

UMDGC NEWS

IMPORTANT DATES

UMDGC Closed

Oct 31
Nov 24-Nov 29
Dec 23-Jan 1
Mar 29-Apr 4
May 28-May 31

Dance Sessions

Fall: Sep 8-Dec 20
Spring: starts Jan 4
Summer: starts Jun 14

Gym Sessions

Fall: Sep 8-Nov 8
Holiday: Nov 9-Jan 24
Winter: Jan 25-Mar 28
Spring: Apr 5-Jun 5
Summer: starts Jun 14

FIVE STAR EXTREME ALL-STAR CHEERLEADING

Five Star Extreme All-Star Cheerleading is the newest competitive all-star cheerleading program in the King of Prussia and suburban Philadelphia areas! We are now 2 years old and growing by the minute. The 2008-2009 season produced a team of National Champion senior-level athletes, as well as many top 3 finishes from all three teams: Mini (ages 5-8), Senior (18 and under), and Open (17 and older). The 2009-2010 season promises to bring on a Tiny team (5 and under), Youth team (11 and under), and/or a Junior team (14 and under)!

Five Star Extreme All-Stars strives to not only build skills, but also values that the athletes will use for the rest of their lives. We have a family structure at the base of our organization. The Five Star Extreme staff is dedicated to growing all of our athletes both mentally and physically, as they prepare them for the art of competition. All of our coaches are certified by the United States All-Star Federation and the American Association of Cheerleading Coaches and Administrators. Our coaches are chosen from within the organization and trained extensively. They share a passion for cheerleading that is unparalleled by any organization in the area. We have grown our staff this year from 3 coaches to 9 coaches for all of our teams!

In addition to stellar athletes and coaches – we have stellar prices. We are the lowest cost all-star program in the area. We believe in training athletes and having fun and we are confident that we can do that without breaking your bank!

We hope you'll join our growing family for the 2009-2010 season, right here at UMDGC! Please check us out on the web at www.FiveStarExtreme.com or e-mail us at FiveStarExtreme@yahoo.com.

WAYS TO SAVE

- **Save 50%:** Save 50% when you add-a-class after the first week of classes in Fall Gymnastics, Holiday Gymnastics, and Fall Dance. For each class the participant is registered for, they can register for another class of the same type (i.e. dance or gymnastics, no mix-and-matching) for 50%!
- **Earn \$10:** When you refer someone to any UMDGC program, make sure they list you on their registration form. We'll issue you a UMDGC credit for \$10!
- **Save 10%-15%:** Any household registering for more than 1 class at the same time can earn this discount. Besides having multiple family members register, a family can earn the discount by having the same person register for multiple classes. They can be for the same session, or even different sessions (i.e. Fall and Holiday); just as long as they're done at the same time.
- **Save 5%:** Register by August 14 and save 5% on Fall classes; Holiday gym and tumbling classes receive 5% discounts until October 3. **This is in addition to all other discounts!**
- **Save 10%:** Email Early Registration! Emails were sent on July 7 with a special 10% early registration discount valid until July 24 for all Fall and Holiday classes. If you did not receive the email, make sure to update your address with UMDGC to receive future notifications.

FUNDRAISING

In an effort to reduce the coaches fees for level 8+ team gymnasts who compete at regional and national postseason competitions, UMDGC has started a number of fundraising opportunities that everyone can participate in all year long.

- **Phone Raiser:** Old cell phones are being collected and will be returned to Phone Raiser where they are reused, refurbished, or disposed of properly in order to save the environment. In order to participate, just drop any unused cell phone in the box located at the front door. (phoneraiser.com)
- **Mary Kay:** Mary Kay representative, and UMDGC coach, Michaela Woodbridge will donate 15% of all proceeds if the purchaser puts "UMDGC" into the comment box during check-out. (www.marykay.com/mwoodbridge)
- **Empties-4-Cash:** Drop unused or empty inkjet printer cartridges in the box at the front door. These cartridges are sent to Empties-4-Cash, where they are recycled and refurbished, and sold by Inksmile.com at discounted rates directly to businesses throughout the nation. (empties4cash.com, inksmile.com)
- **Creative Memories Scrapbooking:** Purchase all of your scrapbooking supplies through www.mycmsite.com/umdcg. Creative Memories will donate up to 20% of the total sales to UMDGC.
- **Alpha Factor:** Purchase gymnastics leotards and apparel directly from Alpha Factor through the link on www.umdcg.com and Alpha Factor will donate a portion of each sale to UMDGC.

UMDGC Open House
Sunday, Sep 13
12:00p-3:00p

UMDGC HIP-HOP TEAM AND DANCE COMPETITIONS

The hip-hop team kicked off the competitive season in March with the "I Love Dance" in Trevoze, followed by a gold award at "Barabran" competition in Lehigh Valley. Following these solid performances, the UMDGC hip-hop competition team was to be joined by the level 3/4 classes of Tap, Irish Step and Ballet at the "Mission Possible" competition; however, the competition was canceled at the last minute. Snatching opportunity for the cancellation, the competitors had a sleepover at UMDGC (Great idea Gwynne!). A great time was had by all: showing their competition dances, watching old recital videos/performances, games and gymnastics in the gym, and staying up way past their bedtimes!

The second half of the competition season started with a great experience for all of the dancers at "Access Broadway", which was hosted in King of Prussia during May. Highlights include the hip-hop team receiving a high score award and the tap class receiving a high gold (2nd place) award in their first competition. Later in May, at the Starbound competition, Irish step received the "Interesting Concept" award for their Celtic Graveyard dance and the ballet class showed much improvement from receiving a Gold award.

With ages varying from 11-16, all the dancers really bonded at the competitions, cheering each other on, and just overall supporting each other. If your dancer is 13 and interested in joining the hip-hop competition team please contact Miss Nicole at UMDGC for more information.

UMDGC GYMNASTICS TEAMS

The girls team, with head coaches Kelly Labowitz, Crissy MacDonald, Jenna Juliano, Michele Deery, and Kristen Miraglia, competed in 17 regular season and two rounds of the postseason during the 2008-2009 season. While the individual awards are too numerous to list, some impressive team finishes included: Girls levels 6 & 7 team champions at Ricochet's Winterfest 2009, levels 7 champions at Friendship Classic, 2nd place level 6 team at Friendship Class, 3rd place level 5 team at Friendship Classic, and 3rd place level 4 team at Dave Moskovitz Invitational.

In the summer of 2008, the boys welcomed a large number of new team members from other gyms. Under the guidance of Walt Kenney and Jeremy Bingaman, they coalesced into a dominant force within the state. While the boys did not have enough members to compete for team awards, they did distinguish themselves individually at each of the eight regular season meets and through out the postseason.

UMDGC's adult and teen team continue to be the talk of the gymnastics community at every meet they attend. Their love of the sport and continued desire to compete regardless of their time restraints serve as inspiration for their fellow competitors, spectators, and even the judges who evaluate them.

With many gymnasts moving up a competitive level, talented preteammers ready to join the boys and girls team, and veteran leadership of the current team members, the entire staff is looking forward to continuing the strong tradition the team has developed within the past 5 years.

Regional 7 Team Member at Nationals
Jonathan Tang

National Developmental Team Member
Jonathan Tang

Regional Champions
Lvl 9 Parallel Bars: Jonathan Tang

State Champions
Lvl 9 Parallel Bars: Jonathan Tang & Bennet Hickok
Lvl 7 Vault: Nathaniel Tang
Lvl 7 High Bar: Nathaniel Tang
Novice Optional Vault: Jessica Johnson
Lvl 5 Still Rings: Mikey Bradley
Lvl 5 Balance Beam: Hannah M
Lvl 4 Vault: Jackie Durst
Lvl 4 Floor: Jackie Durst
Lvl 4 Floor: Caroline Satterthwaite

Eastern PA Sectionals
Level 7 Bars: Phoebe Flint
Level 7 Floor: Trishia Downie

UMDGC Special Recognition
Best Meet Presentation: Erin Phelan, Mikey Bradley
Hardest Worker: Annie Tepe, Bennet Hickok
Most Consistent: Jonathan Tang, Kelly Fields
Most Improved: Emilie Kyler, Nick Cionci
Teammate of the Year: Jonathan Tang, Noelle Thomas

USAG Academic All-American
Joey Stucynski, First Team

DANCE

DANCE POLICIES & INFO

Attendance/Punctuality: For safety reasons, dancers must be properly warmed-up for class, especially at higher levels. Students who arrive more than 10 minutes late may not, at teacher's discretion, be permitted to dance. Students may observe the class.

