



# Summer Camps 2025

www.umdgc.com

frontdesk@umdgc.com

610-731-0022

530 Hertzog Blvd., King of Prussia, PA 19406



## GENERAL INFO

### DAILY SCHEDULE

- 8:15a-9:30a - FREE Extended Drop-off
- 9:30a-4:00p - Scheduled Camp Activities
- 4:00p-5:30p - FREE Extended Pick-up

### WEEKLY SCHEDULE

- Jun 16 to Jun 20:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Jun 23 to Jun 27:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Jun 30 to Jul 3 (Closed Jul 4):** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Jul 7 to Jul 11:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Jul 14 to Jul 18:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Jul 21 to Jul 25:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Jul 28 to Aug 1:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Aug 4 to Aug 8:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling
- Aug 11 to Aug 15:** Intro Gymnastics, Girls Preteam, Beginner Tumbling, Upper-Level Tumbling

### WEEKLY RATE

#### NUMBER OF CAMPERS

	1	2 (10% off)	3 (25% off)	4+ (40% off)
After Feb 17, 2025	\$380	\$342	\$285	\$228
Jan 3 to Feb 17 (5% off)	\$361	\$324.90	\$270.75	\$216.60
Dec 3 to Jan 2 (10% off)	\$342	\$307.80	\$256.50	\$205.20
By Dec 2, 2024 (15% off)	\$323	\$290.70	\$242.25	\$193.80

### 30% DEPOSIT OPTION

You are welcome to pay a 30% deposit to reserve your fully-refundable space in class. Deposits are not eligible for early registration discounts. Send an email frontdesk@umdgc.com with the campers name and weeks you are interested in attending. We will place a charge on your iClassPro account for the deposit and payment for the balance will be automatically charged two Thursdays before each camp week.

### DISCOUNTS

- Family Discount:** Multiple campers must be enrolled on the same days; does not need to be the same camp type.
- Military Discount:** 10% off when you provide proof of past or present military service *prior* to registering.
- SNAP Discount:** 10% off if you have a screenshot of your annual SNAP eligibility on file with UMDGC *prior* to registering.
- July 4th:** The week of Jun 30 to Jul 3 is prorated \$65.

## DANCE

DANCE CAMPS WILL BE RELEASED AT A LATER DATE.

If you would like to take advantage of the early registration discounts, we recommend signing up for a beginner tumbling or intro gymnastics camp and switching to the camps you would like.

Dance camps include dance instruction in the studios, as well as crafts and afternoon activities. Special performances by the campers will be broadcast in the UMDGC Dance Camp Band each Friday. **Ratio:** 12. Minimum of 4 campers required per week. At the discretion of the UMDGC staff, campers may be split into two age groups. **Attire:** Leotard and tights, shorts or leggings with a t-shirt. No Jeans of any kind. Bare feet, ballet or jazz shoes. Music for all camps is clean and age appropriate.

## GYMNASTICS

UMDGC offers camps for first-time gymnasts all the way up to those preparing to compete in the USAG Girls Developmental program. Camp staff will seek to balance fun and discipline for a learning experience that can be the foundation of nearly any athletic pursuit and hopefully a life-long passion. The skills will be taught in a progressive manner utilizing drills, verbal cues, and spotting in order to guarantee the gymnast's safety.

### Intro Gymnastics (Intro Levels 1-3)

Ideal for first-time gymnasts and those preparing for team. Campers will receive instruction on all of the gymnastics equipment, including trampoline and tumbltrak. Campers are divided into groups based upon gender, level, and/or age. **Prerequisites:** Coed ages 5 & up. **Attire:** Non-restrictive, athletic clothes. Bare feet. **Ratio:** 6-8.

### Girls Preteam (Preteam Levels 1-2)

Campers will be exposed to strength, flexibility, and other conditioning in addition to working on the skills required to compete USAG Developmental Level 3 and Xcel Gold. Camp will take place on the downstairs beam and bars, and upstairs for all other events. **Prerequisites:** Girls that have passed Intro Level 3. **Attire:** Leotards are required. Spandex shorts are permitted. Bare feet. **Ratio:** 8-9.

