



# Upper Merion Dance & Gymnastics Center, LLC.

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## DANCE NON-RECITAL 2024-25

All classes are co-ed unless noted otherwise. Non-Recital classes offer dancers to try out a dance style with a shorter commitment. Recital eligible classes are offered in the Sept. and January. Note: Some class levels are combined due to lower number of dancers and levels close in abilities. E-mail [dance@umdgc.com](mailto:dance@umdgc.com) for specific dance related questions and dance shoe purchase information.

### NON-RECITAL CLASSES

#### SPRING I

**Mon, Feb 24, to Sun, Apr 13**

10% off thru Nov 26

5% off thru Feb 2

50% Add-A-Class starts by Mar 2  
Refund Deadline: Midnight on Mar 9  
Closures: None

#### SPRING II

**Mon, Apr 21, to Sun, Jun 1**

10% off thru Nov 26

5% off thru Mar 16

50% Add-A-Class starts by Apr 27  
Refund Deadline: Midnight on May 4  
Closures: Memorial Day Break  
(Fri, May 23, to Mon, May 26)

### Combo & Specialty

UMDGC's Combo classes are designed as a fun introduction to multiple styles. These classes are meant to allow the students to try each style without a long-term commitment and see if they are a good fit to pursue in the future.

#### BALLET/TAP/JAZZ

A fun introduction to learn the basics of Ballet, Tap and Jazz dance focusing on the foundational positions, rhythm, and motor skills. **Requirement:** Ages 3-5. **Attire & Footwear:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Hair must be tied back so it is out of the participant's eyes. Dancers may purchase either Ballet or Jazz shoes – not required to have both. Any color tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

Ages 3-5	Instructor/Studio	Spring I Feb 24-Apr 13	Spring II Apr 21-Jun 1
Wed; 6:00-6:50p	Mijka/2	\$135	\$162
Sun; 1:10-2:00p	Ryleigh/1	\$135	\$135

### Creative Movement

#### CREATIVE MOVEMENT

Recommended for new dancers. An introduction to the basics of ballet that aims to teach gross motor skills such as balance, marching, galloping, jumping and skipping in a fun and creative atmosphere. **Requirements:** Ages 3-4, potty trained. **Female Attire & Shoes:** Leotard and tights, or non-restrictive athletic clothing. Any color ballet shoes or bare feet. If footed tights are worn, ballet shoes must also be worn to prevent slipping in the studio. **Male Attire:** Non-restrictive, athletic clothing, any color ballet shoes or bare feet. **Max Ratio:** 10. **Credits:** Base \$15; Max 2.

Ages 3-4	Instructor/Studio	Spring I Feb 24-Apr 13	Spring II Apr 21-Jun 1
Sat; 9:30-10:20a	Michelle/1	\$135	\$135

### Ballet

The basis for Contemporary and Modern dance forms, Ballet is great for toning and strengthening all muscle groups, developing balance, poise, and grace, as well as gaining body awareness and learning discipline. The various age group classes are progressive in nature and serve to prepare dancers for each level appropriately. Ballet is a dance form that incorporates fitness, fun and creativity. Classes will include Barre, center and across the floor to teach steps, skills, and combinations.

#### BALLET 1

An introductory class that will include a short stretch, warm up and review basic gross motor skills as well as teach basic ballet terminology and skills. **Requirements:** Ages 5-7. **Female Attire & Footwear:** Black Leotard and pink tights, pink canvas or leather ballet shoes required. Ballet skirts permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12 with an assistant instructor. **Credits:** Base \$15; Max 2.

<b>Ages 5-7</b>	<b>Instructor/Studio</b>	<b>Spring I</b> Feb 24-Apr 13	<b>Spring II</b> Apr 21-Jun 1
Mon; 5:15-6:05p	Anna/1	\$162	\$135

## Contemporary

Combines both modern and lyrical styles of dance. Dancers will learn to create an emotional and physical connections to music by using specific movement for personal expression and interpretation.

### CONTEMPORARY 1

Learn the basics of Contemporary dance, focusing on alignment, turnout, and strength/flexibility, dancing to various music genres. **Requirements:** Ages 8+. **Female Attire & Footwear:** Leotard and tights OR solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks or Foot Undeez. **Max Ratio:** 12. **Credits: Base** \$15; Max 2

<b>Contemporary 1</b> <b>Ages 8+</b>	<b>Instructor/Studio</b>	<b>Spring I</b> Feb 24-Apr 13	<b>Spring II</b> Apr 21-June1
Thu; 6:15-7:15p	Anna/2	\$135	\$162

## Dance Fusion

A fun and exciting class to try out a variety of dance! A new style of dance will be taught each class so participants can try out something new each week.