Attire: Proper attire is required for all classes. Students who do not have proper attire or shoes may, at the instructor's discretion, be asked to watch class.

- **Hair:** Long hair must be tied back off the face. Please remember that headbands and clips are not sufficient to keep hair tied back.
- **Jewelry & Accessories:** Stud earring and stud piercings only.
- **Footwear and Clothing:** All dancers must have proper shoes for class. See each class description for specific details.

Placement/Levels: Dancers are placed by age for beginning level and hip-hop classes. Intermediate and advanced classes (Levels 2 and higher) are by instructor/owner placement or invitation only.

Purchasing Shoes: Each type of dance has a special shoe that provides the proper support and grip on the floor. All dancers must have their shoes for every class. Extra shoes are not available to borrow. No "dress-up" ballet slippers permitted. Dance shoes should never be worn outside. Shoes are available for purchase from:

- **UMDGC:** Shoes are ordered from Revolution Dancewear and are discounted up to 25% off of the suggested retail price. Orders take approximately 1 week for delivery, so see Michelle at least 7 days before your first class. Check the website for the latest sizing hours.
- **Village Dance Shoppe:** 503 W Lancaster Ave #350, Wayne, PA 19087; 610-688-4988. Let them know you're from UMDGC and they'll make sure you get the correct shoe type for your class.
- **Flocco's:** www.floccos.com; 110-114 Fayette St, Conshohocken, PA 19428; 610-828-5544. They carry the correct ballet and jazz shoes.

Recital: Students enrolled in recital eligible classes are invited, but not required, to perform in UMDGC's annual dance recital in June. The dancer must be 4 by the first day of the spring dance class.

- **Attendance Requirements:** All dancers in the recital must attend classes Jun 1-7, no exceptions. At the instructor's discretion, students ages 8 & up missing more than 3 classes after Feb 1 will not be eligible to perform in the recital.
- **Costumes:** Once ordered, costumes are non-refundable for any reason. Sizing will take place in early January; late fees will apply. Cost will be \$50-\$65.

Shoe Swap: Students may sell their outgrown shoes or buy used shoes. A list of shoes, prices, and contact info is available on the lobby's bulletin board.

Tuition Options: Select Fall and Spring classes may pay in monthly installments.

- **Fall:** Three monthly installments: at registration, October, and November.
- **Spring:** Five monthly installments: at registration, February, March, April, and May. If you register at UMDGC and pay in full before the first day of class, you will receive 2 free recitals tickets per class.

BALLET

Ballet is the basis for all dance forms. Ballet is great for toning and strengthening all muscle groups, developing balance, poise, and grace, as well as learning body awareness and discipline. **Attire:** Leotard and tights of any color or comfortable non-restrictive clothing. Pink leather-soled ballet slippers are required.

CREATIVE MOVEMENT: Focuses on basic ballet and gross motor skills such as marching, galloping, and skipping. Activities will include dancing with colorful scarves, walking forward and backward on tippy toes, leg kicks, and jumping over Gypsy the Bear. Creative movement classes do not perform in the recital. Bare feet are acceptable for class. No diapers permitted; dancers must be potty-trained.

FB01	Ages 3-4, Non-Recital	Thu; 1:30p-2:15p	Sep 10-Oct 29 (8)	\$107
FB02	Ages 3-4, Non-Recital	Thu; 1:30p-2:15p	Nov 5-Dec 17 (6)	\$83
FB03	Ages 3-4, Non-Recital	Thu; 5:30p-6:15p	Sep 10-Oct 29 (8)	\$107
FB04	Ages 3-4, Non-Recital	Thu; 5:30p-6:15p	Nov 5-Dec 17 (6)	\$83
FB05	Ages 3-4, Non-Recital	Fri; 2:00p-2:45p	Sep 11-Oct 30 (8)	\$107
FB06	Ages 3-4, Non-Recital	Fri; 2:00p-2:45p	Nov 6-Dec 18 (6)	\$83
FB07	Ages 3-4, Non-Recital	Sat 9:30a-10:15a	Sep 12-Oct 24 (7)	\$95
FB08	Ages 3-4, Non-Recital	Sat 9:30a-10:15a	Nov 7-Dec 19 (6)	\$83

PRE-KINDERGARTEN & KINDERGARTEN: Focuses on standing correctly at the barre and reinforces the difference between right and left. Skills taught will include: first position, second position, pliés, relevés, pointing toes, chassés, and balancing on one foot. Basic ballet terminology is used in class.

Pre-Kindergarten

FB09	Ages 4-5	Mon; 4:30p-5:15p	Sep 14-Dec 14 (13)	\$167; \$63/mo
FB10	Ages 4-5	Tue 4:15p-5:00p	Sep 8-Dec 15 (14)	\$179; \$67/mo
FB11	Ages 4-5	Fri; 4:45p-5:30p	Sep 11-Dec 18 (14)	\$179; \$67/mo
FB12	Ages 4-5	Sat; 10:00a-10:45a	Sep 12-Dec 19 (13)	\$167; \$63/mo

Kindergarten

FB13	Ages 5-6, Non-Recital	Tue; 2:00p-3:00p	Sep 8-Oct 27 (8)	\$138
FB14	Ages 5-6, Non-Recital	Tue; 2:00p-3:00p	Nov 3-Dec 15 (6)	\$114
FB15	Ages 5-6	Tue; 6:15p-7:15p	Sep 8-Dec 15 (14)	\$210; \$77/mo
FB16	Ages 5-6	Wed; 4:15p-5:15p	Sep 9-Dec 16 (14)	\$210; \$77/mo
FB17	Ages 5-6	Sat; 11:00a-12:00p	Sep 12-Dec 19 (13)	\$198; \$73/mo

ELEMENTARY: A review of skills taught in kindergarten ballet, with a greater focus on classical ballet terminology. The class will cover basic turn out at the barre, ballet positions one thru five, and coordinating upper and lower body movements.

FB18	Ages 6-8	Sat; 11:15a-12:15p	Sep 12-Dec 19 (13)	\$198; \$73/mo
FB19	Ages 6-8	Mon; 6:15p-7:15p	Sep 14-Dec 14 (13)	\$198; \$73/mo

BALLET CONTINUED

BEGINNER: More intricate barre, center floor, and across the floor combinations are taught. Skills include: balancés, pirouettes, cat jumps ("pas de chat"), and spotting for turns. Jumps and leaps will be introduced. Greater emphasis on flexibility.

FB20 Ages 8-11 (Ballet 1) Thu; 6:00p-7:00p Sep 10-Dec 17 (14) \$210; \$77/mo

INTERMEDIATE & ADVANCED: Increased emphasis on barre exercises, leaps, jumps, and turns. Classes refine technique, turnout, and flexibility. Prepares students for pointe work. Pointe students must enroll in both Pointe classes. **Attire:** Leotard, tights & split-sole ballet shoes required. Hair in a bun, twist, or braid. Students should bring a water bottle.

FB21 Ballet 2 Tue; 7:15p-8:15p Sep 8-Dec 15 (14) \$210; \$77/mo

FB22 Ballet 3 / Pointe Sun; 7:00p-8:30p Sep 13-Dec 20 (14) \$263; \$95/mo

FB23 Ballet 3 / Pointe Thu; 7:00p-8:30p Sep 10-Dec 17 (14) \$263; \$95/mo

BALLROOM/SALSA

All participants must have a completed and signed 2009-10 registration form on file before attending! Payment by cash or pass only.

