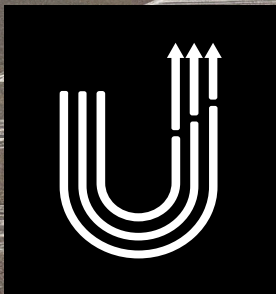




# PRODUCT CATALOG

**UPSWING CENTENNIAL IS OPEN 7 DAYS/WEEK**  
**MON-FRI 8AM - 9PM, SAT 8AM - 5PM, SUN 9AM - 1 PM**



## PRODUCTS & PRICING



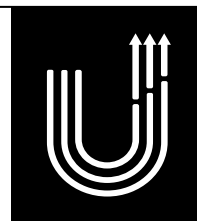
7460 South University Blvd  
Centennial, CO 80122



[facilities@upswingfoundation.org](mailto:facilities@upswingfoundation.org)  
(720) 500-5100



[upswingfoundation.org/login](https://upswingfoundation.org/login)  
[@upswing\\_foundation](https://twitter.com/upswing_foundation)



# PROGRAMS



## SPORTS PERFORMANCE

With a unique approach, sports performance training addresses specific needs in the athlete's body in order to achieve their full athletic potential by blending health and performance, allowing athletes to stay healthy while playing any sport and perform at a higher level. Training for all sports, we tackle injury resilience, movement efficiency, explosive performance, and comprehensive health.

## DANCE

Powered by our elite partners at [SPARK](#), our program ensures the breakdown of unfailing fundamentals necessary to succeed. Dancers acquire refined dance skills as they focus on strength, alignment, injury prevention, power, and flexibility, in a carefully calculated layout. Ranging in difficulty levels and age groups, UPSWING dance is designed for all dancers.



## RECOVERY

As a part of both our performance training and dance offerings, athletes have access to our state-of-the-art Recovery Center. We provide access to leading technologies like hydrotherapy and pneumatic compression to expedite muscle recovery and reduce inflammation. Our goal is to help athletes restore their performance, minimize injury downtime, and improve health and wellness, all within the same space as their training.

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PAGES 4-8

## CLASSES

Whether it's sports performance or dance, UPSWING is here to support your needs with group or team classes tailored toward consistent improvement in any sport.



PAGES 9-11

## APPOINTMENTS

Ready to make a strategic difference? Schedule a 1-on-1 session with one of our performance or dance coaches and set yourself on the path to a growth plan!



PAGES 12-13

## CAMPS

In sports performance or dance camps, athletes will get specific instruction on topics unique to them, whether at UPSWING Centennial or off-site.



PAGES 14-16

## ARRIVALS

Want to workout and use our state-of-the-art facility without committing to a class? Day Passes offer self-guided access — available for all athletes ages 14+!

# GROUP CLASSES

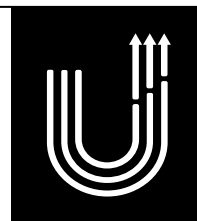
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Whether it's sports performance or dance, UPSWING is here to support your needs with group or team classes tailored toward consistent improvement in any sport.

SINGLE SESSION

MONTHLY UNLIMITED ACCESS





# GROUP CLASSES

## CLASSES



### SINGLE SESSION .....

**\$40**

Join us for one class! Whether it's sports performance or dance, UPSWING is here to support your needs. Sports Performance Training focuses on speed, strength, and agility tailored toward maximizing core athletic abilities essential for excelling in any sport. Powered by Spark, Dance Training (ranging in difficulty levels, style, and age groups) fosters excellence, develops strong and consistent dancers, promotes self-esteem, and helps athletes understand the mechanics behind the movement. Don't forget, all our offerings give athletes access to our state-of-the-art Recovery Center with leading technologies to expedite recovery.

**CANCELLATION POLICY:** Cancellations made within one hour of the start of class will incur a charge equivalent to the class fee.

