



## Upper Merion Dance & Gymnastics Center, LLC.

530 Hertzog Blvd, King of Prussia, PA 19406  
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# OPEN GYMS, RENTALS, & PRIVATES SEP 3, 2024, TO AUG 15, 2025

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 2023-24 are as follows:

- Labor Day – Friday, Aug 30, to Monday, Sep 2, 2024
- Halloween – Thursday, Oct 31, 2024
- Thanksgiving Break – Monday, Nov 25, to Sunday, Dec 1, 2024
- Winter Break – Friday, Dec 20, 2024, to Thursday, Jan 2, 2025
- Spring Break – Monday, Apr 14, to Sunday, Apr 20, 2025
- Memorial Day Weekend – Friday, May 23 to Monday, May 26, 2025
- Early Summer Break – Monday, Jun 9, to Sunday, Jun 15, 2025
- Independence Day – Fri, July 4, 2025
- End of Summer Break – Saturday, Aug 16, to Sunday, Aug 24, 2025
- Labor Day – Friday, Aug 29, to Monday, Sep 1, 2025

### LOCATIONS

UMAS: 421 Feheley Drive, Unit B, King of Prussia, PA 19406  
UMDGC: 530 Hertzog Blvd, King of Prussia, PA 19406

## Open Workouts at UMDGC

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 by listed deadline.
- **\$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** available when logged into iClassPro. Go to the ProShop at the top to find passes.
  - \$60 for 10 workouts. Can be shared amongst family members.
  - \$200 for 50 workouts. Can be shared amongst family members.
  - \$500 for unlimited and lifetime open workouts for a single individual.
- **FREE Students** - Members of UMAS Cheer Teams, UMDGC Gym Teams, UMDGC Dance Performance Company, Master Tumbling, Advanced Parkour, 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 athlete -> Passes -> Use for a Class -> find the correct open workout. You may preregister up to 3 days in advance.
- **FREE 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.

### Open Gym Times

Day & Times	Ages	Notes
Fridays, 12:00p-2:30p (Sep 2024-May 2025 ONLY)	3 & up	Each payment permits a participant and one adult to attend. Ages 7 & up may attend without an adult; those ages 3 to 6 must always have an adult supervising them. Entire gym is available to use.
Mondays, 9:00p-10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Thursdays, 9:00p-10:30p	7 & up	Entire gym is available to use. Some floor areas may be used until 9:30p for classes.
Fridays, 7:30p-9:00p	7 & up	Entire gym is available to use.
Sundays, 8:00p-9:30p (Sep 2024-May 2025 ONLY)	7 & up	Entire gym is available to use. Some floor areas may be used until 9:00p for classes.

## 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. Skills gained at Private Lessons cannot be put into the computer system; they can only be entered during an evaluation or during classes, camps, and clinics.

## **PRIVATE LESSONS AT UMAS**

Private lessons with UMAS staff will be held at UMAS. All payments must be made through Venmo transactions to the instructor. Private lessons held at UMAS do not need to pay a separate UMDGC fee; the fee paid to the coach includes the UMDGC fee who will forward it to UMDGC. For more details or to book a private lesson at UMAS, join the UMAS Private Lesson Band. The link can be found under Private Lessons on [www.umdgc.com](http://www.umdgc.com) or by copying this link into your web browser: <https://band.us/n/a5ae57Vag1Mby>.

## **PRIVATE LESSONS AT UMDGC**

A schedule of times that private lessons may be held and a list of staff that are available to teach private lessons can be found under Private Lessons on [www.umdgc.com](http://www.umdgc.com). You are also welcomed to ask your favorite coach directly even if they are not listed. Staff and facility 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:** 530 Hertzog Blvd. Purple Weller floor. Rod floor. Tramp. 40' Tumbtrak.
- **Open Workouts:** 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.

### **How to Book a Private Lesson**

1. Make arrangements for the day, time, and pricing of the private lesson with the instructor of your choice. The instructor creates the private lesson in iClassPro.
2. Each participant attending the private lesson pays UMDGC's fee (\$5 per 30 minutes) online to reserve the timeslot. Please supply the date, time, location, and staff member that you will be having the private with. The payment must be received at least 1 hour prior to the start of the private lesson.
3. At the private lesson, the participant(s) pay the instructor's portion of the private lesson fee to the instructor directly.

### **Cancellation or Changing Timeslots**

A UMDGC Request Form must be submitted for each participating member of the private lesson. The request form is found on the top left of [www.umdgc.com](http://www.umdgc.com). The following applies to the UMDGC portion of the private lesson fee (see your instructor for details for their portion of the fee):

- If the request to change private lesson times is received prior to the scheduled start time of the private lesson, the change will be made if the new private lesson time is available. Request for changes received after the scheduled start time of the private lesson will forfeit the entire UMDGC fee.
- If the request to cancel the private lesson is received before the scheduled start time, a 100% refund or 100% UMDGC credit will be issued for the UMDGC portion of the fee within 2 business days by the UMDGC office staff. Requests for cancellations received after the scheduled start time of the private lesson will forfeit the entire UMDGC fee.
- Closures due to extreme weather, utility outages, etc. will be communicated on the UMDGC Facebook page 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 private is unable to occur, 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.