



Upper Merion Dance & Gymnastics Center, LLC.

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SEPTEMBER 2025 – JUNE 2026

| | SCHOOL YEAR DANCE | FALL II | WINTER I | WINTER II | SPRING I | SPRING II |
|--------------------|---------------------------|--|--|-------------|--|---|
| Start Date | Mon, Sep 8 | Gym, Parkour, Tumbling: Mon, Oct 13 Dance: Mon, Oct 27 | Mon, Dec 1 | Mon, Jan 26 | Mon, Mar 9 | Mon, Apr 27 |
| End Date | Sun, May 31 | Sun, Nov 23 | Sun, Jan 25 | Sun, Mar 8 | Sun, Apr 26 | Sun, Jun 7 |
| 5% Off Thru | | Sep 7 | Oct 19 | Dec 14 | Feb 1 | Mar 15 |
| Closures | See schedule to the right | Halloween Fri, Oct 31 Thanksgiving Mon, Nov 24 to Sun, Nov 30 | Winter Break Sat, Dec 20 to Fri, Jan 2 | None | Spring Break Mon, Mar 30 to Sun, Apr 5 | Memorial Day Fri, May 22 to Mon, May 25 |

ENTRY LEVEL CLASSES

| AGES 3-5 | AGES 6-8 | AGES 9-12 | AGES 13-ADULT |
|--|---|--|--|
| <u>DANCE</u> <ul style="list-style-type: none"> Acro 1 Ballet 1, 5-7 Ballet/Tap/Jazz, 3-4 Enchanted Dance, 3-5 Hip Hop 1, 5-7 Jazz/Tap, 5+ Tap 1 & 2, 5+ Twirl & Tumble Combo Class, 3-5 | <u>DANCE</u> <ul style="list-style-type: none"> Acro 1 Ballet 1, 5-7 Contemporary 1, 8+ Dance Fusion for Kids, 8-17 Hip Hop 1, 5-7 Jazz/Tap, 5+ Tap 1 & 2, 5+ Turns & Leaps 1 & 2 | <u>DANCE</u> <ul style="list-style-type: none"> Acro 1 Contemporary 1, 8+ Dance Fusion for Kids, 8-17 Jazz/Tap, 5+ Tap 1 & 2, 5+ Turns & Leaps 1 & 2 | <u>DANCE</u> <ul style="list-style-type: none"> Acro 1 Contemporary 1, 8+ Dance Fusion for Adults, 17+ Dance Fusion, Youth, 8-17 Tap 1 & 2, 5+ Tap, Teen & Adult, 13+ Turns & Leaps 1 & 2 |
| <u>GYMNASTICS</u> <ul style="list-style-type: none"> Intro Gymnastics, 3-5 Twirl & Tumble Combo Class, 3-5 | <u>GYMNASTICS</u> <ul style="list-style-type: none"> Intro Gymnastics, 6-12+ | <u>GYMNASTICS</u> <ul style="list-style-type: none"> Intro Gymnastics, 6-12+ | <u>GYMNASTICS</u> <ul style="list-style-type: none"> Intro Gymnastics for Teens & Adults, 12+ |
| <u>PARKOUR</u> <ul style="list-style-type: none"> Parkour 1, 5-8 | <u>PARKOUR</u> <ul style="list-style-type: none"> Parkour 1, 5-8 Parkour 1, 9-12+ | <u>PARKOUR</u> <ul style="list-style-type: none"> Parkour 1, 9-12+ | <u>PARKOUR</u> <ul style="list-style-type: none"> Parkour 1, 9-12+ Parkour for Teens & Adults, 13+ |
| <u>TUMBLING</u> <ul style="list-style-type: none"> Preschool Tumbling, 3-5 | <u>TUMBLING</u> <ul style="list-style-type: none"> Back Tumbling 1, 6+ | <u>TUMBLING</u> <ul style="list-style-type: none"> Back Tumbling 1, 6+ | <u>TUMBLING</u> <ul style="list-style-type: none"> Adult & Teen Tumbling, 13+ Back Tumbling 1, 6+ |