**MATURITY DATE:** Expires 3 months after date of purchase.

## CLASSES



### MONTHLY UNLIMITED ACCESS .....

**\$300**

All the classes (groups and teams), camps, and arrivals you want, paid month-by-month. Gain all the perks of sports performance, dance, team training, camps, and day passes, for a single monthly fee. You will receive unlimited access to any and all classes and camps available at UPSWING, plus free access to our state-of-the-art Recovery Center and unlimited Day Passes (see page 10).

This contract is an auto-enrollment option, with payment automatically processed on the same day every month, starting on your date of purchase.

**CANCELLATION POLICY:** You may cancel your auto-enrollment online at any time without incurring a fee.

**MATURITY DATE:** Auto-renews monthly unless canceled by client.

**DISCLOSURE:** Appointments, including 1-on-1s, are NOT included in the Monthly Unlimited Access — if you'd like to purchase an appointment, please do so separately. To participate in team training (regular or combo), your team will need to be pre-approved for a group class. Teams are required to have 10 athletes minimum.

# TEAM CLASSES

Whether it's sports performance or dance, UPSWING is here to support your needs with group or team classes tailored toward consistent improvement in any sport.

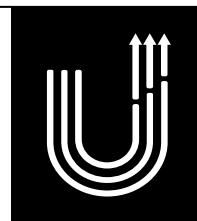
TEAM SPORTS PERFORMANCE

TEAM DANCE

TEAM DANCE SMALL COMBO

TEAM DANCE LARGE COMBO





# TEAM CLASSES

## CLASSES



### TEAM SPORTS PERFORMANCE ..... 10 ATHLETES MINIMUM

**\$20**  
/athlete

Do you have a sports team of 10+ athletes that want to participate in team training? Join our Team Sports Performance training with a minimum of 10 athletes. For one hour, you'll take sports performance training, focusing on speed, strength, and agility tailored toward maximizing core athletic abilities essential for excelling in any sport. Bring your whole team in for Team Training (10 athletes minimum) to boost athletic performance and teamwork across the board. Don't forget, all our offerings give athletes access to our state-of-the-art Recovery Center with leading technologies to expedite recovery.

**CANCELLATION POLICY:** Cancellations may be made up to 12 hours prior to the first session of a Team Sports Performance, after which no cancellations or refunds will be accepted. Products are non-transferable.

**MATURITY DATE:** Expires 6 months after date of purchase.

**DISCLOSURE:** To participate in Team Sports Performance, your team will need to be pre-approved for a team class. Teams are required to have 10 athletes minimum.

## CLASSES



### TEAM DANCE ..... 10 ATHLETES MINIMUM

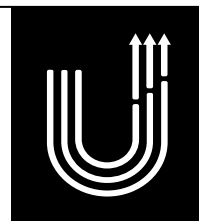
**\$20**  
/athlete

Do you have a dance team of 10+ athletes that want to participate in team training? Join our Team Dance training with a minimum of 10 athletes. For one hour, you'll take dance training powered by Spark — ranging in difficulty levels, style, and age groups, dance fosters excellence, develops strong and consistent dancers, promotes self-esteem, and helps athletes understand the mechanics behind the movement. Bring your whole team in for Team Training (10 athletes minimum) to boost athletic performance and teamwork across the board. Don't forget, all our offerings give athletes access to our state-of-the-art Recovery Center with leading technologies to expedite recovery.

**CANCELLATION POLICY:** Cancellations may be made up to 12 hours prior to the first session of a Team Dance, after which no cancellations or refunds will be accepted. Products are non-transferable.

**MATURITY DATE:** Expires 6 months after date of purchase.

**DISCLOSURE:** To participate in Team Dance, your team will need to be pre-approved for a team class. Teams are required to have 10 athletes minimum.



# TEAM CLASSES

## CLASSES



### TEAM DANCE SMALL COMBO .....

10 ATHLETES MINIMUM, 25 ATHLETES MAXIMUM

**\$40**  
/athlete

Do you have a Dance Team of 10-25 athletes that want to take a sports performance/dance combo? Join our Team Dance Small Combo (10 athletes minimum, 25 athletes maximum). For one hour, you'll take sports performance, focusing on speed, strength, and agility tailored toward maximizing core athletic abilities essential for excelling in any sport. For another hour, you'll take dance powered by Spark — ranging in difficulty levels, style, and age groups, dance fosters excellence, develops strong and consistent dancers, promotes self-esteem, and helps athletes understand the mechanics behind the movement. Don't forget, all our offerings give athletes access to our state-of-the-art Recovery Center with leading technologies to expedite recovery.

