



# Upper Merion Dance & Gymnastics Center, LLC.

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## PARKOUR 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 Sunday, 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 Sunday, 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)

**Discounted Classes:** Classes marked with one or two asterisks (\*) are offered at a lower price.

## Parkour

Parkour aims to get through a series of obstacles as fast as possible, similar to American Ninja Warrior, using strength, rolls, coordination, and athleticism. Freerunning combines the obstacles of parkour with the flips, twists, and artistry of gymnastics and tricking. All classes will begin upstairs at UMDGC.

### ADULT PARKOUR – ALL LEVELS

Adult all-level parkour will provide instruction at the level of each participant's need. Rolls, vault skills, palm flips, wall flips, and tumbling skills (e.g. front and back flip) will be covered in a progressive manner. Adult Parkour participants will be invited to join the advanced parkour class to be eligible when they have mastered the required skills. **Prerequisite:** Ages 13 and up. **Attire:** T-shirt that is tucked in, or sweatshirt without pockets or hoods. Athletic shorts or sweatpants with elastic waistband or drawstring and no pockets. Clean, dry sneakers. **Ratio:** 8. **Credits:** Base \$15; Max 2.

AGES 13 TO ADULT	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)
Sun 7:00p-8:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)

### PARKOUR 1

Parkour 1 will be focusing on developing and refining precision jumps and building body awareness to start gymnastics and tumbling-oriented skills. These classes are mandatory for those ages 12 and younger; those ages 13 and older may enroll in this class or adult parkour (if offered). This class allows the instructors to see everyone's strengths and weaknesses, and allows practitioners to understand how their bodies work and their limitations. Instructors will contact you when the participant is ready to move up to Parkour 2. **Requirements:** Meet minimum age requirement for the class. **Attire:** T-shirt that is tucked in, or sweatshirt without pockets or hoods. Athletic shorts or sweatpants with elastic waistband or drawstring and no pockets. Clean, dry sneakers. **Max Ratio:** 5 for Ages 5-8 and 6 for Ages 9-13+. **Credits:** Base \$20; Max 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)
<b>GIRLS, AGES 9-12+</b>						
Sun 7:00p-8:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)
<b>COED, AGES 5-8</b>						
* Tue 4:00p-5:00p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Tue 6:10p-7:10p	\$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 5:05p-6:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed 6:10p-7:10p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Sun 5:00p-6:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
<b>COED, AGES 9-12+</b>						
* Tue 4:00p-5:00p	X	X	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Tue 5:05p-6:05p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Tue 7:15p-8:15p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)

* Tue	8:20p-9:20p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
* Wed	4:00p-5:00p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Wed	7:15p-8:15p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Sun	6:00p-7:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)

## **PARKOUR 2**

This class incorporates more advanced parkour movements and introduces freerunning-oriented movements. Skills will include precision jumps, higher-level gymnastics and tumbling skills. Parkour 2 gives students a way to be creative in their movements and figure out their own unique style. **Requirements:** Must have passed Parkour 1. **Attire:** T-shirt that is tucked in, or sweatshirt without pockets or hoods. Athletic shorts or sweatpants with elastic waistband or drawstring and no pockets. Clean, dry sneakers. **Max Ratio:** 7. **Credits::** Base \$20; Max 2.

<b>PASSED PARKOUR 1</b>	<b>FALL I</b> (Sep 3-Oct 13)	<b>FALL II</b> (Oct 14-Nov 24)	<b>WINTER I</b> (Dec 2-Jan 26)	<b>WINTER II</b> (Jan 27-Mar 9)	<b>SPRING I</b> (Mar 10-Apr 27)	<b>SPRING II</b> (Apr 28-Jun 8)
Tue 7:15p-8:15p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed 8:20p-9:20p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)

## **PARKOUR 3 (FORMERLY ADVANCED PARKOUR)**

**Requirements:** Must have passed Parkour 2 or been invited to join the class from the Adult Parkour class. **Registration Benefits:** All participants in Advanced Parkour classes receive discounted open workouts while enrolled in the class. Make certain to notify the person signing-in open workout that you are an Advanced Parkour member or you will be charged the normal price. **Attire:** T-shirt that is tucked in, or sweatshirt without pockets or hoods. Athletic shorts or sweatpants with elastic waistband or drawstring and no pockets. Clean, dry sneakers. **Max Ratio:** 8. **Credits::** Base \$20; Max 2.

<b>PASSED PARKOUR 2</b>	<b>FALL I</b> (Sep 3-Oct 13)	<b>FALL II</b> (Oct 14-Nov 24)	<b>WINTER I</b> (Dec 2-Jan 26)	<b>WINTER II</b> (Jan 27-Mar 9)	<b>SPRING I</b> (Mar 10-Apr 27)	<b>SPRING II</b> (Apr 28-Jun 8)
Tue 8:20p-9:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed 8:20p-9:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)