

UMDGC SUMMER CAMPS 2016

CHEERLEADING CAMP

Cheerleading camp includes beginner to USASF level 4 stunts, tumbling, motions, dance, jumps, strength, and flexibility. Camp is a great way to get extra work for the current season or next year's try-outs. Levels will be combined when camp sizes are not large enough to split into separate groups. **Prerequisites:** Co-ed ages 5 & up. **Attire:** Non-restrictive, athletic clothing. Clean, dry sneakers, preferably cheerleading sneakers, required. **Ratio:** Up to 12 campers per instructor. Minimum of 4 campers required.

DANCE CAMPS

Each camp will present a mini performance on Friday at noon. Campers requiring shoes must be sized one week prior to the start of camp. Tap shoes may be available for rent for \$10 per week. **Ratio:** 12 dancers per instructor. Minimum of 4 campers required per week. **Attire:** Leotard and tights or leggings, t-shirt, comfortable clothing. **Note:** Daily rate not available.

American Girl

Bring your favorite doll and enjoy a camp that will explore and celebrate all things American Girl. Campers will enjoy ballet and jazz as well as crafts and dance games, all centered around their doll. Campers will learn about different dolls and their origins as well. **Note:** Any doll can be brought to camp. Please make sure camper's names are on the dolls. **Prerequisite:** Girls ages 7-11. **Attire:** Leotard and tights, or black leggings with tank top or T-shirt. Bare feet, or ballet or jazz shoes. **Offered:** Jul 5-8

Broadway Bound & Broadway Babies

Bring your jazz hands for an exciting week of musical theater camp. Campers will dance to the music of Broadway's biggest shows while also exploring acting and theater games. Dance styles will include theater jazz and tap. **Prerequisites:** Broadway Bound - Co-ed ages 8-12. Broadway Babies - Co-ed ages 5-7. **Attire:** Leotard and tights, or black leggings and tank top or T-shirt. Bare feet, ballet or jazz shoes. Tap shoes required. **Offered:** Aug 8-12

Contemporary Camp

Come explore this amazing creative and expressive style of dance! Dancers will go on a fun journey to tell a story through expressive dance. Emphasis on alignment, balance, coordination, and movement development while learning contemporary and modern techniques. Campers will also experiment with improvisation and creating movement phrases that explore their creative sides. **Prerequisite:** Co-ed ages 8-12. **Attire:** Black leggings with tank top or T-shirt. Bare feet. **Offered:** Aug 1-5

Descendants

Good Is The New Bad in this wickedly fun camp based on the characters and music of Disney's epic movie "The Descendants". Learn jazz and hip-hop combinations to music from Shawn Mendes, Dove Cameron, and more! **Prerequisite:** Co-ed ages 6-10. **Attire:** Black leggings with tank top or T-shirt. Bare feet, or ballet or jazz shoes if desired. **Offered:** Jul 25-29

Minions/Despicable Me

Calling all Minions! Get ready to boogie with music from The Despicable Me franchise. Dancers will learn fun, upbeat jazz and tap dances to music for minions and by minions. **Prerequisite:** Co-ed Ages 5-7. **Attire:** Black leggings with tank top or T-shirt, or leotard and tights. Bare feet, or ballet or jazz shoes. **Offered:** Jul 18-22

Pop Stars

For super fans of all things pop music! A new and exciting camp featuring music from pop stars such as Justin Bieber, Demi Lovato, One Direction, and Shawn Mendes. A new song and dance style will be introduced each day. **Prerequisite:** Co-ed ages 8-12. **Attire:** Black leggings with t-shirt or tank top. Bare feet, jazz shoes, or hip-hop sneakers. **Offered:** Jul 11-15

Princess "Dreams Come True"

Princess campers will have a "ball" learning ballet and tap steps and combinations to various Disney princess music. Games such as Kiss The Frog, Princess memory game and crafts will be included. Campers can dress in their favorite princess for princess party and show on the Friday of camp. Possible appearance by a princess! **Prerequisite:** Girls ages 5-7. **Attire:** Leotard and tights, or leggings with tank top or T-shirt. Bare feet or ballet shoes. Tap shoes required. **Offered:** Aug 1-5

