back tuck will have the opportunity for additional training in the afternoon instead of afternoon activities. **Prerequisites:** Coed ages 7 & up. **Attire:** Non-restrictive, athletic clothing. Bare feet; or clean, dry cheerleading shoes. **Ratio:** 6-10 tumblers per instructor. **Weeks:** All 10 weeks. **Special Note:** See "Camps at UMAS" for pick-up and drop-off information.

## UMAS Skills Camp

UMAS will be holding mandatory skills camps for cheerleaders placed on level 2 & higher UMAS teams. Following evaluations and placements, each team will be assigned a week of practice during the second half of the summer, with cheerleaders attending Monday & Wednesday or Tuesday & Thursday. **Registration:** The fee for the camp will be included in the 2017-18 competition fees and is non-refundable. Cheerleaders are automatically enrolled; they do not need to register for the skills camp. UMAS cheerleaders already enrolled in another UMDGC camp will automatically be credited the daily fee for the normal UMDGC camp and are permitted to attend the UMDGC camp on days the cheerleader is not attending the UMAS Skill Camp. **Prerequisite:** Cheerleaders placed on level 2 or higher UMAS teams. **Attire:** UMAS staff will notify you of the practice attire to wear to camp. **Special Note:** See "Camps at UMAS" for pick-up and drop-off information.



<u>Rates</u>	<u>After Apr 1</u>	<u>Dec 30-Apr 1</u>	<u>By Dec 30</u>
Discount	No discount	5% off	10% off
Weekly rate	\$290/wk	\$275.50/wk	\$261/wk

**Discounts & Prorating**

- **Early Registration Discounts:** Depending on date of registration. Must pay in full to be eligible for the discount.
- **Family Discount:** Receive a 10% discount when you have two or more campers attending the same weeks.
- **Military Discount:** Receive 10% off when you provide proof of past or present military service.
- **Week of July 4:** Weekly fees will be prorated \$50.

**Payment Options**

1. Pay in full at time of registration. You may be eligible for early registration discounts.
2. Pay 30% of total fee at time of registration. Credit card info must be provided on the registration form. Any unpaid balance will be charged to the card 2 Fridays prior to the start of each week of camp. Initial deposits are fully refundable until the end of the first day of camp.

## Schedule

### FREE Expanded Supervision

UMDGC staff will supervise campers while they play card and board games, watch a G- or age-appropriate PG-rated movie, watch child-appropriate TV programming, relax, or bring their own activity.

### General Schedule

8:15-9:30a	FREE Expanded Drop-off.
9:30-1:45p	Dance, cheer, tumbling, and gymnastics activities with 10-minute snack and 25-minute lunch breaks.
1:45-3:45p	Three afternoon activities. Options may include arts & crafts, martial arts, dance, tricking, ninja warrior course, outdoor activities, cheerleading, parkour, and gymnastics workouts. Campers who are ages 10+ may select their afternoon activities from the options given. Gymnastics team, higher level tumbling, and UMAS Cheer camps will have strength, conditioning, flexibility, and additional training.
3:45-4:15p	Open workout in the gym.
4:15-5:30p	FREE Expanded Pick-up.

## Camps at UMAS

A new cheerleading and tumbling location (UMAS) is scheduled to open directly across the street from UMDGC in 2018. The instruction portion of tumbling and cheerleading camps will be held at UMAS. When switching locations, campers will be escorted by the tumbling and cheerleading staff.

	<b>UMAS Cheerleaders</b>	<b>TUMBLERS Not staying for extended tumbling</b>	<b>TUMBLING Staying for extended tumbling</b>
UMDGC Drop-off	8:15a-9:30a	8:15a-9:30a	8:15a-9:30a
UMAS Drop-off & Pick-up	9:40a-3:35p	9:40a-1:35p	9:40a-2:55p
UMDGC Pick-up	3:45p-5:30p	1:45p-5:30p	3:05p-5:30p

## Attendance Policies

- **Sign-In:** All campers must check-in at the front desk each day; parents do not have to come in if a UMDGC registration form has previously been completed and submitted.
- **Sign-Out:** An adult listed under Emergency Contacts must provide a signature when signing out a camper. If there is a change to the normal pick-up procedure, please let UMDGC know.
- **Late Pick-up Fee:** \$5 per carload will be charged for each 5-minute period starting at 5:31p (i.e. 5:31p-5:35p; 5:36p-5:40p). The fee must be paid in full before participating in future camps.
- **Missed Camp Days:** There are no make-ups, refunds, or credits.

## Camper Rules

For the safety of the campers and productivity of the camp, UMDGC reserves the right to discipline campers if they do not follow the following rules, rules posted in UMDGC, and/or common classroom etiquette. Discipline may include, but is not limited to, verbal warning, timeout, meeting with parents, and suspension or expulsion from camp without refund. The discipline will be based on the incident's severity, and the camper's past history and special conditions. Decisions of UMDGC's staff are final.