**CANCELLATION POLICY:** Cancellations may be made up to 12 hours prior to the first session of a Combo, after which no cancellations or refunds will be accepted. Products are non-transferable.

**MATURITY DATE:** Expires 6 months after date of purchase.

**DISCLOSURE:** To participate in Team Dance Small Combo training, your team will need to be pre-approved for a team class. Teams are required to have 10 athletes minimum and 25 athletes maximum. Teams over 25 athletes will want to purchase our Team Dance Large Combo.

## CLASSES



### TEAM DANCE LARGE COMBO .....

25 ATHLETES MINIMUM, 20 SESSIONS MINIMUM

**\$20**  
/athlete

Do you have a Dance Team of 25+ athletes that want to take a sports performance/dance combo? Join our Team Dance Large Combo (25 athletes minimum, 20 sessions minimum). For one hour, you'll take sports performance, focusing on speed, strength, and agility tailored toward maximizing core athletic abilities essential for excelling in any sport. For another hour, you'll take dance powered by Spark — ranging in difficulty levels, style, and age groups, dance fosters excellence, develops strong and consistent dancers, promotes self-esteem, and helps athletes understand the mechanics behind the movement. Don't forget, all our offerings give athletes access to our state-of-the-art Recovery Center with leading technologies to expedite recovery.

**CANCELLATION POLICY:** Cancellations may be made up to 12 hours prior to the first session of a Combo, after which no cancellations or refunds will be accepted. Products are non-transferable.

**MATURITY DATE:** Expires 6 months after date of purchase.

**DISCLOSURE:** To participate in Team Dance Large Combo training, your team will need to be pre-approved for a team class. Teams are required to have 25 athletes minimum and attend 20 sessions minimum. Teams under 25 athletes will need to purchase our Team Dance Small Combo.

# APPOINTMENTS

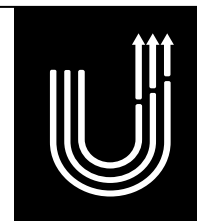
Ready to make a strategic difference?  
Schedule a 1-on-1 session with one of our  
performance or dance coaches and set yourself  
on the path to a growth plan!

SPORTS PERFORMANCE 1-ON-1

DANCE 1-ON-1

FACILITY RENTAL





# APPOINTMENTS

## APPOINTMENTS



### SPORTS PERFORMANCE 1-ON-1 ..... **\$80+**

Elevate your athlete's performance with our UPSWING Sports Performance 1-on-1 training sessions. Our dedicated coaches provide individualized attention, with a focus on enhancing strength and speed, improving growth paths, and accelerating overall desired development. Whether it's refining techniques, boosting movement, or increasing endurance, our tailored approach leads your athlete to make significant wins without a scoreboard. (Includes free access to the Recovery Center and strength training area following your private session.)

**CANCELLATION POLICY:** Cancellation or reschedule requests made less than 12 hours prior to an appointment will be subject to a cancellation fee equivalent to the appointment fee.  
**MATURITY DATE:** Expires 3 months after date of purchase.

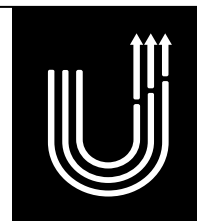
## APPOINTMENTS



### DANCE 1-ON-1 ..... **\$80+**

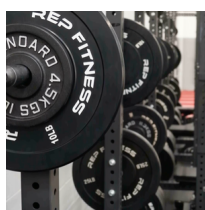
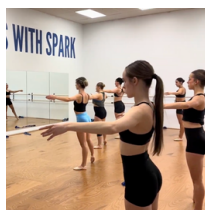
Elevate your dancer's performance with our UPSWING Dance 1-on-1 training sessions. Our dedicated Spark coaches provide individualized attention, with a focus on technique and mastery of fundamental skills to help you prepare for high school dance teams, while accelerating overall desired development in specific areas and styles. Whether it's refining techniques, learning choreography, or advancing specialized skills, our tailored approach leads your dancer to succeed on any team. (Includes free access to the Recovery Center and strength training area following your private session.)

