

U ACADEMY

Gymnastics, Tumble, Cheer, and Dance Acro

"WHERE U BELONG!"

U ACADEMY believes a proper foundation is the most crucial part of development in the learning process. We strive to balance the elements of Fun and Learning with our enthusiastic coaching approach and technical knowledge. With over 20 years of instructional knowledge, we believe U ACADEMY will provide a solid foundation, a healthy love for the sport, and an unmatched technical model.

CLASS REGISTRATION: All students must register through our online PARENT PORTAL. The anniversary registration fee covers each student's participation in all U ACADEMY programs for 12 months, and is non-refundable.

Regular Tuition: \$100.00/month (50min) - \$90.00/month Kindergym (45min)

Int/Adv Tumble - \$120/month (1hr)

Anniversary Registration Fee: \$50 per athlete

REGISTRATION PROCESS: Online Registration at UAcademyNC.com

UPDATED 7-15-26

U ACADEMY - UACADEMYNC.COM - 919-538-5303

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:20			PARENT CHILD KG 3,4			PRIVATE LESSONS
11:05			HOMESCHOOL (4-8)			9AM-12NOON
12:00			HOMESCHOOL (Ages 5-11)			
3:30PM		KG 4,5		KG 4,5		BIRTHDAY PARTIES
4:20PM	T1 5-7 T1 5-7*	KG 4,5 T1 5-7	G1 5-7 PARENT CHILD	G2 G1 5-7	G1 5-7 G1 8-11 KG 4,5	1PM - 2:15PM 3PM - 4:15PM
5:10PM	T2 KG 4,5	KG 4,5 PARENT CHILD	T1 5-7 G1 5-7 G1 5-7*	KG 4,5 T1 8-11	T1 6-11 T2 / T3 CHEER INT 6:00-7:15	
6:00PM	G1 5-7 B1 6-10	G2 CHEER PREP 5-7	KG 4,5 DEV TEAM	G1 5-7 G1 8-11 G2	OPEN GYM OPEN TUMBLE 7:15pm-8:30pm (EVERY WEEK)	
6:50PM	T1 8-11 T2 8-11	G1 5-7 G1 5-7* CHEER PREP 8-11	T1 8-11 CHEER PREP 5-7 DEV TEAM	T1 8-11 B1 6-10 KG 4,5	\$25	
7:40PM	BEG/INT/ADV TUMBLE	BEG/INT/ADV TUMBLE	INT/ADV TUMBLE	BEG/INT/ADV TUMBLE	Sign up by Friday 12pm	PARENT NIGHT OUT (TBA)

DON'T SEE A CLASS THAT WORKS FOR YOUR SCHEDULE? ASK US ABOUT OUR CLASS INTEREST FORM.

ARRIVING AND DEPARTING: Students are asked to remain in the observation area when arriving for their class. An instructor will call for them when it is time for the class to begin. Parents are asked to remain in the observation area or parking lot at all times. We also ask parents to accompany their child to the restroom before class begins.

CLASS ATTIRE:

Boys - Gym shorts and t-shirts (no socks, jeans, belts, zippers or front snaps)

Girls - No loose fitted clothing or jewelry. (leot or cheer apparel recommended)

Hair - Hair must be securely fastened away from the face.

RECREATIONAL GYMNASTICS

G1/B1 (GIRLS/BOYS GYMNASTICS): These entry level gymnastics classes introduce new students to fundamental gymnastics skills, concepts, and gymnastics body shapes. These entry levels allow our students to enjoy the sport of gymnastics in an amazing environment. Our awesome coaches make each class exciting and fun.

G2 (GIRLS GYMNASTICS): These intermediate/advanced level classes are a continuation of Level 1 elements into more advanced gymnastics skills. At these levels our coaches will emphasize strength, flexibility, continued balance development, and new advanced skill introduction. **EVALUATION REQUIRED*

TUMBLING / ACRO / CHEER

T1/BEGINNER TUMBLING: This entry level tumbling class introduces new students to fundamental skills, concepts, and tumbling body shapes. This class will train rolls, cartwheels, round-offs, bridge elements, introduction to handsprings, etc.

T2/INTERMEDIATE TUMBLING: This intermediate tumbling class is a continuation of the beginner tumbling elements into more advanced skills. Our coaches will emphasize strength, flexibility, continued balance development, and new tumbling skills. Students in this class must be able to perform a cartwheel, round-off, back walk-over, and back handspring unassisted.

T3/ADVANCED TUMBLING: Our advanced class is geared toward experienced tumblers ready to refine high-level skills such as back tucks, layouts, and twisting elements. Students must be able to perform round-off (2) back-handspring with NO spot.

DANCE TUMBLING & ACRO: This high-energy class combines the grace of dance with the strength and agility of acrobatics. Students will refine foundational tumbling skills and seamlessly integrate them into dance sequences. *Prerequisite: Must be able to confidently perform a cartwheel and a bridge kickover.*

CHEER PREP: Cheer Prep is a fun and energetic introduction to cheerleading. Athletes will build foundational skills like standing and running tumbling, jumps, balance, and motions. This class helps develop strength, coordination, and confidence while preparing them for a bright future in cheerleading.

KINDERGYM GYMNASTICS

Each Kindergym class consists of a monthly unique learning theme, a fun and challenging lesson structure with developmentally appropriate gymnastics skills and movements, while utilizing all our gymnastics equipment. We have a proven history that proudly shows our Kindergym program is the perfect place to learn, develop confidence, try new things, and meet new friends.

PARENT – CHILD CLASS (walking - 3): This class is designed to be fun and filled with engaging obstacles, while also providing the structure needed to help your child transition to our Kindergym program. An adult must attend class with the child.

KINDERGYM (Ages 4 - 5): Our preschool gymnastics class is all about celebrating the joy of movement while giving kids a fun and supportive introduction to the basics of gymnastics. The specific focus in this class will be on skill development through developmentally appropriate progressions, training stations, and drills for all gymnastics events. (MUST BE POTTY TRAINED)