



Upper Merion Dance & Gymnastics Center, LLC.

530 Hertzog Blvd, King of Prussia, PA 19406
 Phone 610-731-0022; Fax 610-731-0034
 frontdesk@umdgc.com; www.umdgc.com



GYMNASTICS SCHOOL YEAR 24-25

FALL I

Tue, Sep 3, to Sun, Oct 13
 10% off thru Jul 14
 5% off thru Aug 2
 50% Add-A-Class starts by Sep 9
 Refund Deadline: Midnight on Sep 16
 Closures: Labor Day (Mon, Sep 2)

FALL II

Mon, Oct 14, to Sun, Nov 24
 10% off thru Jul 14
 5% off thru Sep 9
 50% Add-A-Class starts by Oct 20
 Refund Deadline: Midnight on Oct 27
 Closures: Halloween (Thu, Oct 31)

WINTER I

Mon, Dec 2, to Sun, Jan 26
 10% off thru Jul 14
 5% off thru Oct 20
 50% Add-A-Class starts by Dec 8
 Refund Deadline: Midnight on Dec 15
 Closures: Winter Break
 (Fri, Dec 20, to Thu, Jan 2)

WINTER II

Mon, Jan 27, to Sun, Mar 9
 15% off thru Jul 14
 10% off thru Nov 26
 5% off thru Dec 8
 50% Add-A-Class starts by Feb 2
 Refund Deadline: Midnight on Feb 9
 Closures: None

SPRING I

Mon, Mar 10, to Sun, Apr 27
 15% off thru Jul 14
 10% off thru Nov 26
 5% off thru Feb 2
 50% Add-A-Class starts by Mar 16
 Refund Deadline: Midnight on Mar 23
 Closures: Spring Break
 (Mon, Apr 14, to Sun, Apr 20)

SPRING II

Mon, Apr 28, to Sun, Jun 8
 15% off thru Jul 14
 10% off thru Nov 26
 5% off thru Mar 16
 50% Add-A-Class starts by May 4
 Refund Deadline: Midnight on May 11
 Closures: Memorial Day Break
 (Fri, May 23, to Mon, May 26)

* Classes marked with one asterisk are offered at a lower price because they are off-peak classes or special classes.
 ** Classes marked with two asterisks are offered at an even greater discount than even normal off-peak classes.

General Information

UMDGC has a gymnastics program for everyone! Recreational classes, advanced non-competitive classes, competitive teams, boys, girls, ages 3 to 93 – 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.

All gymnasts new to UMDGC will start at Intro Gym 1. Once the gymnast masters nearly all the skills on a level, they will be tested by a UMDGC Supervisor. 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 gymnast may be able to switch to another group of the new level if limits permit and it is not a disruption to the new group.

If the participant has previous gymnastics experience, it is highly recommended to be evaluated **PRIOR** to registering for any classes. You can schedule an evaluation by contacting the UMDGC Front Desk at frontdesk@umdgc.com or 610-731-0022. The chart below shows how the levels progress and the correct classes to choose.

MALES		FEMALES		FEMALE ACCELERATED TRACK	
Intro Level 1 (Intro Classes)		Intro Level 1 (Intro Classes)		Mini Stars (Invite only for ages 4-6)	
Intro Level 2 (Intro Classes)		Intro Level 2 (Intro Classes)			
Intro Level 3 (Intro or Advanced Intro Classes)		Intro Level 3 (Intro or Developmental Classes)			
Boys Preteam (Boys Preteam or Adult Classes)		Preteam 1 (Girls Preteam 1, Super Saltos, or Adult Classes)		Preteam Blue (Invite only for ages 5-7)	
Men's Gymnastics 4 Life (Non-competitive team-level class)	Developmental Team Level 3-6 (Compulsory Routines)	Topaz (Non-Competitive team-level class)	Preteam 2 (Girls Preteam 2 or Adult Classes)		
	Developmental Team Levels 7-10 (Optional Routines)		Xcel Gold		Developmental Level 3 (Compulsory Routines)
			Xcel Platinum		Developmental Level 4-5 (Compulsory Routines)
			Xcel Diamond	Developmental Levels 6-10 (Optional Routines)	

Recreational Classes

Introductory gymnastics classes are split into three age groups and three levels to maximize the learning experience. Instruction will be on all the gymnastics events: floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline.