- Campers must follow the directions of all UMDGC staff.
- Campers must remain with their group at all times when in the gym and studios.
- Notify a staff member immediately of all injuries or problems.
- Gum, food, and drinks other than water are prohibited in the studios and gym.
- Campers are expected to participate in all activities or must sit in the lobby for the remainder of the rotation.
- Campers are expected to behave in an appropriate manner and show respect to others.
- Campers may not touch other campers without coach/instructor permission.
- UMDGC is not responsible for damaged, stolen, lost, or misplaced property and money. Bring at your own risk and keep in your bag or check it in at the front desk.
- Proper attire is essential for the safety of the camper and staff. Those not dressed correctly will not be permitted to participate.
- Cell phone usage between 9:30a and 4:15p is forbidden and phone will be confiscated until sign-out. All "official" calls will be made from the UMDGC phones unless the utilities are lost.

## Snack and Lunch Policies

- **Snack time:** Bring a beverage and a healthy snack.
- **Lunch:** Bring a bagged lunch and beverage with the camper's name on it, along with all necessary utensils.
- **No glass:** Campers walk around barefooted.
- **Supervision:** UMDGC staff will only enforce eating plans that are supplied by a health care professional. Due to food allergies, UMDGC does not permit sharing of food. If the camper has a severe food allergy, please notify the staff to set-up special eating arrangements.
- **UMDGC does not supply:** Food, drinks, utensils, microwaves, or refrigerators.



# UMDGC SUMMER CAMP 2018

## PARTICIPANT INFORMATION (ONE PER FORM; PRINT ALL INFO CLEARLY)

Participant's Name \_\_\_\_\_ Birthday \_\_\_\_\_

Gender: M F Participant's Cell \_\_\_\_\_ Name of Health Insurance Company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email (s) \_\_\_\_\_ Home Phone \_\_\_\_\_

Emergency Contact 1 \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

Emergency Contact 2 \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

Emergency Contact 3 \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

List all physical, emotional, psychological, neurological, and allergic conditions, and special requests. Also include any non-UMDGC dance and gymnastics experience:

\_\_\_\_\_

\_\_\_\_\_

<u>DATES</u>	<u>SUMMER CAMP TYPE (Circle One)</u>	<u>Special Requests</u>
Jun 11-Jun 15	Gym 0-2 / Tumbling / Gym Team <small>UC01</small>	_____
Jun 18-Jun 22	Gym 0-2 / Tumbling / Gym Team <small>UC02</small>	_____
Jun 25-Jun 29	Gym 0-2 / Tumbling / Gym Team / Taylor Swift <small>UC03</small>	_____
Jul 2-Jul 6 <small>No Camp Jul 4</small>	Gym 0-2 / Tumbling / Gym Team / American Doll <small>UC04</small>	_____
Jul 9-Jul 13	Gym 0-2 / Tumbling / Gym Team / Hamilton <small>UC05</small>	_____
Jul 16-Jul 20	Gym 0-2 / Tumbling / Gym Team / Meghan Trainor <small>UC06</small>	_____
Jul 23-Jul 27	Gym 0-2 / Tumbling / Gym Team / Moana <small>UC07</small>	_____
Jul 30-Aug 3	Gym 0-2 / Tumbling / Gym Team / Katy Perry <small>UC08</small>	_____
Aug 6-Aug 10	Gym 0-2 / Tumbling / Gym Team / Jazz & Cont. <small>UC09</small>	_____
Aug 13-Aug 17	Gym 0-2 / Tumbling / Gym Team / Taylor Swift <small>UC10</small>	_____

### WAIVER & RELEASE

In consideration of participation in Upper Merion Dance & Gymnastics Center, LLC.'s ("UMDGC") programming, I, the participant, my parents/guardians, siblings, other family members, and all my guests to UMDGC, affirm to be bound by the following:

