

# UMDGC NEWS

6th Annual UMDGC Dance Recital

## "Broadway Bound"

Saturday, Jun 19; 7:00p

Sunday, Jun 20; 2:00p

Upper Merion Area High School Auditorium

Mandatory Dress Rehearsal, Friday, Jun 18

## WAYS TO SAVE

- **Save \$72:** Save \$35 over the monthly tuition rate and receive 2 free recital tickets (\$10 each) when you pay in full for dance classes prior to the first day of class. Save an extra \$17, for a total of \$72, if you pay in full by the early registration deadline!
- **Save 50%:** Save 50% when you add-a-class in all gymnastics sessions, and Summer and Fall dance. For each regularly-price class the participant is registered for, they can register for another class of the same type (i.e. dance or gymnastics, no mix-and-match) for 50%! See "Important Dates" for the start dates.
- **Save 20%:** UMDGC offers tumbling class discounts to local cheerleading groups: Five Star Extreme, KP Indians, PW Spartans, Tri-State, and UMAHS Vikings. Your cheerleading coach will forward you a link to the special discount page. If your squad is not on the list, make sure the coach contacts Mr. Dave to receive the links. Discounts available only through special website.
- **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%:** 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; just as long as they're done at the same time.
- **Save 5%-10%:** UMDGC offers 5% early registration discounts. Check "Important Dates" for the deadlines. Occasionally, 10% discounts are offered to those on our email list. To receive notification of these larger discounts, make sure that you have a current email address on file. **This is in addition to all other discounts!**

## DANCE F.A.Q.'S

- **Where do I get leotards and tights?** UMDGC sells leotards, tights, and other apparel throughout the year. A poster with prices and more information can be found on the bulletin board in UMDGC's lobby. Tights of various colors can be found at any dance shop as well as Target, Wal-Mart, Sears, and JC Penny. Check the dance class descriptions for complete details of the attire requirements.
- **Does my child have to perform in the recital?** No, performance in the annual recital is recommended but not required.
- **Why do I need hip-hop sneakers? Why can't I use my sneakers?** Due to outside sneakers bringing in unwanted debris, and for better grip on the dance floor, UMDGC requires all hip-hop students to wear black dance sneakers. Dance sneakers should ONLY be worn inside the studio for dance classes. Dance sneakers can be purchased from UMDGC or Village Dance Shoppe, as well as online.
- **Can I register after the first class?** Yes, classes will be prorated if joined after the first class. In the fall students can join at any time. In order to be eligible for the recital, students must register by the third week of class of the Spring session.
- **Why dance?** Discipline, determination, dedication, and desire. Dance class can help your child conquer all four. Dance promotes discipline, coordination, memory, flexibility, strength, line, grace and stamina. Performance builds positive self-esteem and confidence, helps with other activities, and is just great fun! All kids are capable of relating and understanding basic techniques that are shown to them and demonstrated properly. The vocabulary they learn through dance can help them express themselves later in their academics.

## WHICH SPORT DO YOU ENJOY WATCHING THE MOST

NFL football.....	18%
<b>GYMNASTICS.....</b>	<b>13%</b>
MLB baseball.....	11%
NBA basketball.....	8%
Ice skating.....	7%
Auto racing.....	6%
Skateboarding.....	5%
BMX.....	4%
College basketball.....	4%
College football.....	4%
Swimming.....	3%
NHL hockey.....	3%