## TUMBLING

Perfect for those looking to learn or perfect tumbling skills. Progressive instruction will be provided on the spring floor, airfloor, tumbltrak, and trampolines. Campers are divided into groups based upon level and/or age when possible. **Attire:** Non-restrictive, athletic clothing. Bare feet; or clean, dry cheerleading shoes.

### Beginner Tumbling

Back Tumbling Level 1 & 2 tumblers will focus on back handsprings, rolls, cartwheels, roundoffs, and back walkovers. Goal of this camp is to master Back Handsprings and other essential skills of tumbling. **Prerequisite:** Coed ages 6 & up. **Ratio:** 6-8.

### Upper-Level Tumbling

Back Tumbling Levels 3-7 tumblers will work on tucks, layouts, twisting, whips, Arabians, and front tumbling. For standing, back handspring series, tucks, and fulls will be covered when appropriate. **Prerequisite:** Passed Back Tumbling Level 2. If you are new to UMDGC Tumbling, please call to be evaluated; must have a standing back handspring on floor without a spot. **Ratio:** 8-10.

## MORE CAMP INFO

The full list of UMDGC camp policies can be found on the UMDGC Policies packet online at www.umdgc.com or at UMDGC's front desk. UMDGC Request Form from the top left of www.umdgc.com. Please take time to review the entire UMDGC Policies packet; following are just highlights.

### Missed Camps, Changes, & Withdrawing

- Missed Days of Camp:** No UMDGC credits, refunds, or make-ups for missed days.
- UMDGC Request Form:** A UMDGC request form must be completed and confirm for all withdraws and changes. The form can be found on the top left of www.umdgc.com. No changes or withdrawals will be processed until the form is received by UMDGC. Time of the request is determined by the time UMDGC receives the confirmed request form.
- Withdrawing:** 100% refund or UMDGC Credit if received by 6:00p on the first day of each week of camp. If received after 6:00p on the first day of each week of camp, a \$50 UMDGC Credit will be issued for each remaining full day of camp at the time the request is received.

- **Switching Camps Dates or Switching Camp Types:** May be made anytime if the participant meets the requirements for the new program, the new program is not filled, and doing so will not disrupt the operations of the new program. If the switch can be made, it will take place at the next day of camp.
- **Exceptions:** Exceptions to the above will only be considered if a doctor's note is supplied at the time of the request.

### Attendance & Food

- **FREE Extended Supervision:** UMDGC staff will supervise campers while they play card and board games, watch a G- or age-appropriate PG-rated movie, watch child-appropriate TV programming, relax, or bring their own activity.
- **Sign-In:** All campers must promptly check-in at the designated sign-in location each day; parents do not have to come in if your account is current, Waiver & Release has been completed, and contact and special needs information is current.
- **Sign-Out:** An adult must sign-out the camper. \$5 per carload will be charged for each 5-minute period. If the fee is not paid at the time of pick-up, a \$10 fee per five minutes late will be charged to your account and you will be unable to register for additional programs until the fee is paid.
- **Snack & Lunch:** UMDGC will provide campers two 30-minute breaks for lunches and snacks. UMDGC does not supply food, drinks, utensils, refrigerators, or microwaves. UMDGC staff will only enforce eating plans or eating expectations that are supplied by a health care professional. Please no glass containers.

### Afternoon Activities

To keep the day interesting and fun, UMDGC provides non-team campers the opportunity to experience activities in addition to those listed in their main camp type. The activities change, so not every camper will do every activity each day or week. Activities may include:

- |               |             |                  |
|---------------|-------------|------------------|
| Movie Time    | STEM        | Slime Making     |
| Circus Arts   | Dance       | Moonbounces      |
| Arts & Crafts | Trampolines | Parkour          |
| Martial Arts  | Bingo       | Water Activities |

### Special Requests & Group Assignments

Groups within each camp type are split by level, gender, and/or age. The camp staff will attempt to accommodate requests to be grouped with a friend or family member if the request is received at camps@umdgc.com a minimum of 72 hours prior to the first day of camp. If it is possible to accommodate a request, the higher-level participant will be moved down to the lower-level group.