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:** Coed 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, 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: 5. Credits:** Base \$20; Max 2.

AGES 3-5	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Monday						
10:30a-11:25a*	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
11:30a-12:25p*	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
12:30p-1:25p*	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
1:30p-2:25p*	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
4:00p-4:55p*	\$156 (5)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
5:05p-6:00p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
6:10p-7:05p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Tuesday						
10:30a-11:25a*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
11:30a-12:25p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
12:30p-1:25p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
1:30p-2:25p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
4:00p-4:55p*	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
5:05p-6:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
6:10p-7:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wednesday						
10:30a-11:25a*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
11:30a-12:25p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
12:30p-1:25p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
1:30p-2:25p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
4:00p-4:55p*	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
5:05p-6:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
6:10p-7:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Thursday						
10:30a-11:25a*	\$156 (6)	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
11:30a-12:25p*	\$156 (6)	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
12:30p-1:25p*	\$156 (6)	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
1:30p-2:25p*	\$156 (6)	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
4:00p-4:55p*	\$186 (6)	\$156 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
5:05p-6:00p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
6:10p-7:05p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Friday						
4:00p-4:55p*	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
5:05p-6:00p*	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
6:10p-7:05p*	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Saturday						
9:00a-9:55a	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
10:00a-10:5a	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
11:05a-11:55a	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
12:10p-1:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
1:15p-2:10p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Sunday						
12:00p-12:55p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
1:05p-2:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
2:10p-3:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
3:15p-4:10p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
5:00p-5:55p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
6:00p-6:55p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)

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, tumbltrak, and trampoline. Most classes are designed for Intro Level 1 (first time) to Level 3 (advanced intro). Preteam gymnasts are permitted to register, though the experience level of the coaching staff and the structure of the class is not guaranteed to make the class as productive as preteam classes. **Requirement:** Ages 6-12. Five-year olds that have passed level 0 are permitted to request to join this class. **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.

AGES 6-12+	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Monday						
10:30a-11:30a**	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
11:30a-12:30p**	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
12:30p-1:30p**	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
1:30p-2:30p**	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
4:00p-5:00p*	\$156 (5)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
5:05p-6:05p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
6:10p-7:10p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
7:15p-8:15p*	\$126 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (6)
Tuesday						
10:30a-11:30a**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
11:30a-12:30p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
12:30p-1:30p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
1:30p-2:30p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
4:00p-5:00p*	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
5:05p-6:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
6:10p-7:10p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
7:15p-8:15p*	\$156 (5)	\$156 (5)	\$156 (5)	\$156 (5)	\$156 (5)	\$156 (5)
Wednesday						
10:30a-11:30a**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
11:30a-12:30p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
12:30p-1:30p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
1:30p-2:30p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
4:00p-5:00p*	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
5:05p-6:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
6:10p-7:10p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
7:15p-8:15p*	\$156 (5)	\$156 (5)	\$156 (5)	\$156 (5)	\$156 (5)	\$156 (5)
Thursday						
10:30a-11:30a**	\$126 (6)	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
11:30a-12:30p**	\$126 (6)	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
12:30p-1:30p**	\$126 (6)	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
1:30p-2:30p**	\$126 (6)	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
4:00p-5:00p*	\$186 (6)	\$156 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
5:05p-6:05p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
6:10p-7:10p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
7:15p-8:15p*	\$156 (5)	\$126 (5)	\$156 (5)	\$156 (5)	\$156 (5)	\$156 (5)
Friday						
4:00p-5:00p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
5:05p-6:05p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
6:10p-7:10p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Saturday						
9:00a-10:00a	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
10:00a-11:00a	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
11:05a-12:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
12:10p-1:10p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
1:15p-2:15p*	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Sunday						
12:00p-1:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
1:05p-2:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
2:10p-3:10p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
3:15p-4:15p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
5:00p-6:00p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
6:00p-7:00p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
7:00p-8:00p**	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)

INTRO GYMNASTICS AGES 12-ADULT

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:** Ages 12 and up. **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:** 8. **Credits:** Base \$20; Max 2.