MONDAY

| | DANCE | GYMNASTICS | PARKOUR | TUMBLING |
|---------------|---|---|-----------------------|---|
| 10:00a | | 10:30 Intro Gym, 3-5 10:30 Intro Gym, 6-12+ | | |
| 11:00a | | 11:30 Intro Gym, 3-5 11:30 Intro Gym, 6-12+ | | |
| 12:00p | | 12:30 Intro Gym, 3-5 12:30 Intro Gym, 6-12+ | | |
| 1:00p | | 1:35 Intro Gym, 3-5 1:35 Intro Gym, 6-12+ | | |
| 2:00p | | 2:40 Intro Gym, 3-5 2:40 Intro Gym, 6-12+ | | |
| 3:00p | | | | |
| 4:00p | 4:40 Ballet/Tap/Jazz, 3-4 4:40 Ballet 1, 5-7 | 4:00 Intro Gym, 3-5 4:00 Intro Gym, Boys 6-12+ 4:00 Intro Gym, Girls 6-12+ 4:00 Girls Preteam 1 4:00 Preteam Orange 4:30 Intro Gym, 3-5 4:30 Intro Gym, 6-12+ | 4:00 Parkour 1, 9-12+ | 4:00 Back 1, 6+ |
| 5:00p | 5:30 Contemporary 1, 8+ 5:30 Jazz 4 & 5 | 5:30 Intro Gym, 3-5 5:30 Intro Gym, 6-12+ 5:35 Girls Preteam 1 | 5:00 Parkour 1, 5-8 | 5:00 Preschool, 3-5 5:00 Back 1, 6+ |
| 6:00p | 6:30 Contemporary 3 & 4 | 6:35 Intro Gym, 3-5 6:35 Intro Gym, 6-12+ | 6:05 Parkour 1, 9-12+ | 6:05 Back 2 6:05 Back 3 |
| 7:00p | | 7:15 Topaz 7:40 Intro Gym, 18+ 7:40 Adv. Intro, Girls Lvl 3 | 7:10 Parkour 1, 5-8 | 7:20 Back 2 7:20 Back 4 7:30 Back 5-6 |
| 8:00p | | | 8:15 Parkour 3 | |
| 9:00p | 9:00-10:30 OPEN WORKOUT, AGES 7+ | | | |

TUESDAY

| | DANCE | GYMNASTICS | PARKOUR | TUMBLING |
|---------------|----------------------------------|---|-----------------------|---|
| 10:00a | | 10:30 Intro Gym, 3-5 10:30 Intro Gym, 6-12+ | | |
| 11:00a | | 11:30 Intro Gym, 3-5 11:30 Intro Gym, 6-12+ | | |
| 12:00p | | 12:30 Intro Gym, 3-5 12:30 Intro Gym, 6-12+ | | |
| 1:00p | | 1:35 Intro Gym, 3-5 1:35 Intro Gym, 6-12+ | | |
| 2:00p | | 2:40 Intro Gym, 3-5 2:40 Intro Gym, 6-12+ | | |
| 3:00p | | | | |
| 4:00p | | 4:00 Intro Gym, 3-5 4:00 Intro Gym, Boys 6-12+ 4:00 Intro Gym, Girls 6-12+ 4:00 Girls Preteam 1 4:00 Girls Preteam Blue 4:30 Intro Gym, 3-5 4:30 Intro Gym, 6-12+ | 4:00 Parkour 1, 5-8 | 4:00 Back 1, 6+ 4:00 Back 2 |
| 5:00p | 5:00 Tap 3 | 5:30 Intro Gym, 3-5 5:30 Intro Gym, 6-12+ 5:35 Girls Preteam 1 | 5:00 Parkour 1, 9-12+ | 5:00 Preschool, 3-5 5:00 Back 2 |
| 6:00p | 6:00 Jazz 2 & 3 | 6:35 Intro Gym, 3-5 6:35 Intro Gym, 6-12+ | 6:05 Parkour 1, 5-8 | 6:15 Back 1, 6+ 6:15 Front 1 |
| 7:00p | 7:00 Hip Hop 4 7:15 Tap, 13+ | 7:15 Girls Preteam 2 7:30 Topaz 7:40 Intro Gym, 12+ 7:40 Adv. Intro, Girls Lvl 3 | 7:10 Parkour 1, 9-12+ | 7:20 Back 3 7:20 Back 4 7:30 Back 5-6 |
| 8:00p | 8:00 Tap 4 & 5 | | 8:15 Parkour 2 | 8:30 Adult & Teen, 13+ |
| 9:00p | 9:00-10:30 OPEN WORKOUT, AGES 7+ | | | |