### Forgotten Items

UMDGC is not responsible for lost, stolen, misplaced, damaged, broken, or discarded items. Dance/cheerleading shoes, grips, bags, electronics, book bags, jewelry, and any item with initials or

a name on it will be donated to charity or discarded seven days after being found. All other items will be discarded or donated to charity within 12 hours. If you find that you left something accidentally, immediately email frontdesk@umdgc.com or leave a voicemail at 610-731-0022 so that the staff can set it aside for you for up to one week.

### Camper Rules and Expectations

- Campers must follow the directions of UMDGC staff.
- Campers must remain with their group at all times when in the gym and studios.
- Notify a staff member immediately of all injuries or problems.
- Gum, food, and drinks other than water are prohibited in the studios and gym.
- Campers are expected to participate in all activities or must sit in the lobby for the remainder of the rotation.
- Campers are expected to behave in an appropriate manner and show respect to others.
- Campers may not touch other campers without coach/instructor permission.
- UMDGC is not responsible for damaged, stolen, lost, or misplaced property and money. Bring at your own risk and keep in your bag or check it in at the front desk.
- Proper attire is essential for the safety of the camper and staff. Anyone not dressed correctly will not be permitted to participate.
- All "official" calls will be made from the UMDGC phones, unless UMDGC has lost utilities.

### Items to Bring to Camp

- Bagged Lunch
- Snacks
- Water Bottle
- Bag to put everything in
- Activities to do during Extended Supervision
- Grips, proper shoes, braces, tape, and other personal equipment needed to do your activity.
- Sunscreen and water shoes on days with outdoor activities.

### Communication During Camp Hours

Text or call camp phone: 610-506-4451  
 Email: camps@umdgc.com  
 Message in the UMDGC Camp BAND



