



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



TUMBLING, TRAMPOLINE, AND ACROBATICS & TUMBLING 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)

* 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.

Acrobatics & Tumbling

Love to Tumble, Stunt, and Jump!?! Join us for an introduction to USAG's newest addition, Acrobatics and Tumbling! Come try out one of the fastest growing youth and collegiate level sports! Acrobatics & Tumbling is the evolution of different disciplines of gymnastics. A& T includes the athletic aspects of competitive cheerleading, while individuals and small groups execute acrobatic lifts, tosses, and tumbling. Athletes primarily come from a variety of gymnastics and cheerleading disciplines, primarily women's artistic and Xcel programs, trampoline and tumbling, acrobatic, youth acrobatics & tumbling, all-star cheer, high school cheer and STUNT, sideline cheer, and dance.

ACROBATICS & TUMBLING 1

An introduction to Acrobatics & Tumbling. Participants will learn jumps (tuck, low-level toe touches and sides); back walkovers; and knee-level partner stunting. In addition, all these skills will be performed to counts and in short choreographed sequences. **Requirements:** Must meet the age requirement. Must have passed Back Tumbling 1 or provide a video of the participant doing a cartwheel and straight-armed bridge. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Clean and dry cheerleading shoes or sneakers. **Min Enrollment:** 4. **Max Ratio:** 12. **Credits:** Base \$10; Max 2.

	FALL I (Sep 16-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)
Ages 6-8 Tue 8:00p-9:00p (In Dance Studio 2)	\$60 (4)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)
Ages 8 & up Thu 8:05p-9:05p (Upstairs Red Floor)	\$60 (4)	\$75 (5)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)

ACROBATICS & TUMBLING 2

Participants will be working on running and standing back handsprings; jumps (pike and improving side and toe-touches); and chest-level and inversion stunting. Longer sequences of these skills will be performed to counts. **Requirements:** Ages 6 & up. Must have a back walkover without assistance or passed Acrobatics & Tumbling 1 or Back Tumbling 2. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Clean and dry cheerleading shoes or sneakers. **Min Enrollment:** 4. **Max Ratio:** 12. **Credits:** Base \$10; Max 2.

AGES 6 & UP. PASSED A&T 1, BACK TUMBLING 2, OR HAS BACK WALKOVER	FALL I (Sep 16-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 7:45p-9:00p (Upstairs Red Floor)	\$60 (4)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)	\$75 (5)

Trampolining

UMDGC is excited to start classes in the EXTREME side of gymnastics - trampolining! Trampoline is no longer just a training event; it is now one of the newest Olympic sports. Participants will improve their air-awareness, motor skills, and conditioning through perfecting proper falling and landing techniques, safe jumping techniques, and progressive learning of trampoline skills.

TRAMPOLINING 1

Students will learn and master the basic skills of trampoline. Repetition will instill a sense of success and develop the students coordination and strength. As the essential skills are mastered, series of skills will be introduced as the participants build towards the lowest level of routines in the USAG Trampoline routines. In addition, basic double mini skills will be developed on the tumbltrak, and floor work will be performed to master technique that will be done on the trampoline. Various jumps such as seat drops, tuck jumps, straddle jumps, and jump turns will be covered. **Requirements:** Meet age requirements. There are no skill requirements. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or trampoline shoes only. **Max Ratio:** 8 (ages 5-7) or 10 (ages 8+). **Credits:** Base \$10; Max 2.

	FALL I (Sep 16-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)
<u>Ages 5-7</u>						
Sun 12:00p-1:00p	\$60 (4)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)	\$75 (5)
<u>Ages 8 & up</u>						
Sun 1:05p-2:05p	\$60 (4)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)	\$75 (5)

Tumbling & Trampoline Team Program

PRETEAM (USAG LEVEL 2-5)

Athletes in this invite- or tryout-only program will begin mastering more advanced skills such as back handsprings, back and front tucks and pikes. In addition, more difficult combinations of the skills learned in the intro trampolining program will be taught. The goal of this class is to perfect technique to better prepare the trampolinist for future consideration for the trampoline team. **Requirements:** By invite or passing Trampolining 1. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet or trampoline shoes only. **Credits:** Base \$10; Max 2.