The two main styles of ballroom dancing, International and American, are enjoyed socially and in formal competitions around the globe. Ballroom can be found everywhere, including on stage, in film, and on television. **Attire:** Non-marking dress shoes and comfortable clothing. Sneakers are not permitted.

BALLROOM: Provides instruction in the most popular forms of ballroom dance, including the rumba, cha-cha, and foxtrot. **Ballroom 1** requires no dance experience! The course provides an introduction to the basic steps and patterns. **Ballroom 2** requires knowledge of the basics of ballroom and Latin dancing. The course will introduce additional patterns, styling, and lead-and-follow technique.

FL1 Ballroom 1, Ages 16+ Mon; 6:30p-7:30p Sep 14-May 24 \$22; \$195/pass

FL2 Ballroom 2, Ages 16+ Mon; 7:30p-8:30p Sep 14-May 24 \$22; \$195/pass

HIP-HOP

An urban-based, street funk style of dance set to pop-culture music. **Attire:** Leotard, fitted top, camisole or T-shirt required. Legs must be covered with tights and/or dance pants. Black dance sneakers required.

FH1 Ages 6-8 (Mini) Mon; 5:15p-6:15p Sep 14-Dec 14 (13) \$198; \$73/mo

FH2 Ages 6-8 (Mini) Fri; 5:30p-6:30p Sep 11-Dec 18 (14) \$210; \$77/mo

FH3 Ages 8-11 (Youth) Thu; 6:15p-7:15p Sep 10-Dec 17 (14) \$210; \$77/mo

FH4 Ages 11-13 (Pre-Teen) Wed; 6:30p-7:30p Sep 9-Dec 16 (14) \$210; \$77/mo

FH5 Ages 13+ (Teen) Tue; 7:00p-8:00p Sep 8-Dec 15 (14) \$210; \$77/mo

FH6 Ages 16+ (Adult) Wed; 7:45p-8:45p Sep 9-Dec 16 (14) \$210; \$77/mo

IRISH STEP

Step dancing is distinctively Irish, combining artistry, grace, and physical ability. Popularized by "Riverdance," it has rapid leg movements while the rest of the body remains stationary. **Attire:** Leotard, fitted top, camisole, or T-shirt required. Legs must be covered with tights and/or dance pants. A list of Irish shops is available from UMDGC to purchase ghillies and hard shoes.

BEGINNER: Basic introduction to Irish Step dance focusing on "hop 1-2-3"s and "7"s. Class will emphasize the basic footwork of step ("solo") and social (group or "ceilidh") dances. Black ballet shoes required; black ghillies optional.

FR1 Soft Shoe 1, Ages 7-11 Sat; 10:15a-11:15a Sep 12-Dec 19 (13) \$198; \$73/mo

INTERMEDIATE & ADVANCED: Soft Shoe 2 & 3 begins to incorporate faster and more intricate footwork and jumps. Extra stretching and conditioning is done to facilitate this. Outside performances and competitions may be offered. Black traditional split-sole ghillies are required. **Hard Shoe:** Students must be enrolled in Soft Shoe 3; don't forget to apply multiple class discount. Class will focus solely on dancing in "hard" shoes. Beginner to intermediate footwork and rhythms will be taught. Black traditional flexi-sole hard shoes are required.

FR2 Soft Shoe 2 Wed; 6:30p-7:30p Sep 9-Dec 16 (14) \$210; \$77/mo

FR3 Soft Shoe 3 Tue; 5:00p-6:00p Sep 8-Dec 15 (14) \$210; \$77/mo

FR4 Hard Shoe Wed; 5:30p-6:30p Sep 9-Dec 16 (14) \$210; \$77/mo

JAZZ

A ballet-based form of dance seen in Broadway musicals and commercials. Students will gain strength, flexibility, endurance, and coordination. **Attire:** Leotard, fitted top, or camisole required. Legs must be covered with tights and/or dance pants. Black jazz shoes required.

BEGINNER: A creative, fun introduction to basic jazz steps and combinations. Focus on pivot turns, grapevines, cross steps, kicks, leaps, and jumps.

FJ1 Ages 8-11 (Jazz 1) Tue; 6:00p-7:00p Sep 8-Dec 15 (14) \$210; \$77/mo

INTERMEDIATE & ADVANCED: Focus on body isolations, turns, leaps, and jumps as well as jazz technique and more complex combinations. Increased emphasis on flexibility.

FJ2 Jazz 2 Thu; 7:15p-8:15p Sep 10-Dec 17 (14) \$210; \$77/mo

FJ3 Jazz 3 Wed; 7:30p-8:45p Sep 9-Dec 16 (14) \$242; \$88/mo

DANCE

MODERN

Previous dance experience is recommended but not required. Similar to ballet, dancers will make emotional and physical connections to music by using their body for personal expression and interpretation. **Attire:** Leotard, fitted top, or camisole. Legs must be covered with tights and/or dance pants. No shorts, skorts, or skirts permitted. Class is done in bare feet; lyrical sandals are permitted.

FM1 Ages 12+ Thu; 8:30p-9:30p Sep 10-Dec 17 (14) \$210; \$77/mo

6th Annual UMDGC Dance Recital

"Broadway Bound"

Dates: June 2010

Upper Merion Area High School Auditorium

TAP

Classes include both center and across-the-floor combinations to music and acapella. Classes will include some jazz. **Attire:** Tap shoes must be purchased from UMDGC or Village Dance Shoppe. Leotard, fitted top, or camisole required. Legs must be covered with tights and/or dance pants.

KINDERGARTEN: An introduction to stamps, stomps, shuffles and more. Emphasis on counting steps, keeping a beat, and learning rhythm. Tambourines and rhythm sticks may be used in class.

FT1 Ages 5-6 Tue; 5:00p-6:00p Sep 8-Dec 15 (14) \$210; \$77/mo

BEGINNER: Focuses on combinations, putting steps together, and traveling steps. Time-steps may be introduced.

FT2 Ages 6-8 (Mini) Wed; 5:30p-6:30p Sep 9-Dec 16 (14) \$210; \$77/mo

FT3 Ages 8-12 (Tap 1) Mon; 5:30p-6:30p Sep 14-Dec 14 (13) \$198; \$73/mo

FT7 Ages 16+ (Adult Tap 1) Thu; 8:30p-9:30p Sep 10-Dec 17 (14) \$242; \$88/mo

INTERMEDIATE & ADVANCED: Greater focus on technique, increasing speed, and perfecting time-steps and across the floor combinations. Wings, pullbacks, and turns will be taught later. **Adult Tap 2:** Must have 1-2 years of tap experience and understand shuffles and flaps, as well as basic tap terminology.

FT4 Tap 2 & 3 Fri; 5:45p-6:45p Sep 11-Dec 18 (14) \$210; \$77/mo

FT5 Adult Tap 2, Ages 16+ Tue; 8:15p-9:15p Sep 8-Dec 15 (14) \$210; \$77/mo

FT6 Tap 4 Tue; 8:00p-9:15p Sep 8-Dec 15 (14) \$210; \$77/mo

YOGA

All participants must have a completed and signed 2009-10 registration form on file before attending! Payment by cash or pass only.

All levels are welcome to join us for a series of 26 poses to renew and energize every muscle and system in the body. Achieve a healthy body through correct alignment. This is a challenging series of power poses which flow dynamically from one to the other. Bring a mat, towel, water, and your enthusiasm.

FY10 Ages 16+ Mon; 7:30p-8:45p Sep 14-May 24 \$12; \$110/pass

FY10 Ages 16+ Fri; 7:30p-8:45p Sep 11-Jun 4 \$12; \$110/pass

CAMPS & COMBOS

CAMPS, SCHOOL-YEAR

Camp Types: Check schedule below to see the types offered each day.