INTRO GYMNASTICS									PRETEAM	DANCE		BEGINNER TUMBLING			UPPER TUMBLING	
Red	Orange	Yellow	Green	Blue	Teal	Purple	Fuschia	Pink	Group A	Group B	Brown	White	Gray	Silver	Black	
Floor 9:30-10:00	Tramp 9:30-10:00	Beam 9:30-10:00	TumbITrak 9:30-10:00	Floor 9:30-10:00	Bars 9:30-10:00	P-Bars, Jumps 9:30-10:00	Pommel, Rings 9:30-10:00	Warm-Up on Gray Floor 9:30-10:00	Dance Activity 11:00-11:30	Dance Activity 11:00-11:30	Rolls, HS 9:30-10:00	Rolls, HS 9:30-10:00	Rolls, HS 9:30-10:00	Warm-up TR/TT 9:30-10:00	Warm-up TR/TT 9:30-10:00	
Pommel, Rings 10:00-10:30	Floor 10:00-10:30	Tramp 10:00-10:30	Beam 10:00-10:30	TumbITrak 10:00-10:30	Floor 10:00-10:30	Bars 10:00-10:30	P-Bars, Jumps 10:00-10:30	Bars Downstairs 10:00-10:30			TumbITrak 10:00-10:30	Tramp 10:00-10:30	Cartwheels & Roundoffs 10:00-10:30	Standing BHS Series 10:00-10:30	Standing Tucks 10:00-10:30	Standing BHS Series 10:00-10:30
P-Bars, Jumps 10:30-11:00	Pommel, Rings 10:30-11:00	Floor 10:30-11:00	Tramp 10:30-11:00	Beam 10:30-11:00	TumbITrak 10:30-11:00	Floor 10:30-11:00	Bars 10:30-11:00	Gray Floor 10:30-11:00			Tramp 10:30-11:00	BHS 10:30-11:30	TumbITrak 10:30-11:00	Standing Tucks 10:30-11:00	Standing BHS Series 10:30-11:00	Standing BHS Series 10:30-11:00
Lunch 10:50-11:30	Lunch 10:50-11:30	Lunch 10:50-11:30	Lunch 10:50-11:30	Lunch 10:50-11:30	Lunch 10:50-11:30	Lunch 10:50-11:30	Lunch 10:50-11:30	Lunch 10:50-11:30	Beam Downstairs 11:00-11:30	Tramp Downstairs 11:30-11:50	Lunch 11:30-12:10	Lunch 11:30-12:10	Lunch 11:30-12:10	Special Guest or Activity 11:00-11:50	Special Guest or Activity 11:00-11:50	Special Guest or Activity 11:00-11:50
Bars 11:30-12:00	P-Bars, Jumps 11:30-12:00	Pommel, Rings 11:30-12:00	Floor 11:30-12:00	Tramp 11:30-12:00	Beam 11:30-12:00	TumbITrak 11:30-12:00	Floor 11:30-12:00	Lunch 11:30-12:00	Dance Activity 12:10-1:00	Dance Activity 12:10-1:00	Lunch 11:50-12:30	Lunch 11:50-12:30	Lunch 11:50-12:30	Lunch 11:50-12:30	Lunch 11:50-12:30	
Floor 12:00-12:30	Bars 12:00-12:30	P-Bars, Jumps 12:00-12:30	Pommel, Rings 12:00-12:30	Floor 12:00-12:30	Tramp 12:00-12:30	Beam 12:00-12:30	TumbITrak 12:00-12:30	Vault on Rod 12:30-1:00			Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50
TumbITrak 12:30-1:00	Floor 12:30-1:00	Bars 12:30-1:00	P-Bars, Jumps 12:30-1:00	Pommel, Rings 12:30-1:00	Tramp 12:30-1:00	Beam 12:30-1:00	TumbITrak 12:30-1:00	Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50	Special Guest or Activity 12:10-12:50	Special Guest or Activity 12:10-12:50	Lunch 11:50-12:30	Blue Floor 12:30-1:00	Blue Floor 12:30-1:00	
Beam 1:00-1:30	TumbITrak 1:00-1:30	Floor 1:00-1:30	Bars 1:00-1:30	P-Bars, Jumps 1:00-1:30	Pommel, Rings 1:00-1:30	Floor 1:00-1:30	Tramp 1:00-1:30	Special Guest or Activity 1:00-1:50			Special Guest or Activity 1:00-1:50	Special Guest or Activity 1:00-1:50	Walkovers & Bridges 12:50-1:30	BHS 12:50-2:00	Lunch 11:50-12:30	Tramp 1:00-1:30
Snack 1:30-2:00	Snack 1:30-2:00	Snack 1:30-2:00	Snack 1:30-2:00	Snack 1:30-2:00	Snack 1:30-2:00	Snack 1:30-2:00	Snack 1:30-2:00	Snack 1:30-2:00	Strength/Flex on Purple OR Studio 1:50-2:30	Tramp or TumbITrak 1:50-2:30	Tramp or TumbITrak 1:50-2:30	Tramp or TumbITrak 1:50-2:30	Snack 2:00-2:30	Snack 2:00-2:30	Snack 2:00-2:30	
Special Guest or Activity 2:00-2:40	Special Guest or Activity 2:00-2:40	Outside 2:00-2:30	Outside 2:00-2:30	Outside 2:00-2:30	Outside 2:00-2:30	Special Guest or Activity 2:00-2:40	Special Guest or Activity 2:00-2:40	Special Guest or Activity 2:00-2:40					Snack 2:30-3:00	Outside 2:30-3:00	Outside 2:30-3:00	Cartwheels & Roundoffs 2:30-3:00
Movie/Game Studio 2:40-3:00	Movie/Game Studio 2:40-3:00	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	TumbITrak Downstairs 3:00-3:30	Snack 3:00-3:30	Snack 3:00-3:30	Outside OR Movie/Game Studio 3:00-3:30	Outside OR Movie/Game Studio 3:00-3:30	Outside OR Movie/Game Studio 3:00-3:30	Snack 3:00-3:30	Snack 3:00-3:30
Outside 3:00-3:30	Outside 3:00-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30	Special Guest or Activity 2:50-3:30				Outside OR Movie/Game Studio 3:00-3:30	Outside OR Movie/Game Studio 3:00-3:30	Outside OR Movie/Game Studio 3:00-3:30	Outside OR Movie/Game Studio 3:00-3:30	Outside OR Movie/Game Studio 3:00-3:30