by Sports Illustrated Kids, July 2009

## GYMNASTICS F.A.Q.'S

- **How many kids are allowed in each class?** Unlike other gymnastics centers, UMDGC limits the size of the class based upon the number of instructors available to coach. While this means that the actual size of classes may fluctuate slightly between sessions, it guarantees a small group for your tumbler or gymnast.
- **How do you split up the groups in each class?** We split large classes up into groups based upon skill level, age, and/or gender. The specific characteristics and number of registrants will determine exactly how the groups will be split. Because of this, we cannot guarantee that you will be with your friend; however, we will guarantee that you will be safe and working on appropriate skills.
- **What's the difference between a tumbling and recreational class?** A tumbling class is tailored for those that only want to work on skills on the floor, be it for cheerleading or "showing off in the back yard." A tumbler will work on the floor, trampolines, tumbltrak, and airtrak. Skills they will attempt to master include handstands, cartwheels, roundoffs, and back handsprings. A recreational gymnastics class introduces the gymnast to all of the equipment you see in the Olympics, plus the training apparatus for those events (e.g. tramps, mushroom). It is also the preferred way to progress to the team if the gymnast is looking to compete in the future.
- **"Why is my boy doing balance beam?" or "Why is my girl doing pommel horse?"** UMDGC believes that a person can learn by doing "what they're not supposed to." Boys, who typically have difficulty with balance or body awareness, gain control by practice on the balance beam. Similarly, girls build up much needed strength by working on the rings, pommel horse, and parallel bars. These basic skills, regardless of the event, are the foundation of more advanced skills in gymnastics and the basis of all sport activities.
- **How many more skills before my child moves up a level?** At the end of each session, we will give the gymnasts/tumblers a copy of the skills they have mastered and still need to master. Also, feel free to ask the coach or the front desk; they will be happy to show you a copy of the sheet. Or you can just ask your child; they probably know exactly how many tricks they need or have mastered.
- **Can you lose "points"?** Yes. The coach is able to take away a skill point if the gymnast/tumbler is unable to perform the skill consistently. This ensures that UMDGC keeps a listing of each person's current abilities for safety reasons, and makes it more likely he/she will pass their skills test in the future.
- **What happens if my kid fails the skills test?** Nothing changes. They go back to their group, work on the skills they did not complete successfully during the test, and, after mastering those skills again, may be retested as many times as they want.
- **Why isn't my child getting any 'points' or learning anything new?** There are three major reason why your child isn't progressing or earning points: 1) In order to earn a point, the child must be able to perform the skill with proper technique. Just because they can "do it" doesn't mean it is being done correctly. 2) Because the sport of gymnastics is so progressive, it is important to review the basic skills. This is done to help break bad habits or make certain the gymnast is mentally and physically ready for a more advanced skill. 3) The gymnast/tumbler has "plateaued." Gymnastics is a very mental sport. Frustration at mastering one skill can cause a barrier to learning other skills. However, once the problem skill is mastered, the gymnast often learns several other skills shortly thereafter.
- **Why does the schedule change with each brochure?** UMDGC tries to match the demand for classes with the availability of the staff in order to maximize class ratios and to keep fees as low as possible. During the school year, UMDGC will substitute additional time slots of popular classes for other classes that have little or no enrollment. During the Summer session, classes are scheduled mainly for weekday evenings because of camps during the weekday mornings and afternoons, and low demand and coach availability on weekends.

## UMDGC GYMNASTICS AWARDS

The UMDGC staff would like to recognize the following gym members for the 2008-2009 season. Congratulations!

### 2008-2009 Banner of Fame

Adult/Teen Team: Keystone State Games, 2nd Place Team  
 Hannah McKernan: Level 5, State Beam Champion  
 Jonathan Tang: Region 7 Team member  
 Jonathan Tang: Region 7 P-Bar Champion  
 Jonathan Tang: Developmental National Team Member

### Gymnasts of the Year

Boys Team—Bennet Hickok  
 Class Program—McKayla McGlinchey  
 Girls Team—Erin Phelan

## IMPORTANT DATES

### UMDGC Closed

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

### Dance Sessions

Fall: Sep 8-Dec 20  
 Spring: Jan 4-Jun 13  
 Summer: starts Jun 14

### Gym Sessions

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

### 5% Early Registration Discount

Spring Dance: Dec 12  
 Winter Gym: Dec 22  
 Spring Gym: Mar 1

### 50% Add-A-Class Starts

Winter Gym: Jan 31  
 Spring Gym: Apr 11

# DANCE

## DANCE POLICIES & INFO

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

**Attire & Accessories:** 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:** No oversized jewelry. If jewelry is dangerous or distracting, dancers will be asked to remove it for the duration of the class.
- **Footwear and Clothing:** All dancers must have proper shoes for class. See each class description for specific details.
- **Accessories:** No toys, stuffed animals, games, etc. permitted in the studio with children, unless specified by instructors.