AGES 12 & UP		FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Tue	7:30p-9:45p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed	7:30p-9:45p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Sun	6:30p-8:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	X	\$156 (5)

ADVANCED INTRO CLASSES

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

1. Instruction is by the most experienced class staff and team coaches.
2. Being longer duration where possible.
3. Being held at off-peak time when possible to maximize the amount of space available for additional side stations and to minimize distractions.
4. Focusing solely on the events the athlete would compete, plus trampoline and tumbltrak, in order 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		FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Female							
Mon	4:00p-5:00p*	X	X	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (6)
Mon	7:15p-8:30p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Tue	4:00p-5:00p*	X	X	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Tue	7:15p-8:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed	4:00p-5:00p*	X	X	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Wed	7:15p-8:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Thu	4:00p-5:00p*	X	X	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Thu	7:15p-8:30p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Sat	1:15p-2:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Male							
Mon	7:15p-8:30p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Thu	7:15p-8:30p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)

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 class will focus on skills at the level that the gymnast would be competing. Skill advancement in Topaz does not change their level eligibility within the USAG competitive programs. **Requirement:** Females of any age who are eligible who have passed Girls Preteam 1 or competed in a USAG or USAIGC program in the past who do not wish to compete, or by coach's invitation. **Attire:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or footless tights/leggings; no socks or shoes permitted. **Max Ratio:** 8. **Credits:** No credits offered for missing classes.

PASSED GIRLS PRETEAM 1	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Tue 7:30p-9:30p & Wed 8:00p-9:30p (Attend one or both practices for same price)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)

Preteam Classes

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 some 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.

BOYS PASSED INTRO 3	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Tue 4:30p-6:30p & Sat 3:00p-5:00p (Attend one or both practices for same price)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)

GIRLS MINI STARS

Mini Stars is an invitation only class for girls pre-K and Kindergarten age who display an aptitude and enthusiasm for gymnastics. They will learn basic elements on vault, bars, beam, floor and tramp/tumbltrak with the goal of mastering the fundamentals of gymnastics. This will allow them to become eligible for our team program in the future. Classes will be mainly downstairs on the team equipment, taught by team coaches. The environment will be positive and encouraging while focusing on skill progressions. **Requirement:** By invite only from girls team director. Targeted ages 4-6. **Attire:** Leotard with the option of bike shorts/leggings, and hair pulled back. The minimum requirement is one hour per week, but multiple days are allowed and even encouraged. **Moving to Intro Classes:** If a gymnast wishes to switch from Girls Mini Stars to Intro Gymnasts, the gymnast will enter as Intro 1. If the family believes the gymnast should start at a level higher than Intro 1, an evaluation must be scheduled with the front desk **prior** to registering for Intro classes. **Max Ratio:** 7. **Credits:** Base \$20; Max 2.

SPECIAL INVITE BY TEAM DIRECTOR	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Mon 4:00p-5:00p	\$186 (5)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$186 (5)
Wed 4:00p-5:00p	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)

GIRLS PRETEAM BLUE

A UMDGC program that is designed to identify and train exceptional young female gymnasts so that they will have a greater and faster opportunity to compete at the optional level (levels 7+). This is accomplished through an accelerated program with greater expectations, maturity, and commitment. Due to the high expectations of the program, practice attendance is mandatory. Preteam Blue has a greater emphasis on strength, flexibility, and independently working on drills than the normal preteam program. **Requirement:** By invite only. Targeted ages 5-7. **Registration Information:** Commitment is year-round, including during UMDGC's traditional breaks. Tuition is paid weekly in the summer and monthly in the school year. Friday school year practices are longer to accommodate potential cancellations due to staffing conflicts with competitions. **Moving to Intro Classes:** If a gymnast wishes to switch from Girls Preteam Blue to Intro Gymnasts, the gymnast will enter as Intro 1. If the family believes the gymnast should start at a level higher than Intro 1, an evaluation must be scheduled with the front desk **prior** to registering for Intro classes.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
PRETEAM BLUE Monthly Tuition: \$300	5:00p-7:00p		5:00p-7:00p		4:30p-7:30p		

GIRLS PRETEAM 1

Preteam 1 & 2 and Super Salto Head Coach: Valencia Chang – preteam@umdgc.com

Evaluation Timeslots to Join Girls Preteam 1 & 2 during the School Year: Sun, 5:00p-5:30p