Taylor Swift

A fun and exciting dance camp dedicated solely to popstar Taylor Swift. Learn contemporary, hip-hop, and jazz combinations to Taylor's most popular music! A new combination and style will be introduced each day. Campers will also create fun art projects to celebrate this great pop star with local roots! **Prerequisite:** Co-ed ages 7-12. **Attire:** Black leggings with tank top or T-shirt. Bare feet, or ballet or jazz shoes. **Offered:** Jun 27-Jul 1 and Aug 15-19

Under The Sea

Dive in and dance to the Disney's underwater movies: Little Mermaid, Finding Nemo and the new release Finding Dory! Dancers will enjoy ballet, tap, and jazz instruction to music from all three adventurous movies! **Prerequisite:** Co-ed ages 5-7. **Attire:** Bare feet, or ballet or jazz shoes. Tap shoes required. **Offered:** Jul 11-15

Wizard of Oz/The Wiz/Wicked

Ease on down the yellow brick road to this dance camp inspired by Oz movies. Campers will learn ballet and jazz combinations to music from the Wizard of Oz, Wicked, and The Wiz Live. **Prerequisite:** Co-ed ages 8-12. **Attire:** Leotard and tights, or black leggings with tank top or T-shirt. Bare feet, or ballet or jazz shoes. **Offered:** Jul 18-22

GYMNASTICS CAMP

Ideal for first-time gymnasts to those preparing for team. Campers will receive instruction on all of the gymnastics equipment, including trampoline and tumbltrak. Basic dance instruction will be included for girls levels 0-3 to better prepare them for the artistic side of the sport. Campers are divided into groups based upon gender, level, and/or age when appropriate. **Prerequisites:** Co-ed ages 5 & up. **Attire:** Non-restrictive, athletic clothes. Bare feet. **Ratio:** 6-7 gymnasts per instructor.

TEAM & PRETEAM CAMP

An intense workout designed to prepare the gymnast for the next competitive season. Schedule includes morning event workouts, tumbltrak and trampoline in the afternoons, required daily flexibility and strength, opportunity to participate in one afternoon activity or take an extended break, daily open workout, and special team-only activities. **Boys Prerequisites & Attire:** Boys levels 2-6. Athletic shorts and t-shirt. Bare feet. Bring sweat pants or competition pants to each day. **Girls Prerequisites & Attire:** Open to all girls and Xcel team members and members of UMDGC's girls preteam. Leotard required. Spandex/velvet shorts permitted. Bare feet. **Ratio:** 8-10 gymnasts per instructor.

TUMBLING CAMP

Perfect for those looking to learn or perfect tumbling skills. Progressive instruction will be provided on the spring floor, airfloor, tumbltrak, and trampolines. Novice tumblers will focus on rolls, cartwheels, roundoffs, back handsprings. Beginner and intermediate tumblers will work on running tumbling and back tucks. Advanced to Master tumblers will work on layouts, twisting, whips, Arabians, and front tumbling, and will have the opportunity for additional training in the afternoon instead of afternoon activities. Campers are divided into groups based upon gender, level, and/or age when appropriate and staffing permits. **Prerequisites:** Co-ed ages 7 & up. **Attire:** Non-restrictive, athletic clothing. Bare feet; or clean, dry sneakers or cheerleading shoes. **Ratio:** 6-10 tumblers per instructor.

Rates	By Nov 28	Nov 29 - Dec 29	Dec 30—Mar 5	After Mar 5
Discount	20% off	15% off	10% off	No discount
Daily Rate (no early registration discount)	\$90/day	\$90/day	\$90/day	\$90/day
Weekly rate for 1-7 weeks total	\$216/wk	\$229.50/wk	\$243/wk	\$270/wk
Weekly rate for 8-10 weeks total	\$192/wk	\$204/wk	\$216/wk	\$240/wk

Discounts & Prorating

- **Early Registration Discounts:** Must pay in full. Applicable to weekly fees only.
- **Family discount:** Receive a 10% discount when you have two or more campers attending the same days/weeks.
- **Military discount:** Receive 10% off when you provide proof of past or present military service.
- **Week of July 4:** Weekly fees will be prorated \$50.