**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. Students who do not wish to participate in the recital or commit from Jan to Jun should chose the monthly tuition option; let UMDGC instructors and/or note on the registration form when your dancer plans to finish classes. 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.

### Mini Session 1

SB01	Ages 3-4, Non-Recital	Tue, 1:30p-2:15p	Jan 5-Mar 9 (10)	\$160
SB02	Ages 3-4, Non-Recital	Thu, 5:30p-6:15p	Jan 7-Mar 11 (10)	\$160
SB03	Ages 3-4, Non-Recital	Fri, 2:00p-2:45p	Jan 8-Mar 12 (10)	\$160
SB04	Ages 3-4, Non-Recital	Sat, 9:30a-10:15a	Jan 9-Mar 13 (10)	\$160

### Mini Session 2

SB05	Ages 3-4, Non-Recital	Tue, 1:30p-2:15p	Mar 16-May 25 (10)	\$160
SB06	Ages 3-4, Non-Recital	Thu, 5:30p-6:15p	Mar 18-May 27 (10)	\$160
SB07	Ages 3-4, Non-Recital	Fri, 2:00p-2:45p	Mar 19-May 21 (9)	\$148
SB08	Ages 3-4, Non-Recital	Sat, 9:30a-10:15a	Mar 20-Jun 22 (9)	\$148

**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

SB09	Ages 4-5	Mon, 4:30p-5:15p	Jan 4-Jun 7 (21)	\$340; \$75/mo
SB10	Ages 4-5	Tue, 4:15p-5:00p	Jan 5-Jun 8 (22)	\$352; \$77/mo
SB11	Ages 4-5, Non-Recital	Thu, 4:30p-5:15p	Jan 7-Mar 11 (10)	\$160
SB12	Ages 4-5, Non-Recital	Thu, 4:30p-5:15p	Mar 18-May 27 (10)	\$160
SB13	Ages 4-5	Fri, 4:45p-5:30p	Jan 8-Jun 11 (21)	\$340; \$75/mo
SB14	Ages 4-5	Sat, 10:00a-10:45a	Jan 9-Jun 12 (21)	\$340; \$75/mo

### Kindergarten

SB15	Ages 5-6	Tue, 6:15p-7:15p	Jan 5-Jun 8 (22)	\$352; \$77/mo
SB16	Ages 5-6	Wed, 4:15p-5:15p	Jan 6-Jun 9 (22)	\$352; \$77/mo

## BALLET CONTINUED

SB17 Ages 5-6 Sat, 11:00a-12:00p Jan 9-Jun 12 (21) \$340; \$75/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.

SB18 Ages 6-8 Mon, 6:15p-7:15p Jan 4-Jun 7 (21) \$340; \$75/mo  
SB19 Ages 6-8 Sat, 11:15a-12:15p Jan 9-Jun 12 (21) \$340; \$75/mo

**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.

SB20 Ages 8+ Tue, 7:15p-8:15p Jan 5-Jun 8 (22) \$352; \$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; don't forget the multi-class discount. **Attire:** Leotard, tights, and split-sole ballet shoes required. Hair in a bun, twist, or braid. Students should bring a water bottle.

SB21 Ballet 3/Pointe Thu, 7:00p-8:30p Jan 7-Jun 10 (22) \$440; \$95/mo  
SB22 Ballet 3/Pointe Sun, 7:00p-8:30p Jan 10-Jun 13 (21) \$420; \$92/mo

## BALLROOM

**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. Provides instruction in the most popular forms of ballroom dance, including the rumba, cha-cha, and foxtrot. Partner is not required. **Attire:** Non-marking dress shoes and comfortable clothing. Sneakers are not permitted.

**BEGINNER: Ballroom 1** requires no dance experience! The course provides an introduction to the basic steps and patterns.

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

**INTERMEDIATE & ADVANCED: Ballroom 2** requires knowledge of the basics of ballroom and Latin dancing. The course will introduce additional patterns, styling, and lead-and-follow technique.