- **Combo:** Ages 5-7. Campers will enjoy ballet, hip-hop, and jazz in the studio followed by time in the gym. Bare feet or jazz/ballet shoes must be worn.
- **Gymnastics:** Ages 5+. Ideal for beginner through team members. Campers will receive instruction on all of the gymnastics equipment including trampoline and tumbltrak.
- **Tumbling:** Ages 5+. Perfect for cheerleaders looking to learn tumbling skills. Focus will be on rolls, cartwheels, roundoffs, back handsprings, and back flips. Progressive instruction will be provided on the spring floor, foam floor, tumbltrak, and trampolines.

Snack and Lunch: Bring a healthy snack and drink every day; campers staying after 12:30p must also bring a bagged lunch.

Typical Daily Schedule:

- **8:30-9:30: FREE** Expanded Drop-off. Campers are supervised as they do independent activities or relax.
- **9:30-12:30:** Camp activities with a 10-minute snack break. See camps info for listing of activities.
- **12:30-1:30:** Campers eat lunch and do lunchtime activities. Morning-only campers are picked-up.
- **1:30-3:30:** Afternoon activities may include: dance, arts & crafts, sports & games, and event workouts.
- **3:30-4:00:** Open workout and group activity
- **4:00-5:00: FREE** Expanded Pick-up. All-day campers are supervised as they do independent activities or relax.

Dates	9:30a-12:30p	9:30a-4:00p	Types Offered	
Thanksgiving Break				
HCA	Fri, Nov 27	\$20	\$30	Gym, Tumbling
Winter Break				
HCB	Mon, Dec 28	\$40	\$50	Combo, Gym, Tumbling
HCC	Tue, Dec 29	\$40	\$50	Combo, Gym, Tumbling
HCD	Wed, Dec 30	\$40	\$50	Combo, Gym, Tumbling
Spring Break				
SCA	Mon, Mar 29	\$40	\$50	Gym, Tumbling
SCB	Tue, Mar 30	\$40	\$50	Gym, Tumbling
SCC	Wed, Mar 31	\$40	\$50	Gym, Tumbling
SCD	Thu, Apr 1	\$40	\$50	Gym, Tumbling
SCE	Fri, Apr 2	\$40	\$50	Gym, Tumbling

DANCE & GYM COMBO CLASSES

The perfect introduction to both dance and gymnastics. After a short warm-up, the class will focus on basic ballet and creative movement. When in the gym, participants will try most of the equipment, including the trampolines. **Attire:** Ballet shoes with leather soles or bare feet required.

FC1	Ages 3-5	Wed; 2:00p-3:00p	Sep 9-Nov 4 (9)	\$175
HC1	Ages 3-5	Wed; 2:00p-3:00p	Nov 11-Jan 20 (8)	\$160
FC2	Ages 3-5	Sat; 12:00p-1:00p	Sep 12-Nov 7 (8)	\$160
HC2	Ages 3-5	Sat; 12:00p-1:00p	Nov 14-Jan 23 (9)	\$175

GYMNASTICS

GYMNASTICS INFO & POLICIES

Attire: Participants not in proper attire will not be permitted to participate.

- **Hair:** Tied back into a ponytail or bun with a scrunchie or hair tie.
- **Jewelry & Accessories:** Stud earring and stud piercings only.
- **Footwear:** Barefeet. Tumblers may wear clean, dry cheerleading shoes.
- **Clothing:** Leotard, t-shirt, pocketless athletic shorts or sweatpants with elastic waistband or drawstring.

Group Sizes: UMDGC believes that a busy gymnast is safe, learning, and staying out of trouble. This is why UMDGC has the lowest coach to participant ratios, as much as 1/2 of the industry standard:

Developmental: 7 Preschool: 5 Recreational: 6 Tumbling: 6

Groups: When class size dictates, gymnasts and tumblers are grouped based upon their skill level, age, and/or gender. This ensures that each person is working on the correct skills and that the proper teaching methods are being used.

Individuality: Every person is different, which is why UMDGC tracks each gymnast's/tumbler's skill development separately. The date each skill is mastered is stored in a database for future reference. The participants are given their skill sheets on the last day of class; however, you may ask the front desk staff for an updated skill sheet at anytime.

Restrictions and Limits: Classes have age and skill requirements, and size limits to ensure a consistent and safe learning environment. This guarantees that the gymnasts and tumblers are properly supervised and receiving the maximum number of turns.

Skill Levels: The tumbling and gymnastics programs are split into levels with approximately 30 skills per gymnastics level and 8-15 skills per tumbling level. Because skills at higher levels build upon lower level skills, the gymnast/tumbler must master all of the skills at the current level and pass a skill test before moving up to the next level.

ADULT CLASSES

& OPEN WORKOUTS

All participants must have a completed and signed 2009-10 registration form on file before attending! Payment by cash or pass only.

ADULT GYMNASTICS CLASS: An instructional class geared to adults of all skill levels who: want to develop their gymnastics abilities; want to receive a well-balanced cardio/strength/flexibility workout; and enjoy the company of like-minded individuals. Registration is ongoing and passes may be used for all days.

ADU10	Ages 18 & up	Wed; 7:30p-9:30p	Sep 9-Jun 2	\$18; \$150/pass
ADU10	Ages 18 & up	Sat; 10:00a-12:00p	Sep 12-Jun 5	\$18; \$150/pass
ADU10	Ages 18 & up	Sun; 10:00a-12:00p	Sep 13-Jun 6	\$18; \$150/pass

OPEN WORKOUTS: Open workouts are designed as an opportunity for gymnasts and tumblers to work on skills they have nearly mastered. For safety and liability reasons, staff will be available to supervise and provide guidance only; spotting will only be done when situations permit.

OPE10	Ages 7 & up	Fri; 7:30p-9:00p	Sep 11-Jun 4	\$8; \$60/pass
OPE10	Ages 14 & up	Mon; 8:30p-9:30p	Sep 14-May 24	\$7; \$60/pass
OPE10	Ages 14 & up	Thu; 8:30p-9:30p	Sep 10-Jun 3	\$7; \$60/pass

GYMNASTICS PROGRAMMING CONTINUED ON NEXT PAGE

GYMNASTICS

GYMNASTICS CLASSES

PRESCHOOL (Ages 3-5) & RECREATIONAL (Ages 6+): Designed for beginner (level 0) to advanced beginner (level 1) gymnasts; level 2+ gymnasts are recommended to attend a developmental class to progress quicker. The coaching staff will provide a fun, progressive introduction to the men's and women's competitive and training events. These activities increase the physical attributes common to all sports: coordination, power, balance, discipline, and self-esteem. Over the course of the session, a sense of self-confidence and body awareness will be instilled through skill repetition on age-appropriate equipment. Training will include: floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline. **Special Notes for Preschool Classes:** Parents may go into the workout area to help with the transition to gym class. No diapers permitted; all participants must be potty-trained.