INVITE ONLY OR PASSED TRAMP 1	FALL I (Sep 16-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)
<u>Levels 2-3</u>						
Wed 5:05p-6:30p	\$60 (4)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)
<u>Levels 4-5</u>						
Sun 2:05p-3:25p	\$60 (4)	\$90 (6)	\$90 (6)	\$90 (6)	\$90 (6)	\$75 (5)

Special Tumbling Classes

ADULT TUMBLING (AGES 12+)

Adult Tumbling is designed for those that want to tumble recreationally or for activities outside of competitive gymnastics and cheer, and for adults who are looking to regain their old glory or try a new activity. Tumblers will focus on specific skills they wish to obtain with guidance and correction from instructors. Because each tumbler is working at their own pace and towards their own goal, there are more opportunities for independent training in this class. **Requirements:** Must meet the age requirement. No skill requirement. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits:** Base \$15; Max 2.

AGES 12 - 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)
Mon 8:30p-9:30p	\$100 (5)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)
Thu 8:15p-9:15p	\$120 (6)	\$100 (5)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)

FRONT TUMBLING 1

The focus of this class is learning front handsprings, front handspring stepouts, mounters, dive rolls, and front tucks. Because they are a key component of most of these skills, a portion of each class will be used to practice handstands. The most important skill in tumbling and gymnastics, handstands develop the shoulder and core strength, tightness, and body awareness that will make more

advanced skills much easier. **Requirement:** Must have passed Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated before registering. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$15; Max 2.

PASSED BACK TUMBLING 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	6:25p-7:25p	\$120 (6)	\$120 (6)	X	X	X	X
Wed	6:25p-7:25p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	X	X

FRONT TUMBLING 2-4

The focus of this class is learning front layouts, front twisting, front tuck stepouts, and combinations of front tumbling skills. Perfection of Front Tumbling 1 skills will also be done. **Requirement:** Must have passed Front Tumbling 1. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits:** Base \$15; Max 2.

PASSED FRONT TUMBLING 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)
Sun	5:45p-7:00p	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)

HARD FLOOR TUMBLING

Hard floor tumbling classes are designed for recreational and extracurricular cheerleaders looking to practice running tumbling and standing tumbling passes on the dead/hard floor. Class will take place primarily on 40' of 1-3/8" flexi-roll at UMDGC, with the trampolines and tumbltrak only used for body shaping; the spring floor will not be used. Running tumbling will be the focus of this class: roundoff back handsprings, tucks, layouts, and fulls. Standing handsprings to tucks and layouts will also be worked on. Standing tucks will not be covered in this class. **Requirements:** Must have passed Tumbling 2 or send a video to frontdesk@umdgc.com of the participant doing a standing back handspring without a spot and a running roundoff with rebound. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits:** Base \$15; Max 2.

PASSED BACK TUMBLING 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)
Sun	5:00p-6:00p	\$120 (6)	\$120 (6)	X	X	X	X

SIDE AERIALS

Side aerials are "just" cartwheels without hands. But defying gravity takes a great deal of strength, balance, and timing. Whether you are a dance, gymnast, cheerleader, or fitness guru that wants to impress with a bit of flair, this class will teach you through progressions and skills how to learn a side aerial. If time and skill levels permit, front aerials may also be covered. **Requirements:** Must have passed Back Tumbling 2 or submit video to frontdesk@umdgc.com of a standing back handspring without a spot. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits:** Base \$15; Max 2.

PASSED BACK TUMBLING 2		FALL I (Sep 16-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)
* Wed	4:00P-4:50P	\$60 (4)	\$120 (6)	\$100 (6)	\$100 (6)	\$100 (6)	\$100 (6)
Sun	3:25p-4:15p	\$60 (4)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)	\$100 (5)

STANDING TUCKS

Progressions and drills will be used to provide an intense focus on standing back tucks. Strength and flexibility related to standing tucks may also be covered during the class. Emphasis will be on the correct body position on the takeoff, increasing power from the legs, and straight and fast arm swings. Standing open tucks and standing pikes will be covered on trampoline, tumbltrak, and air surfaces to increase the chances of completing a standing tuck on the floor. **Requirement:** Must have passed Tumbling 3. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits:** Base \$15; Max 2.