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

## BROADWAY

A fun-filled class focusing on theatre jazz and acting for musical theatre, set to Broadway music. Students wishing to perform in the recital must sign up for the second session. **Attire:** Black jazz shoes required. Leotard, fitted top, or camisole. Legs must be covered with tights and/or dance pants. No shorts, skorts, or skirts permitted

SU1 Ages 8-11 Thu, 5:00p-6:00p Jan 7-Jun 10 (22) \$352; \$77/mo  
SU2 Ages 11-14 Thu, 6:00p-7:00p Jan 7-Jun 10 (22) \$352; \$77/mo

## 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.

SH1	Ages 6-8 (Mini)	Mon, 5:15p-6:15p	Jan 4-Jun 7 (21)	\$340; \$75/mo
SH2	Ages 6-8 (Mini)	Fri, 5:30p-6:30p	Jan 8-Jun 11 (21)	\$340; \$75/mo
SH3	Ages 8-11 (Youth)	Thu, 6:15p-7:15p	Jan 7-Jun 10 (22)	\$352; \$77/mo
SH4	Ages 8-11 (Youth)	Fri, 6:30p-7:30p	Jan 8-Jun 11 (21)	\$340; \$75/mo
SH5	Ages 11-13 (Pre-Teen)	Wed, 6:30p-7:30p	Jan 6-Jun 9 (22)	\$352; \$77/mo
SH6	Ages 13+ (Teen)	Tue, 7:00p-8:00p	Jan 5-Jun 8 (22)	\$352; \$77/mo
SH7	Ages 16+ (Adult)	Wed, 8:30p-9:30p	Jan 6-Jun 9 (22)	\$352; \$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.

SR1 Soft Shoe 1, Ages 7-12 Sat, 10:15a-11:15a Jan 9-Jun 12 (21) \$340; \$75/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.

SR2 Soft Shoe 2 Wed, 6:30p-7:30p Jan 6-Jun 9 (22) \$352; \$77/mo  
SR3 Soft Shoe 3 Tue, 5:00p-6:00p Jan 5-Jun 8 (22) \$352; \$77/mo  
SR4 Hard Shoe Wed, 5:30p-6:30p Jan 6-Jun 9 (22) \$352; \$77/mo

# DANCE

## 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.  
SJ1 Ages 8-11 (Jazz 1) Tue, 6:00p-7:00p Jan 5-Jun 8 (22) \$352; \$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.  
SJ2 Jazz 2 Thu, 7:15p-8:15p Jan 7-Jun 10 (22) \$352; \$77/mo  
SJ3 Jazz 3 (also Ages 14+) Wed, 7:30p-8:45p Jan 6-Jun 9 (22) \$405; \$88/mo

## 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.  
SM1 Ages 12+ Thu, 8:30p-9:30p Jan 7-Jun 10 (22) \$352; \$77/mo

## PILATES

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

While the kids are enjoying open workout, treat yourself to a total workout that will tone your body thru enjoyable and easy movements. Pilates is a form of exercise that emphasizes the balanced development of the body through core strength, flexibility, and total body awareness. Bring a yoga mat, towel, bottled water, and comfortable clothing.  
SP10 Ages 16+ Fri, 7:45p-8:45p Jan 8-Jun 11 \$12/class

## 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.  
ST1 Ages 5-6 Tue, 5:00p-6:00p Jan 5-Jun 8 (22) \$352; \$77/mo

**BEGINNER:** Focuses on combinations, putting steps together, and traveling steps. Time-steps may be introduced.  
ST2 Ages 6-8 (Mini's) Wed, 5:30p-6:30p Jan 6-Jun 9 (22) \$352; \$77/mo  
ST3 Ages 8-12 (Tap 1) Mon, 5:30p-6:30p Jan 4-Jun 7 (21) \$340; \$75/mo  
ST4 Ages 14+ (Adult Tap 1) Thu, 8:30p-9:30p Jan 7-Jun 10 (22) \$352; \$77/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.  
ST5 Tap 2 & 3 Fri, 5:45p-6:45p Jan 8-Jun 11 (21) \$340; \$75/mo  
ST6 Tap 4 Tue, 8:00p-9:15p Jan 5-Jun 8 (22) \$405; \$88/mo  
ST7 Adult Tap 2, Ages 16+ Tue, 8:15p-9:15p Jan 5-Jun 8 (22) \$352; \$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; 7:35p-8:45p until Jun 7 \$12; \$110/pass