WEDNESDAY

| | DANCE | GYMNASTICS | PARKOUR | TUMBLING |
|--------------|--------------------------------------|---|-----------------------|--|
| 4:00p | 4:45 Ballet 4 | 4:00 Intro Gym, 3-5 4:00 Intro Gym, Boys 6-12+ 4:00 Intro Gym, Girls 6-12+ 4:00 Girls Preteam 1 4:00 Preteam Orange 4:30 Intro Gym, 3-5 4:30 Intro Gym, 6-12+ | 4:00 Parkour 1, 5-8 | 4:00 Preschool, 3-5 4:00 Back 1, 6+ |
| 5:00p | 5:00 Ballet 2 | 5:30 Intro Gym, 3-5 5:30 Intro Gym, 6-12+ 5:35 Girls Preteam 1 | 5:00 Parkour 1, 9-12+ | 5:00 Back 1, 6+ 5:00 Front 1 |
| 6:00p | 6:00 Ballet 3 6:00 Contemporary 2 | 6:35 Intro Gym, 3-5 6:35 Intro Gym, 6-12+ | 6:05 Parkour 1, 5-8 | 6:05 Preschool, 3-5 6:05 Back 2 |
| 7:00p | 7:00 Ballet 6 7:00 Pointe 1 & 2 | 7:10 Super Saltos 7:40 Intro Gym, 12+ 7:40 Adv. Intro, Girls Lvl 3 | 7:10 Parkour 2 | 7:20 Back 3 & 4 7:30 Back 5-6 |
| 8:00p | | | 8:30 Parkour 1, 9-12+ | |
| 9:00p | 9:00-10:30 OPEN WORKOUT, AGES 7+ | | | |

THURSDAY

| | DANCE | GYMNASTICS | PARKOUR | TUMBLING |
|--------------|-----------------------------------|--|--------------------------------|---|
| 4:00p | 4:50 Tap 1 & 2, 5 & up | 4:00 Intro Gym, 3-5 4:00 Intro Gym, Boys 6-12+ 4:00 Intro Gym, Girls 6-12+ 4:00 Boys Preteam 4:00 Girls Preteam Blue 4:30 Intro Gym, 3-5 4:30 Intro Gym, 6-12+ | 4:00 Parkour 1, 9-12+ | 4:00 Preschool, 3-5 4:00 Back 1, 6+ 4:00 Back 2 |
| 5:00p | 5:10 Acro 2 5:40 Hip Hop 2 & 3 | 5:00 Adv. Intro, Boys Lvl 3 5:30 Intro Gym, 3-5 5:30 Intro Gym, 6-12+ 5:35 Girls Preteam 1 | 5:00 Parkour 1, 5-8 | 5:00 Back 1, 6+ 5:00 Back 3 |
| 6:00p | 6:10 Acro 1, 5+ 6:30 Ballet 5 | 6:35 Intro Gym, 3-5 6:35 Intro Gym, 6-12+ | 6:05 Parkour 1, 9-12+ | 6:15 Preschool, 3-5 6:15 Back 2 |
| 7:00p | 7:00 Turns & Leaps, 8+ | 7:15 Girls Preteam 2 7:30 Topaz 7:40 Intro Gym, 18+ 7:40 Adv. Intro, Girls Lvl 3 | 7:10 Parkour 3 | 7:30 Back 4-6 |
| 8:00p | 8:00 Dance Fusion for Adults, 17+ | | 8:30 Parkour Teen & Adult, 13+ | |
| 9:00p | 9:00-10:30 OPEN WORKOUT, AGES 7+ | | | |

FRIDAY

| | DANCE | GYMNASTICS | PARKOUR | TUMBLING |
|---------------|------------------------------------|---|-----------------------|------------------------------------|
| 12:00p | 12:30-2:30 OPEN WORKOUT, AGES 3+ | | | |
| 4:00p | 4:30 Ballet 6 4:30 Pointe 1 & 2 | 4:00 Girls Preteam Blue 4:15 Intro Gym, 3-5 4:15 Intro Gym, 6-12+ | 4:00 Parkour 1, 5-8 | 4:15 Back 2 4:15 Back 1 |
| 5:00p | | 5:15 Intro Gym, 3-5 5:15 Intro Gym, 6-12+ | 5:00 Parkour 1, 9-12+ | 5:15 Preschool, 3-5 5:15 Back 3 |
| 6:00p | | 6:20 Intro Gym, 3-5 6:20 Intro Gym, 6-12+ | 6:05 Parkour 1, 5-8 | 6:20 Back 1, 6+ 6:20 Back 2 |
| 7:00p | 7:30-9:00 OPEN WORKOUT, AGES 7+ | | | |