PAYMENT OPTIONS

1. Pay in full at time of registration. You may be eligible for early registration discounts.
2. Pay 30% of total fee at time of registration. Credit card info must be provided on the registration form. Any unpaid balance will be charged to the card 2 Fridays prior to the start of each week of camp. Initial deposits are fully refundable until the end of the first day of camp.

CAMPER RULES

For the safety of the campers and productivity of the camp, UMDGC reserves the right to discipline campers if they do not follow the following rules, rules posted in UMDGC, and/or common classroom etiquette. Discipline may include, but is not limited to, verbal warning, timeout, meeting with parents, and suspension or expulsion from camp. The discipline will be based on the incident's severity, and the camper's past history and special conditions. Decisions of UMDGC's staff are final.

- Campers must follow the directions of all UMDGC staff.
- Campers must remain with their group at all times when in the gym and studios.
- Notify a staff member immediately of all injuries or problems.
- Gum, food, and drinks other than water are prohibited in the studios and gym.
- Campers are expected to participate in all activities or must sit in the lobby for the remainder of the rotation.
- Campers are expected to behave in an appropriate manner and show respect to others.
- Campers may not touch other campers without coach/instructor permission.
- UMDGC is not responsible for damaged, stolen, lost, or misplaced property and money. Bring at your own risk and keep in your bag or check it in at the front desk.
- Proper attire is essential for the safety of the camper and staff. Those not dressed correctly will not be permitted to participate.
- Cell phone usage between 9:30a and 4:15p is forbidden and phone will be confiscated until sign-out. All "official" calls will be made from the UMDGC phones unless the utilities are lost.

ATTENDANCE POLICIES

- **Sign-In:** All campers must check-in at the front desk each day; parents do not have to come in if a UMDGC registration form has previously been completed and submitted.
- **Sign-Out:** An adult must provide a signature when signing out a camper; no camper will be permitted to leave without first being signed out. If there is a change to the normal pick-up, please let UMDGC know.
- **Late pick-up fee:** \$5 per carload will be charged for each portion of 5 minutes starting at 5:31p (i.e. 5:31p-5:35p; 5:36p-5:40p). This fee must be paid in full before participating in future camp activities.
- There are no make-ups, refunds, or credits for missed days.

SNACK AND LUNCH

- UMDGC does not supply food, drinks, utensils, microwaves, or refrigerators.
- **Snack time:** One beverage and a healthy snack.
- **Lunch:** Bring a bagged lunch and beverage with the camper's name on it, along with all necessary utensils.
- No glass as our campers walk around barefooted.
- Due to food allergies, UMDGC cannot supply food or permit sharing of food.
- UMDGC staff will only enforce eating plans that are supplied by a health care professional.

DAILY SCHEDULES

FREE Expanded Supervision

No instruction is provided. UMDGC staff will supervise campers while they play card and board games, watch a G- or age-appropriate PG-rated movie, watch child-appropriate TV programming, relax, or bring their own activity.

Gym, Dance, and Lower Level Tumbling & Cheer

8:15-9:30a	FREE Expanded Drop-off.
9:30-1:45p	Camp activities with a 10-minute snack break and 25-minute lunch break.
1:45-3:45p	Three afternoon activities. Options may include arts & crafts, martial arts, dance, tricking, ninja warrior course, outdoor activities, cheerleading, parkour, and gymnastics workouts. Campers who are ages 10+ may select their afternoon activities from the options given.
3:45-4:15p	Open workout in the gym.
4:15-5:30p	FREE Expanded Pick-up.
<u>Team/Preteam Camps</u>	
8:15-9:30a	FREE Expanded Drop-off.
9:30-11:30a	Warm-up, practice on 2-3 events.
11:30-12:00p	Lunch
12:00-1:45p	Remaining events
1:45-3:45p	One afternoon activity, snack time, trampoline, tumbltrak, conditioning, and strength.
3:45-4:15p	Open workout in the gym.
4:15-5:30p	FREE Expanded Pick-up.