## ZUMBA

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

Zumba (Zoom-bah) is a fitness class that fuses hypnotic International rhythms and easy-to-follow moves. Zumba's Latin-inspired international music and dance steps create a dynamic, exciting, and effective fitness system for any age and shape!  
SZ10 Ages 16+ Wed, 7:30p-8:30p Jan 6-Jun 9 (22) \$10 cash/class

# 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
<b>Thanksgiving Break</b>			
HCA Fri, Nov 27	\$20	\$30	Gym, Tumbling
<b>Winter Break</b>			
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
<b>Spring Break</b>			
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

## 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.

Coed, Ages 3-5	Winter (Jan-Mar)	Spring (Apr-Jun)
Wed; 2:00p-3:00p	Jan 27-Mar 24 (9) \$175 WWC1	Apr 7-Jun 2 (9) \$175 SWC1
Sat; 12:00p-1:00p	Jan 30-Mar 27 (9) \$175 WSC1	Apr 10-Jun 5 (8) \$160 SSC1

# 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.

**GYMNASTICS SCHEDULING ON NEXT PAGE**

# GYMNASTICS

## ADULT CLASSES

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

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.

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

## GYMNASTICS CLASSES

### PRESCHOOL (Ages 3-5) & RECREATIONAL (Ages 6+ or

**Level 1):** 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: floor, vault, beam, bars, rings, pommel horse, p-bars, tumbltrak, and trampoline. 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. **Special Notes for Preschool Classes:** Parents may go into the workout area to help with the transition to gym class. All participants must be potty-trained. Gymnasts age 6 may register for Ages 3-5 classes on weekdays prior to 3:00p. Contact UMDGC for the best options.

Coed, Ages 3-5

#### Winter (Jan-Mar)

#### Spring (Apr-Jun)

Mon, 1:00p-1:50p	Jan 25-Mar 22 (9) \$175 WMPA	Apr 5-May 24 (8) \$160 SMPA
Mon, 2:00p-2:50p	Jan 25-Mar 22 (9) \$175 WMPB	Apr 5-May 24 (8) \$160 SMPB
Mon, 5:00p-5:50p	Jan 25-Mar 22 (9) \$175 WMPC	Apr 5-May 24 (8) \$160 SMPD
Mon, 6:00p-6:50p	Jan 25-Mar 22 (9) \$175 WMPD	Apr 6-Jun 1 (9) \$175 SUPA
Tue, 1:00p-1:50p	Jan 26-Mar 23 (9) \$175 WUPA	Apr 6-Jun 1 (9) \$175 SUPB
Tue, 2:00p-2:50p	Jan 26-Mar 23 (9) \$175 WUPB	Apr 6-Jun 1 (9) \$175 SUPC
Tue, 4:00p-4:50p	Jan 26-Mar 23 (9) \$175 WUPC	Apr 6-Jun 1 (9) \$175 SUPD
Tue, 6:00p-6:50p	Jan 26-Mar 23 (9) \$175 WUPD	Apr 7-Jun 2 (9) \$175 SWPA
Wed, 4:00p-4:50p	Jan 27-Mar 24 (9) \$175 WWPA	Apr 7-Jun 2 (9) \$175 SWPB
Wed, 5:00p-5:50p	Jan 27-Mar 24 (9) \$175 WWPB	Apr 8-Jun 3 (9) \$175 SHPA
Thu, 9:30a-10:15a	Jan 28-Mar 25 (9) \$155 WHPA	Apr 8-Jun 3 (9) \$155 SHPB
Thu, 10:15a-11:00a	Jan 28-Mar 25 (9) \$155 WHPB	Apr 8-Jun 3 (9) \$155 SHPC
Thu, 11:00a-11:50a	Jan 28-Mar 25 (9) \$155 WHPC	Apr 8-Jun 3 (9) \$155 SHPD
Thu, 12:00p-12:50p	Jan 28-Mar 25 (9) \$155 WHPD	Apr 8-Jun 3 (9) \$155 SHPE
Thu, 1:00p-1:50p	Jan 28-Mar 25 (9) \$175 WHPE	Apr 8-Jun 3 (9) \$175 SHPF
Thu, 2:00p-2:50p	Jan 28-Mar 25 (9) \$175 WHPF	Apr 8-Jun 3 (9) \$175 SHPG
Thu, 4:00p-4:50p	Jan 29-Mar 26 (9) \$155 WFPA	Apr 9-Jun 4 (8) \$160 SFPA
Fri, 2:00p-2:50p	Jan 29-Mar 26 (9) \$175 WFPA	Apr 9-Jun 4 (8) \$160 SFPB
Fri, 4:30p-5:20p	Jan 29-Mar 26 (9) \$175 WFPA	Apr 10-Jun 5 (8) \$160 SSPA
Sat, 10:00a-10:50a	Jan 30-Mar 27 (9) \$175 WSPA	Apr 10-Jun 5 (8) \$160 SSPB
Sat, 11:00a-11:50a	Jan 30-Mar 27 (9) \$175 WSPB	Apr 11-May 23 (7) \$145 SNPA
Sun, 12:00p-12:50p	Jan 31-Mar 28 (9) \$175 WNPA	Apr 5-May 24 (8) \$160 SMRB