PASSED BACK TUMBLING 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)
* Fri	6:30p-7:30p	\$120 (6)	\$120 (6)	\$100 (6)	\$100 (6)	\$100 (6)	\$80 (5)

WALKOVERS

Progressions and drills will be used to provide an intense focus on front and back walkovers, and variations of these such as limbers and tick-tocks. Strength and flexibility related to these skills may also be covered during the class. **Requirement:** Must have passed Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated before registering. Due to the stress back walkovers place upon a developing athlete's back and relative size of the athlete's head vs. arm length, this class is not recommended that those under the age of 6. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$15; Max 2.

PASSED BACK TUMBLING 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)
Thu	7:10p-8:10p	\$120 (6)	\$100 (5)	\$120 (6)	\$120 (6)	\$120 (6)	\$120 (6)
* Fri	6:30p-7:30p	\$120 (6)	\$120 (6)	\$100 (6)	\$100 (6)	\$100 (6)	\$80 (5)

Back Tumbling

It is in the Back Tumbling classes that the tumbler will learn cartwheels, roundoffs, back handsprings, standing and running back tucks, layouts, fulls, doubles, whips, and Arabians. These skills are taught in a progressive method that sets the tumbler up for future success through correct technique, repetition, and teaching in an order that does not inhibit future skill acquisition. To ensure a more consistent training experience, classes are split into seven levels for ages 6 & up. To progress through the levels, the tumbler must master the skills listed on the UMDGC tumbling skill sheet and pass a skills test.

Instruction: All tumbling classes will provide instruction exclusively on spring floor, foam strip, trampoline, TumbTrak, air floor, and/or AirTrak. Other events such as balance beam, bars, rings, and vault are NOT covered in tumbling classes.

New or Returning Tumbler Evaluations: New participants or tumblers that have done classes or privates away from UMDGC are highly encouraged to be evaluated. Schedule an evaluation *prior* to registering - 610-731-0022 or frontdesk@umdgc.com.

Reps for Teams: UMDGC is aware that many local teams require athletes to do reps outside of their normal team practices. Athletes will *not* be allocated time to do reps within UMDGC's class setting. If the class organically is doing something that will count towards their reps, participants are welcome to film during the class. Remember, participants of all of UMDGC's teams and those enrolled in the highest class levels always receive free open workouts, where reps may be done without restriction.

PRESCHOOL TUMBLING (Ages 3-5)

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. In addition, tumblers will also spend 15 minutes on trampoline or tumbtrak, and 5-10 minutes on drills to learn back handsprings. **Requirements:** Ages 3-5. **Total Skills:** 14 = 42 stars. **To Pass:** 40 stars total. **Special Registration Note:** Gymnasts that are 5 years of age *and* who have passed their Preschool Tumbling test may request to enroll in the Tumbling 1 class. Once approved by the office staff, you will have 24 hours to make payment. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **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)
* Mon	4:00p-4:55p	\$156 (5)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Mon	5:05p-6:00p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
**Tue	11:30a-12:25p	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
* Tue	4:00p-4:55p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Tue	6:25p-7:20p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	X	\$186 (6)
* Wed	4:00p-4:55p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Wed	6:25p-7:20p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Thu	5:05p-6:00p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Sat	10:00a-10:55a	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
* Sun	12:00p-12:55p	X	X	X	\$156 (6)	\$156 (6)	\$126 (5)

BACK TUMBLING 1

Participants will master the essential skills of tumbling: handstands, bridges, cartwheels, and roundoffs. Tumblers spend 20-30 minutes working on these skills, 15-20 minutes on trampoline or tumbtrak, and 10-20 minutes on drills to learn back handsprings. **Requirements:** Ages 6 & up. Five-year old tumblers that have passed the preschool tumbling test may request to enroll in Tumbling 1. Once approved by the office staff, you will have 24 hours to make the payment to reserve your space. **Total Skills:** 19 = 57 stars. **To Pass:** 51 stars, including BHS over boulder (3 stars) and standing roundoff on floor (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