### TEEN/ADULT DANCE FUSION\*

*\*Pay Per Class option available.*

A fun and exciting dance class to try out a variety of styles. A new style of dance will be taught every week. Open to all levels. After a short warm up, dance combinations/techniques will be taught and put into a combination to music. Styles in Ballet, Contemporary/Modern, Jazz, Hip Hop, Jazz Funk and Tap. Depending on instructor availability some styles may repeat. Other styles such as Bollywood, Bellydancing, Irish Step may also be included. **Requirements:** Ages 13 & up. **Attire & Footwear:** Comfortable non-restrictive clothing, clean and dry sneakers, bare feet or dance shoes. **Max Ratio:** 12. **Credits: Base** \$15; Max 2.

<b>Ages 13+</b>	<b>Instructor/Studio</b>	<b>Spring I</b> Feb 24-Apr 13	<b>Spring II</b> Apr 21-Jun 1
Sun; 5:15-6:15p	Varies Weekly/1	\$135	\$135

## Hip Hop

Fast-paced style of dance based on a variety of street dance styles set to hip hop and pop music.

### HIP HOP 1

Basic hip hop motions and movements, isolations, jumps and floorwork. Incorporates learning to follow rhythm with music. **Requirements:** Ages 5-7. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12. **Credits: Base** \$15; Max 2.

<b>Ages 5-7</b>	<b>Instructor/Studio</b>	<b>Spring I</b> Feb 24-Apr 13	<b>Spring II</b> Apr 21-Jun 1
Sat; 11:40a-12:30p	Grace/2	\$135	\$135

## Tap

Tap is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Class focuses on timing and rhythm. Classes include both center and across-the-floor combinations to music and a cappella. Classes will incorporate some jazz and other dance styles.

### TEEN/ADULT TAP\*

*\*Pay Per Class option available.*

An introduction to stamps, stomps, shuffles, flaps and more. Emphasis on counting steps, keeping a beat, and learning to follow a rhythm. Dancers will review weight change and be introduced to syncopation. Classes accommodate those with some tap experience and those with little or no tap experience. **Requirements:** Ages 17+ **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits: Base** \$15; Max 2.

<b>Ages 17+</b>	<b>Instructor/Studio</b>	<b>Spring II</b> Apr 21-Jun 1
Tue; 8:05-9:05p	Michelle/1	\$75

# Turns & Leaps

This class is required for: Jazz 4 & 5, Contemporary 3 & 4.

Focuses on strengthening dancers' turns, leaps, and other tricks. Conditioning exercises will target the muscle groups needed to execute high-level tricks while technical combinations will integrate these skills into choreography.

## URNS & LEAPS 1

Focus on the basics of Turns & Leaps, building strength and flexibility. Skills may include but are not limited to: Calypso leaps, foute turns, a la seconde turns, and switch leaps. Open to dancers, gymnasts and tumblers. **Requirement:** Ages 8 & up. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or form fitting T-shirt, dance shoes or bare feet. No oversized clothing permitted. **Male Attire & Footwear:** Black athletic pants, shorts or leggings, tank top or T-shirt, dance shoes or bare feet. **Max Ratio:** 16. **Credits:** None. **Special Registration Note:** No discounts of any type apply. Class can be prorated for later start.

Ages 8+	Instructor/Studio	Spring In Full Only Jan-Jun
Thu; 5:10-6:00p	Anna/2	\$270

## URNS & LEAPS 2

Skills may include but are not limited to: Calypso leaps, fouetté turns, a la seconde turns, and switch leaps. Open to dancers, gymnasts and tumblers. **Requirement:** Passed Turns & Leaps 1 or by evaluation. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or form fitting T-shirt, dance shoes or bare feet. No oversized clothing permitted. **Male Attire & Footwear:** Black athletic pants, shorts or leggings, tank top or T-shirt, dance shoes or bare feet. **Max Ratio:** 16. **Credits:** None. **Special Registration Note:** No discounts of any type apply. Class can be prorated for later start.

Turns & Leaps 2	Instructor/Studio	Spring In Full Only Jan-Jun
Mon; 6:10-7:00p	Anna/1	\$255