



# UPSWING PRICING TABLE



## DANCE TRAINING

### K-12th Grade+

Single Session: \$25  
20 Pack: \$360

### Tiny Tots Ages 2-4

One Month: \$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

## FACILITY RENTAL

### 60-Minute Rental

Turf: \$100  
Track: \$100  
Dance Studio: \$100

**+Recovery Center is free with any purchase.**

\*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](mailto:jermaines@upswingfoundation.org)