AGES 6 & 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)
* Mon	4:00p-5:00p	\$156 (5)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Mon	6:05p-7:05p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
**Tue	12:30p-1:30p	\$126 (6)	\$126 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
* Tue	4:00p-5:00p	\$186 (6)	\$186 (6)	X	X	\$156 (6)	\$156 (6)
Tue	6:25p-7:25p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
* Wed	4:00p-5:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed	6:25p-7:20p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
* Thu	4:00p-5:00p	\$186 (6)	\$156 (5)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)
Thu	6:05p-7:05p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
* Fri	4:00p-5:00p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Sat	11:00a-12:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
* Sun	12:00p-1:00p	X	X	X	\$156 (6)	\$156 (6)	\$126 (5)
* Sun	2:10p-3:10p	X	X	X	\$156 (6)	\$156 (6)	\$126 (5)
Sun	5:00p-6:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)

BACK TUMBLING 2

Students will be working on standing back handsprings on trampoline, tumbltrak, and floor; and perfecting running roundoffs and power hurdle. The goal of this class is roundoff to slight pause back handspring on the floor. **Requirement:** Must have passed Tumbling 1. New tumblers with standing roundoff, cartwheels, bridges with straight arms, and handstands are encouraged to be evaluated before registering. **Total Skills:** 15 = 45 stars. **To Pass:** 39 stars, including 3 stars for running roundoff with rebound on floor and standing back handspring on floor (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean, dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$20; Max 2.

PASSED BACK TUMBLING 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	7:10p-8:30p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
**Mon	8:30p-9:30p	\$96 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)	\$96 (5)
Tue	5:05p-6:25p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Tue	7:30p-8:50p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	X
Wed	5:05p-6:25p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed	7:30p-8:50p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Thu	7:10p-8:30p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
**Thu	8:30p-9:30p	\$126 (6)	\$96 (5)	\$96 (6)	\$96 (6)	\$96 (6)	\$96 (6)
* Fri	5:05p-6:25p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
* Sat	12:05p-1:15p	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
**Sun	1:05p-2:05p	X	X	X	\$126 (6)	\$126 (6)	\$96 (5)
**Sun	2:10p-3:10p	X	X	X	\$126 (6)	\$126 (6)	\$96 (5)
Sun	3:15p-4:15p	X	\$126 (6)	\$126 (6)	X	X	X
Sun	6:05p-7:25p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)

BACK TUMBLING 3

This class will focus on roundoff multiple back handsprings and standing BHS + BHS. **Requirement:** Must have passed Tumbling 2. New tumblers with a standing back handspring and running roundoff are encouraged to be evaluated before registering for Tumbling 3. **Total Skills:** 16 = 48 stars. **To Pass:** 45 stars, incl. RO + BHS + BHS on floor (3 stars) and standing BHS + BHS on floor (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 6. **Credits:** Base \$25; Max 2.

PASSED BACK TUMBLING 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)
Mon	7:10p-8:30p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Tue	5:05p-6:25p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed	5:05p-6:25p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed	7:30p-8:50p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
**Thu	4:00p-5:00p	\$156 (6)	\$126 (5)	\$126 (6)	\$126 (6)	\$126 (6)	\$126 (6)
Thu	7:30p-9:30p &	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
* Fri	5:05p-6:25p	\$186 (6)	\$186 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
* Sat	1:20p-2:30p	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
**Sun	1:05p-2:05p	X	X	X	\$126 (6)	\$126 (6)	\$96 (5)
Sun	6:05p-8:05p &	\$186 (6)	\$186 (6)	X	X	X	X

& Combined with Back Tumbling 4

BACK TUMBLING 4

Tumbling 4 class will focus on perfecting running tucks, standing tucks on floor, and introducing pikes on floor as a progression to layouts. **Requirement:** Must have passed Tumbling 3. New tumblers that have the required skills of Tumbling 3 are encouraged to schedule an evaluation before registering for Tumbling 4. **Total Skills:** 13 = 39 stars. **To Pass:** 33 stars, including running open pike (3 stars) and standing tuck (3 stars). **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 7. **Credits:** Base \$25; Max 2.