Coed, Ages 3-5	Fall (Sep-Nov)	Holiday (Nov-Jan)
Mon; 11:00a-11:50a	Sep 14-Nov 2 (8) \$140 FMFA	
Mon; 12:00p-12:50p	Sep 14-Nov 2 (8) \$140 FMFB	
Mon; 1:00p-1:50p	Sep 14-Nov 2 (8) \$160 FMFC	Nov 9-Jan 18 (9) \$175 HMPC
Mon; 2:00p-2:50p	Sep 14-Nov 2 (8) \$160 FMFD	Nov 9-Jan 18 (9) \$175 HMPC
Mon; 5:00p-5:50p		Nov 9-Jan 18 (9) \$175 HMPC
Mon; 6:00p-6:50p	Sep 14-Nov 2 (8) \$160 FMPE	Nov 9-Jan 18 (9) \$175 HMPE
Tue; 11:00a-11:50a	Sep 8-Nov 3 (9) \$155 FUPA	
Tue; 12:00p-12:50p	Sep 8-Nov 3 (9) \$155 FUPB	
Tue; 1:00p-1:50p	Sep 8-Nov 3 (9) \$175 FUPC	Nov 10-Jan 19 (9) \$175 HUPC
Tue; 2:00p-2:50p	Sep 8-Nov 3 (9) \$175 FUPD	Nov 10-Jan 19 (9) \$175 HUPD
Tue; 4:00p-4:50p	Sep 8-Nov 3 (9) \$175 FUPF	Nov 10-Jan 19 (9) \$175 HUPF
Tue; 6:00p-6:50p	Sep 8-Nov 3 (9) \$175 FUPG	Nov 10-Jan 19 (9) \$175 HUPG
Wed; 4:00p-4:50p	Sep 9-Nov 4 (9) \$175 FWPA	Nov 11-Jan 20 (8) \$160 HWPA
Wed; 5:00p-5:50p	Sep 9-Nov 4 (9) \$175 FWPB	Nov 11-Jan 20 (8) \$160 HWPB
Thu; 11:00a-11:50a	Sep 10-Nov 5 (9) \$155 FHFA	Nov 12-Jan 21 (8) \$140 HHPA
Thu; 12:00p-12:50p	Sep 10-Nov 5 (9) \$155 FHFB	Nov 12-Jan 21 (8) \$140 HHPB
Thu; 1:00p-1:50p	Sep 10-Nov 5 (9) \$175 FHFC	Nov 12-Jan 21 (8) \$160 HHFC
Thu; 2:00p-2:50p	Sep 10-Nov 5 (9) \$175 FHFD	Nov 12-Jan 21 (8) \$160 HHFD
Thu; 4:00p-4:50p	Sep 10-Nov 5 (9) \$175 FHFE	Nov 12-Jan 21 (8) \$160 HHFE
Fri; 1:00p-1:50p	Sep 11-Nov 6 (9) \$175 FFPA	Nov 13-Jan 22 (8) \$160 HFPA
Fri; 2:00p-2:50p	Sep 11-Nov 6 (9) \$175 FFPB	Nov 13-Jan 22 (8) \$160 HFPB
Fri; 4:30p-5:20p	Sep 11-Nov 6 (9) \$175 FFPC	Nov 13-Jan 22 (8) \$160 HFPC
Sat; 10:00a-10:50a	Sep 12-Nov 7 (8) \$160 FSPA	Nov 14-Jan 23 (9) \$175 HSPA
Sat; 11:00a-11:50a	Sep 12-Nov 7 (8) \$160 FSPB	Nov 14-Jan 23 (9) \$175 HSPB
Sun; 12:00p-12:50p	Sep 20-Nov 8 (8) \$160 FNPA	Nov 15-Jan 24 (9) \$175 HNPA
Sun; 2:00p-2:50p	Sep 20-Nov 8 (8) \$160 FNPB	Nov 15-Jan 24 (9) \$175 HNPB
Boys, Ages 6 & up		
Fri; 4:00p-5:00p	Sep 11-Nov 6 (9) \$175 FFRB	Nov 13-Jan 22 (8) \$160 HFRB
Girls, Ages 6 & up		
Fri; 4:00p-5:00p	Sep 11-Nov 6 (9) \$175 FFRC	Nov 13-Jan 22 (8) \$160 HFRC
Coed, Ages 6 & up		
Mon; 4:00p-5:00p	Sep 14-Nov 2 (8) \$160 FMRA	Nov 9-Jan 18 (9) \$175 HMRA
Tue; 4:00p-5:00p	Sep 8-Nov 3 (9) \$175 FURA	Nov 10-Jan 19 (9) \$175 HURA
Tue; 5:00p-6:00p	Sep 8-Nov 3 (9) \$175 FURB	Nov 10-Jan 19 (9) \$175 HURB
Wed; 5:00p-6:00p	Sep 9-Nov 4 (9) \$175 FWRA	Nov 11-Jan 20 (8) \$160 HWRA
Thu; 5:00p-6:00p	Sep 10-Nov 5 (9) \$175 FHRA	Nov 12-Jan 21 (8) \$160 HHRA
Thu; 6:00p-7:00p	Sep 10-Nov 5 (9) \$175 FHRE	Nov 12-Jan 21 (8) \$160 HHRE
Thu; 7:00p-8:00p	Sep 10-Nov 5 (9) \$175 FHRC	Nov 12-Jan 21 (8) \$160 HHRC
Fri; 5:30p-6:30p	Sep 11-Nov 6 (9) \$175 FFRD	Nov 13-Jan 22 (8) \$160 HFRD
Sat; 11:00a-12:00p	Sep 12-Nov 7 (8) \$160 FSRA	Nov 14-Jan 23 (9) \$175 HSRA
Sun; 1:00p-2:00p	Sep 20-Nov 8 (8) \$160 FNRA	Nov 15-Jan 24 (9) \$175 HNRA
Coed, Ages 6 & up (Home School)		
Fri; 1:00p-3:00p	Sep 11-Nov 6 (9) \$175 FFRA	Nov 13-Jan 22 (8) \$160 HFRB
Coed, Ages 12 & up		
Wed; 8:00p-9:15p	Sep 9-Nov 4 (9) \$175 FWRB	Nov 11-Jan 20 (8) \$160 HWRB

DEVELOPMENTAL: UMDGC's developmental classes are more progressive alternatives to recreational classes providing greater opportunity for skill mastery while working with preteam and team coaches. The class is geared towards level 2 gymnasts aspiring to join the team, or level 3+ gymnasts who do not wish to join the team. Gymnast receives an open workout pass that is valid for the session.

Boys, Level 2+	Fall (Sep-Nov)	Holiday (Nov-Jan)
Thu; 4:30p-6:00p	Sep 10-Nov 5 (9) \$195 FHDB	Nov 12-Jan 21 (8) \$180 HHDB
Fri; 5:45p-7:15p	Sep 11-Nov 6 (9) \$195 FFDB	Nov 13-Jan 22 (8) \$180 HFDB
Sat; 10:30a-12:00p	Sep 12-Nov 7 (8) \$180 FSDB	Nov 14-Jan 23 (9) \$195 HSDB
Girls, Level 2+		
Mon; 4:00p-5:30p	Sep 14-Nov 2 (8) \$180 FMDG	Nov 9-Jan 18 (9) \$195 HMDG
Tue; 4:30p-6:00p	Sep 8-Nov 3 (9) \$195 FUDG	Nov 10-Jan 19 (9) \$195 HUDG
Wed; 4:30p-6:00p		Nov 11-Jan 20 (8) \$180 HWGD
Thu; 4:30p-6:00p	Sep 10-Nov 5 (9) \$195 FHDG	Nov 12-Jan 21 (8) \$180 HHGD
Sat; 10:30a-12:00p	Sep 12-Nov 7 (8) \$180 FSDG	Nov 14-Jan 23 (9) \$195 HSDG
Sun; 12:30p-2:00p	Sep 20-Nov 8 (8) \$180 FNDG	Nov 15-Jan 24 (9) \$195 HNDDG

IMPORTANT DATES

UMDGC Closed	Dance Sessions	Gym Sessions
Oct 31	Fall: Sep 8-Dec 20	Fall: Sep 8-Nov 8
Nov 24-Nov 29	Spring: starts Jan 4	Holiday: Nov 9-Jan 24
Dec 23-Jan 1	Summer: starts Jun 14	Winter: Jan 25-Mar 28
Mar 29-Apr 4		Spring: Apr 5-Jun 5
May 28-May 31		Summer: starts Jun 14

TEAM PROGRAMS (AUG 31-JUN 5)

By invitation or tryout. Fees include free open workouts. See team handbooks for all of the details and policies. **Boys Level 3-4:** An introductory competitive program which allows the gymnast to compete USAG level 4. **Girls Preteam:** An introduction to team designed for level 3 gymnasts. This program emphasizes strength, flexibility, proper form, execution, and technique. **Competitive Team:** The team program found at other gyms requiring year-round commitment. A monthly tuition permits unlimited attendance to workouts and no meet limitations. **Recreational Team:** A less intense alternative for level 4 & 5 girl gymnasts who wish to compete in up to 3 regular season meets. Fee purchases a 10-workout pass. **Teen Team:** This program allows female teens (ages 13-18) and upper level gymnasts (level 6+) to continue gymnastics even if they cannot commit full-time. Opportunity to compete in select PA USAG prep optional competitions. **Adult Team:** Ladies ages 18 & up only. A unique team opportunity for those out of high school who are interested in competing and staying in shape. Opportunity to compete in select competitions as PA USAG prep optionals.