SATURDAY

| | DANCE | GYMNASTICS | PARKOUR | TUMBLING |
|---------------|---|---|-----------------------|--|
| 9:00a | 9:30 Dance Fusion, 8+ 9:30 Ballet 1, 5-6 | 9:00 Intro Gym, 3-5 9:00 Intro Gym, 6-12+ | | |
| 10:00a | 10:30 Enchanted Dance, 3-5 | 10:00 Intro Gym, 3-5 10:00 Intro Gym, 6-12+ | | 10:00 Preschool, 3-5 10:00 Back 1, 6+ |
| 11:00a | 11:30 Hip Hop 1, 5-7 | 11:05 Intro Gym, 3-5 11:05 Intro Gym, 6-12+ | | 11:00 Preschool, 3-5 11:00 Back 1, 6+ 11:00 Whips & Arabians |
| 12:00p | 12:10 Twirl & Tumble Combo, 3-5 | 12:10 Intro Gym, 3-5 12:10 Intro Gym, 6-12+ 12:10 Twirl & Tumble Combo, 3-5 | 12:30 Parkour 1, 5-8 | 12:05 Back 2 12:05 Back 3 12:05 Back 4-6 |
| 1:00p | | 1:15 Intro Gym, 3-5 1:15 Intro Gym, 6-12+ | 1:25 Parkour 1, 9-12+ | 1:10 Back 2 1:20 Adult & Teen, 13+ |
| 2:00p | | 2:20 Adv. Intro, Girls Lvl 3 | | |
| 3:00p | | | 3:15p Parkour 2 | 3:00 Standing Tucks 3:00 Walkovers |

SUNDAY

| | DANCE | GYMNASTICS | PARKOUR | TUMBLING |
|---------------|---------------------------------|---|-----------------------|---|
| 11:00a | | 11:00 Intro Gym, 3-5 11:00 Intro Gym, 6-12+ | | |
| 12:00p | | 12:00 Intro Gym, 3-5 12:00 Intro Gym, 6-12+ | | 12:00 Preschool, 3-5 12:00 Back 1, 6+ |
| 1:00p | | 1:00 Girls Preteam 1 1:05 Intro Gym, 3-5 1:05 Intro Gym, 6-12+ | 1:20 Parkour 1, 5-8 | 1:00 Back 2 1:00 Back 3 & 4 1:00 Preschool, 3-5 |
| 2:00p | 2:10 Twirl & Tumble Combo, 3-5 | 2:10 Twist & Twirl Combo, 3-5 2:10 Intro Gym, 3-5 2:10 Intro Gym, 6-12+ 2:45 Girls Preteam 1 | 2:20 Parkour 1, 9-12+ | 2:10 Back 1 2:15 PW Spartans BWO & BHS, 5-7 2:15 PW Spartans RO-BHS & Standing BHS Series, 5-10 |
| 3:00p | | 3:15 Intro Gym, 3-5 3:15 Intro Gym, 6-12+ 3:00 Boys Preteam | 3:20 Parkour 1, 5-8 | 3:20 Back 2 3:20 PW Spartans BWO & BHS, 8-10 3:20 PW Spartans RO-BHS & Standing BHS Series, 11+ |
| 4:00p | | | | 4:50 Front 2-4 |
| 5:00p | | 5:00 Intro Gym, 3-5 5:00 Intro Gym, 6-12+ 5:00 Jade 5:00 Super Saltos | | 5:00 PW Spartans BWO, BHS, 11+ 5:00 Tucks & Layouts, All Ages |
| 6:00p | | 6:00 Intro Gym, 3-5 6:00 Intro Gym, 6-12+ 6:30 Girls Preteam 2 | 6:05 Parkour 1, 9-12+ | 6:00 Adult & Teen, 13+ 6:00 Dead Floor 6:00 Back 5-6 |
| 7:00p | 7:30-9:00 OPEN WORKOUT, AGES 7+ | | | |