



Upper Merion Dance & Gymnastics Center, LLC.

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UMAS CHEER SPRING 2025

ALL UMAS PROGRAMMING TAKE PLACE AT UPPER MERION ALL STARS

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

Questions or concerns: umas@umdgc.com

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

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

SPRING I

Mon, Jan 20, to Sun, Feb 23

Refund Deadline: Midnight on Feb 2

Closures: None

SPRING II

Mon, Mar 10, to Sun, Sun, Apr 13

Refund Deadline: Midnight on Mar 24

Closures: None

PREP SESSION

Prep & Novice Classes

Apr 2-Apr 16

UMAS Specialty Classes

TOPS FLEXIBILITY & CORE

Focus on flexibility & core strength. Top girls should be able to execute body positions on the ground with stability. **Requirement:** Ages 6 & up. **Max Ratio:** 15. **Credits & Prorating:** Base \$12; Max 2.

AGES 6 & UP	SPRING I (Jan 20-Feb 23)	SPRING II (Mar 10-Apr 13)
Mon 5:00p-6:00p	\$100 (5)	\$100 (5)

JUMPS & STRENGTH

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 \$12; Max 2.

AGES 6 & UP	SPRING I (Jan 20-Feb 23)	SPRING II (Mar 10-Apr 13)
Thu 5:00p-6:00p	\$100 (5)	\$100 (5)

UMAS Intro & Basic Tumbling Classes

LEVEL 1 ALL TUMBLING

A perfect class to master all the level 1 Tumbling: Back Walkover, Front Walkover, Handstand Roll, connected skills & more. This class can be for the new Level 1 athletes and also for the Advanced Level 1 Athletes. **Requirement:** Ages 3-12. **Ratio:** 7. **Credit & Prorating:** Base \$12; Max 2.

AGES 3-12	PREP (Apr 2-Apr 16)
Wed 5:00p-6:00p	\$60 (3)

BACK WALKOVER

Aka "the basics." This is where you start! Work body shaping and begin your all star tumble journey! **Requirement:** Ages 5 & up. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

AGES 5 & UP	SPRING I (Jan 20-Feb 23)	SPRING II (Mar 10-Apr 13)
Wed 6:00p-7:00p	\$155 (5)	\$155 (5)

BACK HANDSPRING

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

AGES 5 & UP	SPRING I (Jan 20-Feb 23)	SPRING II (Mar 10-Apr 13)
Tue 5:00p-6:00p	\$155 (5)	\$155 (5)

TUCKS

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 skills "competition ready." If you want to be center tumbler or last pass on Level 3 or 4, come train with UMAS Staff to get there. **Requirement:** Ages 6 & up. Must have a running tuck without a spot on floor. **Ratio:** 7. **Credit & Prorating:** Base \$20; Max 2.

AGES 6+ AND MUST HAVE A TUCK	SPRING I (Jan 20-Feb 23)	SPRING II (Mar 10-Apr 13)
Tue 7:00p-8:00p	\$155 (5)	\$155 (5)

UMAS Advanced Tumbling Classes

Must receive approval from a UMAS Staff member prior to enrolling for these classes.

LAYOUTS & FULLS

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

BY INVITE ONLY	SPRING I (Jan 20-Feb 23)	SPRING II (Mar 10-Apr 13)
Wed 8:00p-9:00p	\$155 (5)	\$155 (5)

UMAS Invite Only Tumbling Classes

Must be invited by a UMAS Staff member prior to enrolling for these classes.

YOUTH & 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. Limited spots. **Requirement:** Must be invited by UMAS staff to enroll. **Credits & Prorating:** \$20; no maximum. **Registration Process:** Charges will be placed on your account and must be paid no later than 2 days prior to the start of the class.

BY INVITE ONLY	DAY & TIMES	FEE	DATES CLASSES HELD
Youth Elite	Thu, 7:00p-8:15p	\$168 (7)	Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, Mar 13, Mar 20
Junior Elite	Fri, 5:00p-6:30p	\$168 (7)	Jan 24, Feb 7, Feb 21, Mar 14, Mar 21, Apr 4, Apr 11

UMAS Cheer Teams

Owner Operator: Alexzandria D'Aulerio

Contact: umas@umdgc.com

Location: UMAS; 421 Fehleley 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.

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@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 correct open workout and click to enroll.

PREP & NOVICE PROGRAM (SEP-MAR)

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: \$110 Sep to Mar	5:00p-6:00p		5:00p-6:00p				
CLEMENTINES Tiny Prep 1 Tuition: \$115 Sep to Mar		5:00p-6:30p		5:00p-6:30p			
MINI BLUE Mini Prep 1 Tuition: \$115 Sep to Mar	6:00p-7:30p		6:00p-7:30p				

YOUTH/JUNIOR BLUE Youth or Junior Prep 1 Tuition: \$115 Sep to Mar		6:30p- 8:30p		6:30p- 8:30p			
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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: \$180 Jun to Apr	5:00p- 6:30p		5:00p- 6:30p				
TURQUOISE Medium Youth 2 Tuition: \$180 Jun to Apr		5:00p- 7:00p		5:00p- 7:00p			
ELECTRIC Medium Junior 2 Tuition: \$180 Jun to Apr	6:30p- 8:30p		6:30p- 8:30p				
CRYSTALS Small Youth 3 Tuition: \$180 Jun to Apr	5:00p- 7:00p		5:00p- 7:00p				9:00a- 11:00a
FROST Medium Junior 3 Tuition: \$180 Jun to Apr		5:00p- 7:00p		5:00p- 7:00p			1:00p- 3:00p
RAIN Medium Senior 4 Tuition: \$180 Jun to Apr		6:00p- 8:00p		6:00p- 8:00p			3:00p- 5:00p
CITRUS Small Junior 6 Tuition: \$180 Jun to Apr	6:00p- 8:00p		6:00p- 8:00p				1:00p- 3:00p
MIDNIGHT U18 Non-Tumble Tuition: \$180 Jun to Apr	7:30p- 9:30p		7:30p- 9:30p				11:00a- 1:00p
ROYALS Small Coed 6 Tuition: \$185 Jun to Apr		7:30p- 9:30p		7:30p- 9:30p			11:00a- 1:00p