Boys Levels 3-5 (TB)	\$195 per month	\$170 per pass (lvl 3-4 only)
Mon; 4:00p-6:00p	Tue; 4:30p-6:30p	Wed; 6:00p-8:00p
Thu; 6:00p-8:00p	Fri; 5:30p-7:30p	
Level 5 Only:	Sat; 12:00p-3:00p	
Boys Levels 6 & up (TB)	\$250 per month	
Mon; 4:30p-7:30p	Tue; 6:00p-9:00p	Wed; 6:00p-9:00p
Thu; 6:00p-9:00p	Fri; 4:30p-7:30p	Sat; 12:00p-3:00p
Girls Preteam/Level 3 (TG)	\$175 per month or pass	
Mon; 5:30p-7:00p	Wed; 4:30p-6:00p	Thu; 4:30p-6:00p
Sat; 12:00p-1:30p	Sun; 2:00p-3:30p	
Girls Levels 4 & 5 (TG)	\$220 per month	\$195 per pass
Mon; 5:00p-7:30p	Tue; 6:00p-8:30p	Wed; 6:00p-8:30p
Thu; 6:00p-8:30p	Fri; 5:00p-7:30p	Sun; 3:30p-6:00p
Girls Levels 6 & up (TG)	\$240 per month	
Mon; 5:00p-8:00p	Tue; 6:00p-9:00p	Wed; 6:00p-9:00p
Thu; 6:00p-9:00p	Fri; 5:00p-7:30p	Sat; 2:30p-5:00p
Sun; 1:00p-4:00p		
Teen and Adult Team (TA)	\$170 per pass	
Teen Only:	Mon; 7:00p-9:00p	Thu; 7:00p-9:00p
Adult Only:	Mon; 8:30p-10:30p	Thu; 8:30p-10:30p
Teen & Adult Combined	Sat; 4:30p-6:30p	Sun; 3:30p-6:00p

TUMBLING CLASSES

Ideal for cheerleaders looking to improve their tumbling skills. Instruction is exclusively on the spring floor, foam strip, trampoline, tumbltrak, and airtrak. **Shoes:** Tumblers may wear dry, clean cheerleading shoes.

ACRO TUMBLING: This class is for tumblers who want something a little different than "cheerleading tumbling." Front, side, and back tumbling will be covered, including handstands, aerials, and flips. Participant must be able to do a back hand-spring on trampoline or tumbltrak without assistance in order to register for this class.

Ages 10 & up	Fall (Sep-Nov)	Holiday (Nov-Jan)
Tue 8:00p-9:00p	Sep 8-Nov 3 (9) \$175 FUTB	Nov 10-Jan 19 (9) \$175 HUTB

BEGINNER: Beginner tumbling will be split into two groups: novice and beginner. Novice tumblers focus on elementary skills such as handstands, cartwheels, and bridges to build strength, correct technique, and body awareness. Once the tumbler has mastered these skills, beginner tumblers will work on roundoffs, back handsprings, back walkovers, and back limbers.

Ages 5 & up	Fall (Sep-Nov)	Holiday (Nov-Jan)
Mon; 5:00p-6:00p	Sep 14-Nov 2 (8) \$160 FMTB	Nov 9-Jan 18 (9) \$175 HMTB
Tue; 5:00p-6:00p		Nov 10-Jan 19 (9) \$175 HUTA
Wed; 4:00p-5:00p	Sep 9-Nov 4 (9) \$175 FWTA	Nov 11-Jan 20 (8) \$160 HWTA
Thu; 4:00p-5:00p	Sep 10-Nov 5 (9) \$175 FHTA	Nov 12-Jan 21 (8) \$160 HHTA
Fri; 6:30p-7:30p	Sep 11-Nov 6 (9) \$175 FHTB	Nov 13-Jan 22 (8) \$160 HFTB
Sat; 12:00p-1:00p	Sep 12-Nov 7 (8) \$160 FSTA	Nov 14-Jan 23 (9) \$175 HSTA
Sun; 2:00p-3:00p	Sep 20-Nov 8 (8) \$160 FNFTA	Nov 15-Jan 24 (9) \$175 HNFTA

INTERMEDIATE & ADVANCED: Intermediate tumbling will focus on perfecting back handsprings and round-off back handsprings on the floor. Tumbler must be able to do a standing back handspring on a trampoline or tumbltrak without assistance. **Advanced Tumbling** will focus on running and standing flips and twists. Must be able to do a roundoff 2 back handsprings or roundoff back tuck without assistance.

Intermediate	Fall (Sep-Nov)	Holiday (Nov-Jan)
Mon; 4:00p-5:00p	Sep 14-Nov 2 (8) \$160 FMTA	Nov 9-Jan 18 (9) \$175 HMTA
Fri; 4:00p-5:15p	Sep 11-Nov 6 (9) \$175 FFTA	Nov 13-Jan 22 (8) \$160 HFTA
Intermediate & Advanced		
Thu; 5:00p-6:00p	Sep 10-Nov 5 (9) \$175 FHTB	Nov 12-Jan 21 (8) \$160 HHTB
Thu; 7:00p-8:15p	Sep 10-Nov 5 (9) \$175 FHTC	Nov 12-Jan 21 (8) \$160 HHTC
Advanced		
Tue; 8:00p-9:00p	Sep 8-Nov 3 (9) \$175 FUTC	Nov 10-Jan 19 (9) \$175 HUTC

PRIVATE GROUP LESSONS: If you'd like to schedule a private lesson for your cheerleading squad for January-June, please contact Dave no later than Oct 1. See coach for registration information.

FMTH	Haverford High School	Mon; 7:00p-8:30p
FUTP	PW Spartans Jr. Team, Beg Tumblers	Tue; 6:00p-7:00p
FUTW	PW Spartans Jr. Team, Adv Tumblers	Tue; 7:00p-8:00p
FWTP	PW Spartans Sr. Team, Beg Tumblers	Wed; 6:00p-7:00p
FWTW	PW Spartans Sr. Team, Adv Tumblers	Wed; 7:00p-8:00p
FHTP	PW Spartans Pee-Wee Team	Thu; 6:00p-7:00p

POLICIES & INFO

SAFETY WARNING

- There is an inherent risk of injury, including paralysis and death, when participating in any activity involving height, rotation, or movement (including dance and gymnastics).
- Only UMDGC instructors and currently enrolled students with instructor permission are permitted in the dance studio and gymnastics areas. Everyone else must remain in the viewing and waiting areas.
- UMDGC is only responsible for participants actively involved in class.

MISSION STATEMENT & GOALS

Provide a safe, fun-filled, educational, and healthy experience in dance and gymnastics to participants of all ages and abilities.

The UMDGC staff is delighted to have the opportunity to be part of your lives and will do everything possible to make your experience memorable and exciting. Staff will strive to:

- promote fitness through movement and progressive instruction.
- foster emotional development through a caring staff using timely motivation and discipline.
- respect the family through convenient policies and schedules.
- encourage a balanced individual by allowing participation in multiple activities.
- have the participant perform at or above expectations based upon ability and time commitment.