Boys, Ages 6 & up (or Level 1)

Mon, 4:00p-5:00p	Jan 25-Mar 22 (9) \$175 WMRB	Apr 9-Jun 4 (8) \$160 SFRB
Thu, 4:00p-5:00p	Jan 29-Mar 26 (9) \$175 WFRB	

Girls, Ages 6 & up (or Level 1)

Mon, 4:00p-5:00p	Jan 25-Mar 22 (9) \$175 WMRA	Apr 5-May 24 (8) \$160 SMRA
Fri, 4:00p-5:00p	Jan 29-Mar 26 (9) \$175 WFRB	Apr 9-Jun 4 (8) \$160 SFRB

Coed, Ages 6 & up (or Level 1)

Tue, 4:00p-5:00p	Jan 26-Mar 23 (9) \$175 WURA	Apr 6-Jun 1 (9) \$175 SURA
Tue, 5:00p-6:00p	Jan 26-Mar 23 (9) \$175 WURB	Apr 6-Jun 1 (9) \$175 SURB
Tue, 6:00p-7:00p	Jan 26-Mar 23 (9) \$175 WURC	Apr 6-Jun 1 (9) \$175 SURC
Tue, 7:00p-8:00p	Jan 26-Mar 23 (9) \$175 WURD	Apr 6-Jun 1 (9) \$175 SURD
Wed, 5:00p-6:00p	Jan 27-Mar 24 (9) \$175 WWRB	Apr 7-Jun 2 (9) \$175 SWRA
Wed, 6:00p-7:00p	Jan 27-Mar 24 (9) \$175 WWRB	Apr 7-Jun 2 (9) \$175 SWRB
Thu, 5:00p-6:00p	Jan 28-Mar 25 (9) \$175 WHRA	Apr 8-Jun 3 (9) \$175 SHRA
Thu, 6:00p-7:00p	Jan 28-Mar 25 (9) \$175 WHRB	Apr 8-Jun 3 (9) \$175 SHRB
Thu, 7:00p-8:00p	Jan 28-Mar 25 (9) \$175 WHRC	Apr 8-Jun 3 (9) \$175 SHRC
Fri, 5:30p-6:30p	Jan 29-Mar 26 (9) \$175 WFRD	Apr 9-Jun 4 (8) \$160 SFRD
Sat, 11:00a-12:00p	Jan 30-Mar 27 (9) \$175 WSRA	Apr 10-Jun 5 (8) \$160 SSRA
Sun, 1:00p-2:00p	Jan 31-Mar 28 (9) \$175 WNRA	Apr 11-May 23 (7) \$145 SNRA

Coed, Ages 6 & up (Home School)

Fri, 1:00p-3:00p	Jan 29-Mar 26 (9) \$175 WFRB	Apr 9-Jun 4 (8) \$160 SFRA
Coed, Ages 12 & up		
Wed, 8:00p-9:00p	Jan 27-Mar 24 (9) \$175 WWRC	Apr 7-Jun 2 (9) \$175 SWRC

**DEVELOPMENTAL:** UMDGC's developmental classes are 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 may attend open workouts free of charge, no passes will be issued.