Girls Preteam 1 serves as a transition from the Intro Gymnastics classes to the team program using the female equipment in the upstairs class gym: vaults, bars, beam, and floor. Trained staff will focus on improving form and technique on the essential skills that were learned in the Intro Gymnastics classes. 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. If the gymnast has experience at another gym and may be ready for UMDGC's preteam program, please contact UMDGC to set-up an evaluation time **before** attempting to enroll. **Attire:** Leotard must be worn. Spandex-like athletic shorts may also be worn. Bare feet. **Max Ratio:** 7. **Credits:** Base \$35; Max 2. **Testing:** To Test = 77 of 84 stars. All vault, bars, beam, and floor skills must have 3 stars (63). Additional 14 stars in the conditioning section. Preteam 1 and Preteam 2 testing will take place in a group setting on a date and time determined by the team director based upon the availability of key team staff. Any gymnast that has achieved the minimum number of stars to be evaluated for their current level will be permitted to sign up in iClassPro and attend the evaluation. The team staff will evaluate the form, technique, and execution of the skills, plus body shapes, strength, and flexibility. If the team staff deem that the Preteam 1 gymnast is ready to move up, the gymnast may move to Preteam 2 or Topaz.

GIRLS PASSED INTRO 3	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Mon 4:00p-5:30p	\$186 (5)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$186 (5)
Mon 5:30p-7:00p	\$186 (5)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$186 (5)
Tue 4:00p-5:30p	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)
Tue 7:30p-9:00p	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)
Wed 4:00p-5:30p	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)
Wed 5:30p-7:00p	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)
Thu 4:00p-5:30p	\$216 (6)	\$186 (5)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)
Thu 7:30p-9:00p	\$216 (6)	\$186 (5)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)
Sun 1:00p-2:30p	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$186 (5)
Sun 2:45p-4:15p	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$216 (6)	\$186 (5)

Super Saltos

Super Saltos is designed for those that have come through Intro Gymnastics classes and Preteam 1 who would like a faster track to the UMDGC Xcel or girls team. The more frequent practices should allow the gymnasts to advance to Preteam 2 quicker. **Requirements:** By invitation by and evaluation by the Preteam Assistant Director. Must be enrolled in Intro Gym Level 3 or Preteam 1. **Max Ratio:** 8. **Credits:** No credits offered for missing classes. **Additional Information:** It is recommended to sign-up for

multiple sessions at once to minimize the risk of being put on the waitlist and/or attending Girls Preteam 1 classes. See Girls Preteam 1 information for more details.

INVITE BY PRETEAM ASST. DIRECTOR	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Tue 5:45p-7:15p & Thu 5:45p-7:15p (Attend both practices)	\$260	\$260	\$260	\$260	\$260	\$260

GIRLS PRETEAM 2

Preteam 1 & 2 and Super Salto Head Coach: Valencia Chang - preteam@umdgc.com

Evaluation Timeslots to Join Girls Preteam 1 & 2 during the School Year: Sun, 5:00p-5:30p

Preteam 2 is designed for gymnasts interested in joining UMDGC's Girls Developmental Program Level 3 or Xcel Gold. These classes will focus on the women's gymnastics equipment in the downstairs team gym: Vault, Bars, Beam, and Floor. Gymnasts will learn all the skills required to compete Girls USAG Developmental Level 3 or Xcel Gold. There is a greater emphasis on the elements that will lead to success when competing: form, discipline, technique, body positions, strength, and flexibility. Groups are split solely by skill level and number of skills achieved. **Requirements:** Must have passed Preteam 1. If the gymnast has experience at another gym and may be ready for UMDGC's preteam program, please contact UMDGC to set up a preliminary evaluation. **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:** To test = 87 of 96 stars. All vault, bars, beam, and floor skills must have 3 stars (69). Additional 18 stars on conditioning skills. Preteam 1 and Preteam 2 testing will take place in a group setting on a date and time determined by the team director based upon the availability of key team staff. Any gymnast that has achieved the minimum number of skills to be evaluated for their current level will be permitted to sign up in iClassPro and attend the evaluation. The team staff will evaluate the form, technique, and execution of the skills, body shapes, strength, and flexibility. After the evaluation for Preteam 2, the team staff will determine if the gymnast should pursue Girls Level 3 or Xcel Gold starting in the summer. The gymnast is also permitted to return to Preteam 2 to increase their evaluations in the future or may switch to the non-competitive Topaz class.