HISTORY

"Mr. Dave" Evasew began coaching with the Upper Merion Park & Recreation ("UMPR") gymnastics program in the summer of 1991. In Fall 1993, he was promoted to the director of the program which consisted of a staff of 6 and 43 enrolled students. Gymnastics increased in size each year, ultimately becoming the department's second largest program with over 275 registrants per session and many more on the waitlists. Similarly, "Ms. Michelle" Elbin became director of the UMPR dance program in the Winter of 2001. Starting with only 25 students, Michelle nurtured the program to over 144 students. As the dance and gymnastics programs continued to grow and the talent level of the students increased, Michelle and Dave began planning a private dance and gymnastics center in King of Prussia. With the assistance of numerous staff and parents from the UMPR gymnastics program, UMDGC opened on June 14, 2004, with 10,000 sq ft of space and 1 studio. In January of 2007, UMDGC expanded to its current size of 15,000 sq ft, with 2 studios and 10,000 sq ft of gymnastics space, in order to better accommodate the needs of our participants.

Today, UMDGC serves over 1,000 participants per week, offering unique programs 51-weeks per year. Both the dance and gymnastics program provide numerous unique experiences. The dance program has performed at a Sixers game and numerous local events including community fairs, festivals, and charity events such as Dancers for Dimes and the Upper Merion Police Association Fundraiser. The gymnastics program provides instruction to several community groups and local schools, and its athletes have won distinction at sectional, state, regional, and national competitions. As UMDGC continues to expand, the staff hopes to continue spreading the love of motion, personal growth, and respect for the family that has set it apart from other dance and gymnastics centers.

FACILITY & EQUIPMENT

UMDGC is located in a fully air-conditioned, 15,160 sq.ft. facility. UMDGC has two dance studios (850 sq ft and 760 sq ft), both with full-length mirrors, barres, stereo systems, and state-of-the-art dance floors with support and padding. The 10,000 sq ft. gymnastics area features modern men's and women's artistic events, plus training equipment for tumbling classes. For those not participating in classes, we offer a family-oriented waiting area, two gym observation areas, one-way glass looking into the studios, and closed-circuit TV monitors.

Women's Equipment
Vaulting Table and Horse
Level 4 Vaulting System
3 sets of Uneven Bars
4 High Beams
2 Medium Beams
3 Low Beams
Preschool Bar

Tumbling Equipment
42'x42' Spring Floor
54'x12' Spring Tumbling Strip
2 Trampolines (String and Nylon Beds)
40' Tumbltrak
65' Foam Tumbling Strip
20' Airtrak
20' Air Floor

Men's Equipment
3 Pommel Horses
Ring Frame & 3 ceiling hung rings
Parallel blocks and preschool p-bars
Single Bar Trainer with Straps
4 Mushrooms & Pommel Horse Bucket
2 sets of Parallel Bars
High Bar

WWW.UMDGC.COM

- Bios and pictures of many staff members
- Pictures of and directions to the facility
- Program FAQs
- Latest class changes and additions
- Download the newest brochures & important info
- Download the "Credit & Refund Request" form

SATISFACTION GUARANTEE

If for any reason you do not like a class, let UMDGC know. The staff will do its best to provide you with an enjoyable and pleasant experience. UMDGC will:

- provide a 100% refund or credit if you notify UMDGC within 24 hours of the end of the first class or 12 hours of the end of the first day of camp.
- switch to another group if appropriate.
- switch participant to another class that is not filled.
- provide a prorated credit or refund.

UMDGC POLICIES

Age and Level Restrictions: These restrictions ensure safe, consistent instruction and will be strictly enforced. Do not register for an inappropriate class because of convenience or friends. Age is determined on the first day of the class session or week of camp; or on the day of registration for pay-as-you-go classes, including open workouts.

Behavior and Consequences: In order to ensure a safe, family-oriented, and productive environment, all individuals entering UMDGC must follow posted policies, and behave in an age-appropriate, thoughtful, and considerate manner. UMDGC reserves the right to reprimand or remove uncooperative participants and visitors.

Changes and Cancellations: Prices, scheduling, policies, instructors, and descriptions are subject to change without notice. Programs may be cancelled due to low enrollment or if an instructor is not available. Check www.umdgc.com for the latest info.

Credits and Refunds: All policies concerning credits and refunds can be found on the "Credit & Refund Request" form. If requesting a credit or refund, you must submit the request using that form. Some important details to remember:

- If you registered through a park & recreation department and you wish to withdraw from a UMDGC program, you must make the request directly with the park & rec department and must follow the department's policies.
- If UMDGC receives written notification before or within 24 hours of the first class or 12 hours of the first day of camp, you are eligible to receive a full refund or full credit.
- Prorating begins on the day after the request form is received by UMDGC.
- Refunds are issued by check within 30 days of receiving the request form.

Discounts: Discounts are available only through UMDGC. Percent discounts are taken from the total after all coupons and dollar amount discounts have been applied. Discounts only apply at the time of registration. Pay-as-you-go classes are not eligible for discounts.

- **Add-A-Class (50%):** Starting the second week of all gymnastics sessions, Fall dance, and Summer dance sessions, enrolled participants may register for a class in the same session at 50% off. One discounted class per regularly priced class. No other discounts or adjustments, except prorating, apply. Dance and gymnastics classes cannot be mixed-and-matched.
- **Multiple Class/Family for Classes and Camps (10%-15%):** Participants must be enrolled simultaneously. 10% discount for 2-4 registrations; 15% off for 5+ registrations. Only available through UMDGC.
- **Team:** In addition to other discounts, receive a 10% when paying for 8-9 months or a 5% discount when paying 4-7 months of team tuition at the same time.

Financial Assistance: Contact UMDGC owners if financial assistance is needed.

Inclement Weather: Contact UMDGC no more than 60 minutes before the start of programming to check its status. Cancelled classes will be made-up if time permits or a UMDGC credit will be issued. Due to call volume, class status messages cannot be returned. Please remember that credit requests may be submitted through email or fax.

Late Pick-up: When participants are left unattended, supervision rates will be \$5 per five minutes per carload.

Missed Classes: UMDGC credits will be issued if a completed "Credit & Refund Request" form (or email containing the same info) is received within 14 days of a missed class or by the end of the week for missed days of camp. A maximum of 3 credits will be issued per session/camp. Credited rates and full details can be found on the "Missed Class, Credit, & Refund Request" form. No refunds or make-up classes are permitted.

Pay-As-You-Go Classes and Passes: For selected programs, participants may pay cash, use UMDGC credit, or use a pass. Each pass is good for 10 classes of the type listed on the card. Treat cards as cash; they are non-refundable and non-replaceable.

Personal Property: UMDGC is not responsible for damaged, stolen, lost, or misplaced property/money. Personal property is not permitted in the studios and gym areas. Bring at your own risk.

Referral Program: Receive a \$10 credit if a new registrant writes your name on their first registration form.

Trial Classes: Contact UMDGC to set-up a FREE trial class; trials of camp are not permitted. Trial classes are prohibited on the first day of class. Due to the nature and size of some classes, trials are not guaranteed and must be scheduled a minimum of 72 hours in advance. All participants must have a signed and completed registration on file prior to beginning class.

Tuition: Select programs have a monthly tuition option. Tuition is due by the 7th of each month or a 10% late fee will be accessed weekly after the due date.

UMDGC 2009-2010 Registration Form

REGISTRATION INFO

If re-registering for the 2009-2010 Season: Complete the personal information that is **bolded**. Make sure to initial the X's and an adult must sign and date the bottom.

Payment Methods: American Express, cash, check to "UMDGC, LLC." (\$25 returned check fee), debit, PayPal, Discover, MasterCard, or Visa.

Registration Process: All classes are strictly limited in size to ensure a safe and productive environment. Spaces are filled first-come-first-serve with a completed registration form and **full** payment. UMDGC will email or call to confirm. 1) Mail to UMDGC, 421 Fehleley Dr. Unit B, King of Prussia, PA 19406. 2) Drop-off in person. Registrations can be dropped in the gray box near the front door when UMDGC is closed. 3) Fax form with credit card information (610-731-0034). 4) Register over the phone (610-731-0022) with a credit card. Adult signature required at next visit. 5) Register online (www.umdgc.com). Adult signature required at next visit.