Boys, Level 2+

#### Winter (Jan-Mar)

#### Spring (Apr-Jun)

Thu, 4:30p-6:00p	Jan 28-Mar 25 (9) \$195 WHDB	Apr 8-Jun 3 (9) \$195 SHDB
Fri, 5:45p-7:15p	Jan 29-Mar 26 (9) \$195 WFDB	Apr 9-Jun 4 (8) \$180 SFDB
Sat, 10:30a-12:00p	Jan 30-Mar 27 (9) \$195 WSDB	Apr 10-Jun 5 (8) \$180 SSDB

Girls, Level 2+

Mon, 4:00p-5:30p	Jan 25-Mar 22 (9) \$195 WMDG	Apr 5-May 24 (8) \$180 SMDG
Tue, 4:30p-6:00p	Jan 26-Mar 23 (9) \$195 WUDG	Apr 6-Jun 1 (9) \$195 SUDG
Wed, 4:30p-6:00p	Jan 27-Mar 24 (9) \$195 WWDG	Apr 7-Jun 2 (9) \$195 SWDG
Thu, 4:30p-6:00p	Jan 28-Mar 25 (9) \$195 WHDG	Apr 8-Jun 3 (9) \$195 SHDG
Sat, 10:30a-12:00p	Jan 30-Mar 27 (9) \$195 WSDG	Apr 10-Jun 5 (8) \$180 SSDG
Sun, 12:30p-2:00p	Jan 31-Mar 28 (9) \$195 WNDG	Apr 11-May 23 (7) \$165 SNDG

## OPEN WORKOUTS

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

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

## TEAM PROGRAMS (UNTIL JUN 5)

By invitation or tryout. Fees include free open workouts. See team handbooks for all of the details and policies.

<b>Boys Levels 3-5 (TB)</b>	\$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	
<b>Boys Levels 6 &amp; up (TB)</b>	\$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
<b>Girls Preteam/Level 3 (TG)</b>	\$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	
<b>Girls Levels 4 &amp; 5 (TG)</b>	\$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
<b>Girls Levels 6 &amp; up (TG)</b>	\$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		
<b>Teen and Adult Team (TA)</b>	\$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.

**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 4-7

#### Winter (Jan-Mar)

#### Spring (Apr-Jun)

Tue, 5:00p-6:00p	Jan 26-Mar 23 (9) \$175 WUTA	Apr 6-Jun 1 (9) \$175 SUTA
Thu, 6:00p-7:00p	Jan 28-Mar 25 (9) \$175 WHTC	Apr 8-Jun 3 (9) \$175 SHTC

Ages 6 & up

Mon, 5:00p-6:00p	Jan 25-Mar 22 (9) \$175 WMTB	Apr 5-May 24 (8) \$160 SMTB
Tue, 7:00p-8:00p	Jan 26-Mar 23 (9) \$175 WUTB	Apr 6-Jun 1 (9) \$175 SUTB
Wed, 4:00p-5:00p	Jan 27-Mar 24 (9) \$175 WWTB	Apr 7-Jun 2 (9) \$175 SWTB
Thu, 4:00p-5:00p	Jan 28-Mar 25 (9) \$175 WHTA	Apr 8-Jun 3 (9) \$175 SHTA
Fri, 6:30p-7:30p	Jan 29-Mar 26 (9) \$175 WFTA	Apr 9-Jun 4 (8) \$160 SFTA
Sat, 12:00p-1:00p	Jan 30-Mar 27 (9) \$175 WSTA	Apr 10-Jun 5 (8) \$160 SSTA
Sun, 2:00p-3:00p	Jan 31-Mar 28 (9) \$175 WNTA	Apr 11-May 23 (7) \$145 SNTA

**ACRO, INTERMEDIATE, & ADVANCED:** Acro tumbling is for those who want something a little different than "cheerleading tumbling." Front, side, and back tumbling will be covered, including handsprings, aerials, and flips. Participant must be able to do a back handspring on trampoline or tumbltrak without assistance.