Advanced Tumblers in Tumbling Camp

Campers may follow the above schedule or may join the tumbling coaches for additional tumbling time.

8:15-9:30a	FREE Expanded Drop-off.
9:30-12:45p	Warm-up, and practice on floor, tumbltrak, trampoline, and rod floor. 10 minute snack.
12:45-1:10p	Lunch
1:10-1:45p	Remaining events
1:45-3:45p	Tumbling on blue floor, one afternoon activity, conditioning, and strength.
3:45-4:15p	Open workout in the gym.
4:15-5:30p	FREE Expanded Pick-up.

UMDGC SUMMER CAMP REGISTRATION FORM

PARTICIPANT INFORMATION (ONE PER FORM; PRINT ALL INFO CLEARLY)

Participant's Name _____ Birthday _____

Gender: M F Participant's Cell _____ Name of Health Insurance Company _____

Address _____ City _____ State _____ Zip _____

Email (s) _____ Home Phone _____

Emergency Contact 1 _____ Relation _____ Phone Number _____

Emergency Contact 2 _____ Relation _____ Phone Number _____

Emergency Contact 3 _____ Relation _____ Phone Number _____

List all physical, emotional, psychological, neurological, and allergic conditions, and special requests. Also include any non-UMDGC dance and gymnastics experience:

<u>DATES</u>	<u>SUMMER CAMP TYPE (Circle One)</u>	<u>DAYS ATTENDING (Circle)</u>	<u>FEE</u>
Jun 13-Jun 17	Gym / Tumbling / Team & Preteam UC01	Mon Tue Wed Thu Fri	\$ _____
Jun 20-Jun 24	Gym / Tumbling / Team & Preteam UC02	Mon Tue Wed Thu Fri	\$ _____
Jun 27-Jul 1	Gym / Tumbling / Team & Preteam / Cheer 1-2 / Taylor Swift UC03	Mon Tue Wed Thu Fri	\$ _____
Jul 5-Jul 8 No Camp Jul 4	Gym / Tumbling / Team & Preteam / Cheer 3-4 / American Girl UC04	Tue Wed Thu Fri	\$ _____
Jul 11-Jul 15	Gym / Tumbling / Team & Preteam / Cheer Level 1-2 / Pop Stars / Under The Sea UC05	Mon Tue Wed Thu Fri	\$ _____
Jul 18-Jul 22	Gym / Tumbling / Team & Preteam / Cheer 3-4 / Minions / Wizard of Oz UC06	Mon Tue Wed Thu Fri	\$ _____
Jul 25-Jul 29	Gym / Tumbling / Team & Preteam / Cheer 1-2 / Descendants UC07	Mon Tue Wed Thu Fri	\$ _____
Aug 1-Aug 5	Gym / Tumbling / Team & Preteam / Cheer 3-4 / Contemporary / Princess UC08	Mon Tue Wed Thu Fri	\$ _____
Aug 8-Aug 12	Gym / Tumbling / Team & Preteam / Cheer 1-2 / Broadway Bound / Broadway Babies UC09	Mon Tue Wed Thu Fri	\$ _____
Aug 15-Aug 19	Gym / Tumbling / Team & Preteam / Cheer 3-4 / Taylor Swift UC10	Mon Tue Wed Thu Fri	\$ _____

WAIVER & RELEASE

In consideration of participation in Upper Merion Dance & Gymnastics Center, LLC.'s ("UMDGC") programming, I, the participant, my parents/guardians, siblings, other family members, and all my guests to UMDGC, affirm to be bound by the following:

Advertising Release: I grant permission for UMDGC and their agents to publish photos, movies, images, and names of the participant(s) on UMDGC's website, UMDGC's Face- _____ book, in ads, and/or other forms of information and publications that are viewable to the general public.

