

COMPETITIVE GYMNASTICS TEAMS

Team Email Address: gymteams@umdgdc.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 for these time frames, you must email frontdesk@umdgdc.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 COMPLETED IN 2025-26	Mon	Tue	Wed	Thu	Fri
Level 3 Weekly Tuition: \$70 Daily Rate: \$65	4:00p-6:00p			4:00p-6:00p	
Compulsory A & B Weekly Tuition: \$90 Daily Rate: \$65	6:00p-9:00p			6:00p-9:00p	4:30p-7:30p
Optional A Weekly Tuition: \$110 Daily Rate: \$65		5:00p-9:00p	5:00p-9:00p	5:00p-9:00p	4:30p-7:30p
Optional 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 COMPLETED IN 2025-26	Mon	Tue	Wed	Thu	Fri
BOYS PRETEAM, LEVEL 3, COMP A, & COMP 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
BOYS OPT A 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
BOYS OPT 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 COMPLETED IN 2025-26	Mon	Tue	Wed	Thu	Fri
LEVEL 2 Weekly Tuition: \$110 Daily Rate: \$65	4:30p-7:30p	4:30p-7:30p	4:30p-7:30p		4:30p-7:30p
LEVEL 3 Weekly Tuition: \$110 Daily Rate: \$65	4:30p-7:30p	4:30p-7:30p		4:30p-7:30p	4:30p-7:30p
LEVEL 4-6 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
GIRLS 3 Weekly: \$105 Daily Rate: \$65	4:15p-7:15p	4:15p-7:15p	4:15p-7:15p		
GIRLS 4 AND ALL OPTIONALS 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
GOLD Weekly: \$80 Daily Rate: \$65	6:00p-9:00p		6:00p-9:00p		
PLATINUM, DIAMOND, SAPPHIRE Weekly: \$80 Daily Rate: \$65			6:00p-9:00p	6:00p-9:00p	

JUNE 15 TO AUGUST 14

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