**Intermediate** 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** 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.

Acro, Ages 12 & up

#### Winter (Jan-Mar)

#### Spring (Apr-Jun)

Tue, 8:00p-9:00p	Jan 26-Mar 23 (9) \$175 WUTD	Apr 6-Jun 1 (9) \$175 SUTD
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Intermediate

Mon, 4:00p-5:00p	Jan 25-Mar 22 (9) \$175 WMTA	Apr 5-May 24 (8) \$160 SMTA
Sat, 1:00p-2:00p	Jan 30-Mar 27 (9) \$175 WSTA	Apr 10-Jun 5 (8) \$160 SSTA

Intermediate & Advanced

Thu, 5:00p-6:00p	Jan 28-Mar 25 (9) \$175 WHTB	Apr 8-Jun 3 (9) \$175 SHTB
Thu, 7:00p-8:15p	Jan 28-Mar 25 (9) \$175 WHTD	Apr 8-Jun 3 (9) \$175 SHTD

Advanced

Tue, 8:00p-9:15p	Jan 26-Mar 23 (9) \$175 WUTC	Apr 6-Jun 1 (9) \$175 SUTC
Wed, 7:00p-8:00p	Jan 27-Mar 24 (9) \$175 WWTB	Apr 7-Jun 2 (9) \$175 SWTB

**PRIVATE GROUP LESSONS:** If you'd like to schedule a private lesson for your cheerleading squad during the summer session, contact UMDGC no later than March 1, 2010. See coach for registration information.

MTH Haverford High School Mon; 7:00p-8:30p

# 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 7,500 sq ft of gym 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  
5 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](http://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 withdrawing from a program, you will only receive a refund or credit if the request is submitted using that form. Some important details:

- 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 within 30 days of receiving the request form.

**Discounts:** Discounts are available only through UMDGC. Percent discounts are taken from after all coupons and dollar amount discounts have been applied. Discounts apply only 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, and Fall 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%):** Family members must be enrolled simultaneously and the registrations must be done at the same time to receive the 10% discount. An individual wishing to receive the multiple class discount must register for 2 or more classes in one transaction.
- **Team:** Receive an additional 10% off when paying for 8-9 months/passes, or 5% discount when paying for 4-7 months/passes, 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 a program 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 activities.

**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

### 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.  \_\_\_\_\_

**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

**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

### 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:**

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

<b>Class Code</b>	Normal Fee	Discounts	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

<b>Class Code</b>	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)



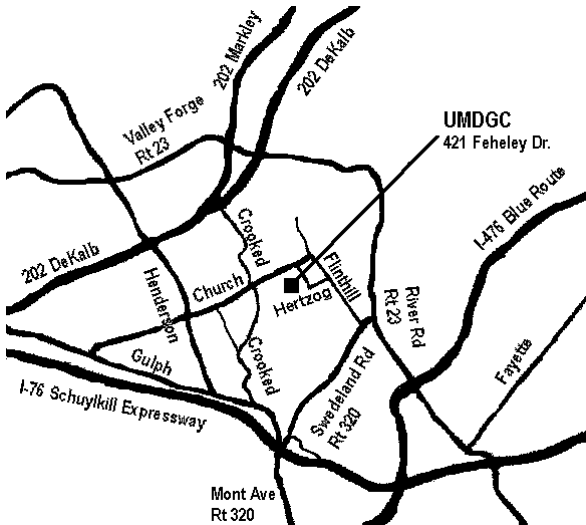
# Spring 2009

Dance: January-June  
Gymnastics: January-June

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



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



## **SAVE AN EXTRA 5%!**

- Discount is in addition to family/multiple class discounts.
- 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.
- Check inside for deadlines.