Compliance & Eligibility: The participant and all guests agree to comply with the rules, policies, and procedures of UMDGC as listed in the Essentials of UMDGC, brochure, website, posted in the facility, and as communicated by UMDGC staff. I attest that all of the above information is true and no important information has been omitted. Failure to comply may lead to disciplinary actions, including but not limited to timeout and expulsion without refund. _____

Insurance Coverage: I affirm that the participant will be covered while enrolled at UMDGC by an insurance policy that I consider adequate for the participant's protection. Any _____ insurance coverage that UMDGC supplies is secondary to my personal insurance.

Medical Attention: I fully understand that UMDGC staff members are not health care professionals. With that 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.

Piercings: I release UMDGC from all claims resulting from injury to the participant resulting directly or indirectly from the wearing of piercings. _____

Waiver & 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:** _____

Complete for credit card payments via mail or dropbox. Required if paying 30% deposit for camps.

Check one: _____ Payment in full _____ Paying by installments. Charge card two Fridays before the start of each camp I am registered for.

Credit Card Number: _____ Exp: _____ / _____ Security Code*: _____

* AMEX: 4 printed digits on front; Dis/V/MC: last 3 digits on back

UMDGC SUMMER CAMP ESSENTIALS

MISSED CAMP DAYS: There are no make-ups, credits, or refunds for missed days of camp.

SPECIAL REQUESTS: Groups change weekly. Submit requests via email or on the registration form no less than 72-hours prior to the start of each week of camp. Requests are not guaranteed.

REFUNDS/WITHDRAWING: All refunds for withdrawing from camp must be submitted on the "Withdrawal Request Form" which is available at www.umdgc.com. The form must be received by the end of the camp's first day in order to be eligible for a refund. Credits will be issued at all other times, unless accompanied by a doctor's note. Refunds will take 30 days.

FORGOTTEN ITEMS: Dance/cheerleading shoes, grips, bags, electronics, book bags, and jewelry will be donated to charity or thrown away seven days after being found. All other items will be thrown away or donated to charity nightly.

INSTALLMENT PAYMENTS: Any balance that remains unpaid 10 days prior to the start of each camp week will automatically be charged to the card on file.

LATE PICK-UP FEE: \$5 per carload for every portion of five minutes the driver is late.

DANCE SHOES: Campers requiring shoes must be sized one week prior to the start of camp. Tap shoes may be available for rent.

LUNCH AND SNACK: UMDGC does not supply food, drinks, utensils, refrigerators, or microwaves. UMDGC staff will only enforce eating plans or eating expectations that are supplied by a health care professional.

JULY 4: Camp is not held on July 4th. Fees have already been prorated.

CAMPER RULES AND EXPECTATIONS: Please make sure the camper understands the following expectations and rules.

- Campers must follow the directions of UMDGC staff.
- Campers must remain with their group at all times when in the gym and studios.
- Notify a staff member immediately of all injuries or problems.
- Gum, food, and drinks other than water are prohibited in the studios and gym.
- Campers are expected to participate in all activities or must sit in the lobby for the remainder of the rotation.
- Campers are expected to behave in an appropriate manner and show respect to others.
- Campers may not touch other campers without coach/instructor permission.
- UMDGC is not responsible for damaged, stolen, lost, or misplaced property and money. Bring at your own risk and keep in your bag or check it in at the front desk.
- Proper attire is essential for the safety of the camper and staff. Anyone not dressed correctly will not be permitted to participate.
- When in the gym, all campers must walk on the rainbow trail or gray to their next event.
- Cell phone usage between 9:30a and 4:15p is forbidden and phone will be confiscated until sign-out. All "official" calls will be made from the UMDGC phones, unless it is because UMDGC has lost utilities.

ADULT SIGNATURE: _____ **DATE:** _____

UMDGC USE ONLY

___ In computer

___ Pop up

___ Confirmation email is sent

___ Echosign is sent. HALF / FULL Expiration:

___ PayPal Refund \$

 Add Early Fam Military Multi Credit \$ Prorate \$

___ Email Archived

___ Form is taken out of filing cab/studio

___ Pop-up box is checked and deleted

___ Information is checked in database

___ Form is printed/scanned into Paperport

___ Echosign is cancelled

___ Forms are merged and moved to correct folder.