PRINT ALL INFORMATION CLEARLY

FAMILY INFO

Family Name _____ **Health Insurance** _____

Street Address & Apt. _____

City _____ State _____ Zip _____ Home Phone _____

Emergency Contact _____ Relation _____ Cell / Home (if different than above) / Work _____

Emergency Contact _____ Relation _____ Cell / Home (if different than above) / Work _____

Email _____ Participant who referred you _____

PARTICIPANT #1

First Name _____ Gender: M / F

Birth Date _____ Cell/Work _____

List all physical, emotional, psychological, neurological, allergic conditions: _____

Class Code	Normal Fee	Discounts	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PARTICIPANT #2

First Name _____ Gender: M / F

Birth Date _____ Cell/Work _____

List all physical, emotional, psychological, neurological, allergic conditions: _____

Class Code	Normal Fee	Discounts	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

WAIVER & RELEASE

IN ORDER TO PARTICIPATE, AN ADULT MUST INITIAL ALL X'S (EXCEPT ADVERTISING RELEASE), SIGN, AND DATE THIS FORM

In consideration of participation in Upper Merion Dance & Gymnastics Center, LLC.'s ("UMDGC") programming, I, the participant, and all our guests to UMDGC, affirm to be bound by the following:

Advertising Release: I grant permission for UMDGC and their agents to publish photos, movies, and images of my child on UMDGC's website, ads, and/or other forms of information. Names and personal information will not be listed without permission. _____

Eligibility: The participant and all guests agree to comply with the rules, policies, and procedures of UMDGC as listed in the brochure, website, and posted in the facility. I attest that all of the above information is true and no important information has been omitted. I understand that failure to comply will lead to penalties, including but not limited to expulsion without a refund. _____

Insurance Coverage: I affirm that the participant will be covered at all times while enrolled at UMDGC by a health/medical/accident insurance that I consider adequate for the participant's protection. _____

Piercings: I will take all reasonable actions to protect myself and my instructors from injury due to body piercings. I release UMDGC from all claims resulting from injury to myself resulting directly or indirectly from the wearing of piercings. If required by the staff, I will remove piercings that pose a danger. _____

Medical Attention: I fully understand that UMDGC, LLC. staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the UMDGC staff to render first aid to the participant in the event of any injury or illness and, if deemed necessary by the UMDGC staff, to seek medical help at any health care facility or hospital, and/or call an ambulance. _____

Waiver and Release: I am fully aware of and appreciate the risks, including catastrophic injury, paralysis, and death, that may result from participation in and traveling to or from UMDGC programs. Being aware of the above, I consent to have the participant enroll in the programs offered by UMDGC. I, my executors, and other representatives, waive and release all rights and claims for damages that I or the participant may have against UMDGC, its employees, volunteers, agents, and/or officers. _____

ADULT SIGNATURE _____ **DATE** _____

CREDIT CARD PAYMENTS VIA MAIL, FAX, DROPBOX, or AUTOMATIC MONTHLY PAYMENTS

Credit Card Number: _____ Exp: _____ / _____ Security Code: _____ (AMEX: 4 printed digits on front; Dis/VMC: last 3 digits on signature line)

UMDGC 2009-2010 Registration Form

REGISTRATION INFO

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Street Address & Apt. _____

City _____ State _____ Zip _____ Home Phone _____

Emergency Contact _____ Relation _____ Cell / Home (if different than above) / Work _____

Emergency Contact _____ Relation _____ Cell / Home (if different than above) / Work _____

Email _____ Participant who referred you _____

PARTICIPANT #1

PARTICIPANT #2

First Name _____ Gender: M / F

First Name _____ Gender: M / F

Birth Date _____ Cell/Work _____

Birth Date _____ Cell/Work _____

List all physical, emotional, psychological, neurological, allergic conditions:

List all physical, emotional, psychological, neurological, allergic conditions:

Class Code Normal Fee Discounts Notes

Class Code Normal Fee Discounts Notes

WAIVER & RELEASE

IN ORDER TO PARTICIPATE, AN ADULT MUST INITIAL ALL X'S (EXCEPT ADVERTISING RELEASE), SIGN, AND DATE THIS FORM

In consideration of participation in Upper Merion Dance & Gymnastics Center, LLC.'s ("UMDGC") programming, I, the participant, and all our guests to UMDGC, affirm to be bound by the following:

Advertising Release: I grant permission for UMDGC and their agents to publish photos, movies, and images of my child on UMDGC's website, ads, and/or other forms of information. Names and personal information will not be listed without permission. X _____

Eligibility: The participant and all guests agree to comply with the rules, policies, and procedures of UMDGC as listed in the brochure, website, and posted in the facility. I attest that all of the above information is true and no important information has been omitted. I understand that failure to comply will lead to penalties, including but not limited to expulsion without a refund. X _____

Insurance Coverage: I affirm that the participant will be covered at all times while enrolled at UMDGC by a health/medical/accident insurance that I consider adequate for the participant's protection. X _____

Piercings: I will take all reasonable actions to protect myself and my instructors from injury due to body piercings. I release UMDGC from all claims resulting from injury to myself resulting directly or indirectly from the wearing of piercings. If required by the staff, I will remove piercings that pose a danger. X _____

Medical Attention: I fully understand that UMDGC, LLC. staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the UMDGC staff to render first aid to the participant in the event of any injury or illness and, if deemed necessary by the UMDGC staff, to seek medical help at any health care facility or hospital, and/or call an ambulance. X _____

Waiver and Release: I am fully aware of and appreciate the risks, including catastrophic injury, paralysis, and death, that may result from participation in and traveling to or from UMDGC programs. Being aware of the above, I consent to have the participant enroll in the programs offered by UMDGC. I, my executors, and other representatives, waive and release all rights and claims for damages that I or the participant may have against UMDGC, its employees, volunteers, agents, and/or officers. X _____

ADULT SIGNATURE _____ **DATE** _____

CREDIT CARD PAYMENTS VIA MAIL, FAX, DROPBOX, or AUTOMATIC MONTHLY PAYMENTS

Credit Card Number: _____ Exp: _____ / _____ Security Code: _____ (AMEX: 4 printed digits on front; Dis/VMC: last 3 digits on signature line)



Fall 2009

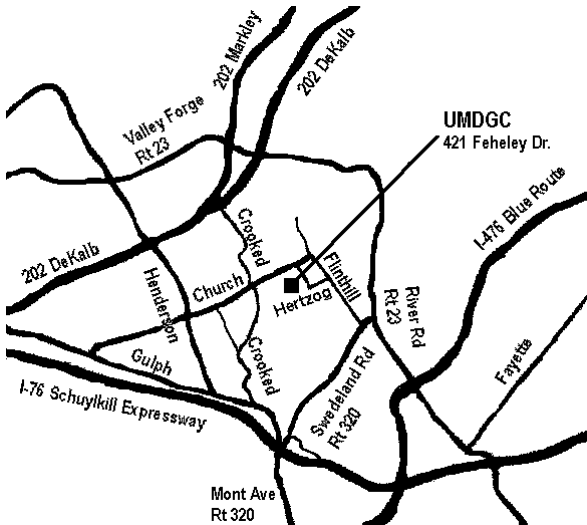
Dance: September-December

Gymnastics: September-January

421 Feheley Drive, Unit B, King of Prussia, PA 19406
 Phone: 610-731-0022; Fax: 610-731-0034
umdgc@aol.com; www.umdgc.com



Upper Merion Dance & Gymnastics Center, LLC.
 421 Feheley Drive, Unit B
 King of Prussia, PA 19406



SAVE UP TO 5% ON FALL CLASSES!

- Discount is in addition to family/multiple class discounts.
- Save 5% if registration form and payment are received or postmarked by August 14.
- Valid on class registration fee or first month's tuition. Not valid on passes, pay-as-you go classes, private group tumbling classes, and camps.
- **EXPANDED WEEKDAY AFTERNOON GYMNASTICS:** Save \$20 when you register for our new 11:00a and 12:00p preschool classes.
- **STILL NO ADDITIONAL OR HIDDEN FEES:** The price you see listed is the price you pay. No registration or insurance fees like most studios and gyms.