



UPSWING PRICING TABLE



DANCE TRAINING

K-12th Grade+

Single Session: \$25

20 Pack: \$360

Tiny Tots Ages 2-4

10 Pack: \$50

DANCE TEAM COMBO

*Team Training

Single Session: \$35/athlete

5 Pack: \$150/athlete

10 Pack: \$250/athlete

Team Dance, Sports Performance, Recovery
2 hours

DROP-IN

Ages 14-18

Single Day Drop-In: \$25

Gain access to training equipment
and the Recovery Center for a full day
without scheduling a class.

SPORTS PERFORMANCE TRAINING

Ages 8-11 & 12+

Single Session: \$40

5 Pack: \$175

10 Pack: \$300

25 Pack: \$625

*Team Training

Single Session: \$30/athlete

10 Pack: \$300/athlete

Team Sports Performance Training
1 hour

RECOVERY TRAINING

*Team Training

Single Session: \$25/athlete

Team Recovery Training
1 hour

*Team Training must have 10-25
athletes/team. Each athlete must
register, but teams can pay together.

To set up team training, email:
jermaines@upswingfoundation.org

+Recovery Center is free with any purchase.