PASSED BACK TUMBLING 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	5:05p-7:05p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Tue	7:30p-9:30p	\$186 (6)	\$186 (6)	X	X	\$186 (6)	X
Wed	7:30p-9:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Thu	5:05p-7:05p	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Thu	7:30p-9:30p &	\$186 (6)	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
* Sat	1:20p-2:30p	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$156 (6)	\$126 (5)
Sun	6:05p-8:05p &	\$186 (6)	\$186 (6)	X	X	\$186 (6)	\$156 (5)

& Combined with Back Tumbling 3

BACK TUMBLING 5, 6, & 7

Attire & Shoes: Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes. **Max Ratio:** 8. **Credits:** Base \$25; Max 2.

BACK TUMBLING 5

Tumblers will work on halves, fulls, whips, and increasing height on standing tucks. **Requirement:** Must have passed Tumbling 4. Tumblers that have standing tuck and running open pike are encouraged to schedule an evaluation before registering. **Total Skills:** 15 = 45 stars. **To Pass:** 39 stars, including 3 stars for running full and running whip through open pike.

BACK TUMBLING 6 & 7

Master & Jedi tumblers will focus on multiple twists; specialty passes utilizing front tumbling, whips, and Arabians; standing tumbling passes; and standing fulls. Multiple flips and twists of greater than a double will be expected from tumblers that the coaching staff feel can work them. Correct technique, basics, correct form, and drills to increase power will be focused upon. **Requirement:** Must have passed Tumbling 5. New tumblers with whip to open pike and a full are encouraged to schedule an evaluation prior to registering for Master Tumbling Class. **Registration Benefits:** All Tumbling 6-7 participants receive free open workout passes. Each athlete that makes payment before the first day of the 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 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 open workout and click to enroll. Those not enrolled using the pass will pay normal fees to enter.

PASSED BACK TUMBLING 4		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	5:05p-7:05p	\$156 (5)	\$186 (6)	X	X	X	X
Mon	7:30p-9:30p	\$156 (5)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Tue	7:30p-9:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Wed	7:30p-9:30p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)
Thu	5:05p-7:05p	\$186 (6)	\$156 (5)	x	X	X	X
Sat	12:00p-2:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)
Sun	7:00p-9:00p	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$186 (6)	\$156 (5)

Group Tumbling Classes

Local school and recreational cheer programs are invited to contact Dave Evasew (devasew@umdgc.com) to check availability of discounted group rates. Those that are learning back handsprings and roundoff back handsprings will practice mostly on the spring floor, trampolines, and tumbltrak to provide a more forgiving surface. For tumblers working on more advanced tumbling skills, tumbltrak and spring floor will be used to learn these new skills prior to be taken to the hard/dead floor to master these skills. **Levels & Groups:** If the cheerleading staff does not provide the UMDGC tumbling staff with preferred groupings, UMDGC will evaluate the cheerleader's actual skill level at the first class using known UMDGC Tumbling levels or a quick evaluation of essential skills. If you prefer a more in-depth evaluation, schedule an evaluation prior to the start of the classes. Requests to be grouped with friends cannot be guaranteed. **Credits for Missed Classes:** Because the fee is discounted heavily already, there are no credits for missed classes. **Attire & Shoes:** Leotard, t-shirt, sports bra, athletic shorts, or sweatpants with elastic waistband or drawstring. Bare feet, or clean and dry cheerleading shoes.

PW SPARTANS		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	12:00p-1:00p	\$96 (6)	\$96 (6)	\$96 (6)	X	X	X
Sun	1:05p-2:05p	\$96 (6)	\$96 (6)	\$96 (6)	X	X	X
Sun	2:10p-3:10p	\$96 (6)	\$96 (6)	\$96 (6)	X	X	X
Sun	3:15p-4:15p	\$96 (6)	X	X	\$96 (6)	\$96 (6)	\$80 (5)