PASSED GIRLS PRETEAM 1	FALL I (Sep 3-Oct 13)	FALL II (Oct 14-Nov 24)	WINTER I (Dec 2-Jan 26)	WINTER II (Jan 27-Mar 9)	SPRING I (Mar 10-Apr 27)	SPRING II (Apr 28-Jun 8)
Mon 7:00p-9:00p, Wed 7:00p-9:00p, & Sun 5:30p-8:00p (Attend all 3 practices)	\$300	\$300	\$300	\$300	\$300	\$300

Competitive Gymnastics Teams

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. **Requirement:** Those looking to join team for the upcoming season must pass the appropriate preteam skills test no later than mid-August:

- Boys Preteam -> Boys Level 3;
- Girls Preteam 2 -> Xcel Gold or Girls Level 3.

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@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

Boys Team Head Coaches: Eric Cappello - ecappello@umdgc.com and Walt Kenny - wtkenney1@gmail.com

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
BOYS LEVEL 3 Monthly Tuition:\$275	4:30p-6:30p			4:30p-6:30p		3:00p-5:00p	
BOYS LEVEL 4-6 Monthly Tuition: \$330	6:30p-9:00p	6:30p-9:00p		6:30p-9:00p	4:30p-7:30p	11:30a-2:30p	
BOYS LEVEL 7-10 Monthly Tuition: \$415		4:30p-8:30p	4:30p-8:30p	4:30p-8:30p		11:00a-3:00p	12:00p-4:00p

GIRLS DEVELOPMENTAL TEAM

Girls Team Director: Melissa Skudris - mskudris@umdgc.com

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
GIRLS LEVEL 3 Monthly Tuition: \$375		4:30p- 7:30p	4:30p- 7:30p	4:30p- 7:30p		12:00p- 3:00p	
GIRLS LEVEL 4 Monthly Tuition: \$395	4:30p- 7:30p	4:30p- 7:30p		4:30p- 7:30p	4:30p- 7:30p	12:00- 3:00p	
GIRLS LEVEL 6 Monthly Tuition: \$420	4:30p- 8:00p		4:30p- 8:00p	4:30p- 8:00p	4:30p- 7:30p	9:00a- 1:00p	
GIRLS LEVEL 7-10 Monthly Tuition: \$420	4:00p- 8:00p	4:00p- 8:00p	4:00p- 8:00p	4:00p- 8:00p		9:00a- 1:00p	
GIRLS LEVEL 6-10 EARLY TRAINING Monthly Tuition: \$420	1:00p- 5:00p	1:00p- 5:00p	1:00p- 5:00p	1:00p- 5:00p		9:00a- 1:00p	

HOPES

The Olympics Hopefuls program (HOPEs) is a program to identify talented gymnasts, generally aged 11-14, and train them to an advanced level. To qualify for HOPEs, a gymnast must pass both the elite compulsory and optional qualifiers and get a certain minimum score. HOPEs Elite gymnasts compete at elite meets as a preliminary step towards Junior Elite. HOPEs athletes use the international code of points (FIG) to construct routines which will prepare them for the Elite program in the future. Athletes who participate in hopes will either go on to Junior Elite or Developmental level 10. Either way, it puts them in the spotlight to draw attention from NCAA recruiters. Should an athlete pass the qualifying competitions, she will be invited to participate in the Hopes Championship, which is a national competition held in conjunction with the U.S. Classic (National Elite competition).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
HOPES/EXTENDED TRAINING Monthly Tuition: \$450	1:00p- 6:00p	1:00p- 6:00p	1:00p- 6:00p	1:00p- 6:00p	1:00p- 5:00p	9:00a- 1:00p	

XCEL TEAM

Xcel Head Coach: Traci Mauer - teynon@umdgc.com

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.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 ST YEAR GOLD Monthly Tuition: \$270		7:00p- 9:00p		7:00p- 9:00p			12:00p- 3:30p
RETURNING GOLD/ PLATINUM/DIAMOND Monthly Tuition: \$270			7:00p- 9:00p	7:00p- 9:00p			12:00p- 3:30p