- Advertising Release:** I grant permission for UMDGC and their agents to publish photos, movies, images, and names of the participant(s) on UMDGC's website, UMDGC's Face-  \_\_\_\_\_ book, in ads, and/or other forms of information and publications that are viewable to the general public.
- Compliance & Eligibility:** The participant and all guests agree to comply with the rules, policies, and procedures of UMDGC as listed in the Essentials of UMDGC, brochure, website, posted in the facility, and as communicated by UMDGC staff. I attest that all of the above information is true and no important information has been omitted. Failure to comply may lead to disciplinary actions, including but not limited to timeout and expulsion without refund.  \_\_\_\_\_
- Insurance Coverage:** I affirm that the participant will be covered while enrolled at UMDGC by an insurance policy that I consider adequate for the participant's protection. Any  \_\_\_\_\_ insurance coverage that UMDGC supplies is secondary to my personal insurance.
- Medical Attention:** I fully understand that UMDGC staff members are not health care professionals. With that in mind, I hereby release the UMDGC staff to render first aid to the  \_\_\_\_\_ participant in the event of any injury or illness and, if deemed necessary by the UMDGC staff, to seek medical help at any health care facility or hospital, and/or call an ambulance.
- Piercings:** I release UMDGC from all claims resulting from injury to the participant resulting directly or indirectly from the wearing of piercings.  \_\_\_\_\_
- Waiver & Release:** I am fully aware of and appreciate the risks, including catastrophic injury, paralysis, and death, that may result from participation in and traveling to or from UMDGC programs. Being aware of the above, I consent to have the participant enroll in the programs offered by UMDGC. I, my executors, and other representatives, waive and  \_\_\_\_\_ release all rights and claims for damages that I or the participant may have against UMDGC, its employees, volunteers, agents, and/or officers.
- Withdrawing:** All requests to withdraw from camp must be submitted on the "Withdrawal Request Form" which is available at www.umdgc.com. The form must be received by  \_\_\_\_\_ UMDGC no later than 6:00p of the camp's first day in order to be eligible for a full refund or full credit. Prorated UMDGC credits will be issued if the request is received after 6:00p.

**ADULT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

#### Required for credit card payments via mail or paying 30% deposit.

Check one: \_\_\_\_\_ Payment in full \_\_\_\_\_ Paying by installments. Charge card two Fridays before the start of each camp I am registered for.

Credit Card Number: \_\_\_\_\_ Exp: \_\_\_\_\_ / \_\_\_\_\_ Security Code\*: \_\_\_\_\_

\* AMEX: 4 printed digits on front; Dis/V/MC: last 3 digits on back

# UMDGC SUMMER CAMP ESSENTIALS

**MISSED CAMP DAYS:** There are no make-ups, credits, or refunds for missed days of camp.

**SPECIAL REQUESTS:** Groups change weekly. Submit requests via email or on the registration form no less than 72-hours prior to the start of each week of camp. Requests are not guaranteed.

**REFUNDS/WITHDRAWING:** All withdraws from camp must be submitted on the "Withdrawal Request Form" which is available at [www.umdgc.com](http://www.umdgc.com). The form must be received by UMDGC no later than 6:00p of the camp's first day in order to be eligible for a full refund or full UMDGC credit. Prorated UMDGC credits will be issued at all other times, unless accompanied by a doctor's note. Refunds will take 30 days.

**FORGOTTEN ITEMS:** Dance/cheerleading shoes, grips, bags, electronics, book bags, and jewelry will be donated to charity the Monday after each week of camp. All other items will be discarded or donated to charity nightly.

**INSTALLMENT PAYMENTS:** Any balance that remains unpaid 10 days prior to the start of each camp week will automatically be charged to the card on file.

**LATE PICK-UP FEE:** \$5 per carload for every portion of five minutes after 5:30p that the driver is late.

**DANCE SHOES:** Campers requiring shoes must be sized one week prior to the start of camp. Tap shoes may be available for rent.

**LUNCH AND SNACK:** UMDGC does not supply food, drinks, utensils, refrigerators, or microwaves. UMDGC staff will only enforce eating plans or eating expectations that are supplied by a health care professional.

**JULY 4:** Camp is not held on July 4th. Weekly rates are prorated.

**CAMPER RULES AND EXPECTATIONS:** Please make sure the camper understands the following expectations and rules.

- Campers must follow the directions of UMDGC staff.
- Campers must remain with their group at all times when in the gym and studios.
- Notify a staff member immediately of all injuries or problems.
- Gum, food, and drinks other than water are prohibited in the studios and gym.
- Campers are expected to participate in all activities or must sit in the lobby for the remainder of the rotation.
- Campers are expected to behave in an appropriate manner and show respect to others.
- Campers may not touch other campers without coach/instructor permission.
- UMDGC is not responsible for damaged, stolen, lost, or misplaced property and money. Bring at your own risk and keep in your bag or check it in at the front desk.
- Proper attire is essential for the safety of the camper and staff. Anyone not dressed correctly will not be permitted to participate.
- When in the gym, all campers must walk on the rainbow trail or gray to their next event.
- Cell phone usage between 9:30a and 4:15p is forbidden and phone will be confiscated until sign-out. All "official" calls will be made from the UMDGC phones, unless it is because UMDGC has lost utilities.

**ADULT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

## **UMDGC USE ONLY**

___ In computer	___ Form is taken out of filing cab/studio
___ Pop up	___ Pop-up box is checked and deleted
___ Confirmation email is sent	___ Information is checked in database
___ Echosign is sent. HALF / FULL Expiration:	___ Form is printed/scanned into Paperport
___ PayPal Refund \$	___ Echosign is cancelled
Add Early Fam Military Multi Credit \$ Prorate \$	___ Forms are merged and moved to correct folder.
___ Email Archived	