**CANCELLATION POLICY:** Cancellation or reschedule requests made less than 12 hours prior to an appointment will be subject to a cancellation fee equivalent to the appointment fee.  
**MATURITY DATE:** Expires 3 months after date of purchase.



# APPOINTMENTS

## APPOINTMENTS



## FACILITY RENTAL .....

**\$100**  
per hour

Rent space for your private event (track, turf, strength training, dance studio) at an hourly rate. Whether it's a birthday party, special event, or training need, facility rentals at UPSWING provide a unique experience for athletes, parents, and community members across the board. Sign up for an empty time slot and utilize our facility to fit your needs.

**Track Rental:** Our Mondo Track, imported from Italy, is made of vulcanized rubber designed to enhance athletic performance and reduce the risk of injury. With seven official lanes of polyurethane track surface spanning 60 meters with official lining, track rental also includes seven starting blocks, portable (2.5 feet) hurdles, and access to speed curve treadmills for volume training during rental time.

**Turf Rental:** With 1400 feet of open space and 40 yards of synthetic turf, our turf provides a unique indoor area. The surface is lined per five yards and can accommodate all movement and agility team needs.

**Strength Training Area Rental:** We house a full strength training setup with four squat racks, dumbbells, med balls, box jumps, and free weights designed to build strength and enhance force production.

**Dance Studio Rental:** Our spring-loaded dance floor, double dance bars, and in-house sound and lighting system creates the perfect atmosphere for dance training of any kind.

**CANCELLATION POLICY:** Cancellation or reschedule requests made less than 12 hours prior to a facility rental will be subject to a cancellation fee equivalent to the facility rental fee.

**MATURITY DATE:** Expires 3 months after date of purchase.

**DISCLOSURE:** Products are non-transferable and if you'd like to purchase a class, camp, or 1-on-1, please do so separately. Please understand that scheduled classes, camps, and 1-on-1s will have priority over designated areas, so rental availability is limited.



# CAMPS

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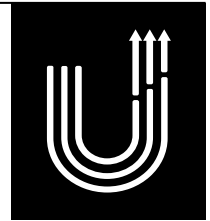
In sports performance or dance camps, athletes will get specific instruction on topics unique to them, whether at UPSWING Centennial or off-site.

SPORTS PERFORMANCE CAMPS

DANCE CAMPS



# CAMPS



## CAMPS



### SPORTS PERFORMANCE/DANCE CAMPS .....

**\$200**  
/athlete

6 WEEKS, 12 SESSIONS MAXIMUM

In these specialized 6-week camps, athletes will get specific training on topics unique to them, whether focused in sports performance or dance. These camps may take place at UPSWING Centennial or at various pre-approved off-site locations as needed. There is a one-time fee for each camp per athlete that signs up and all training dates will be predetermined. More details will be provided in each individual camp description.

**CANCELLATION POLICY:** Cancellations may be made up to 12 hours prior to the first session of a Camp, after which no cancellations or refunds will be accepted. Products are non-transferable.

**MATURITY DATE:** Camps run for a maximum of 12 sessions over 6 weeks.

**DISCLOSURE:** If a camp coach has to cancel within 24 hours of a camp session, that session will be rescheduled.

# ARRIVALS

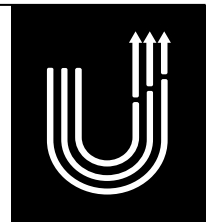
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Want to workout and use our state-of-the-art facility without committing to a class? Day Passes offer self-guided access — available for all athletes ages 14+!

DAY PASS (AGES 14+)



# ARRIVALS



## ARRIVALS



### DAY PASS (AGES 14+) .....

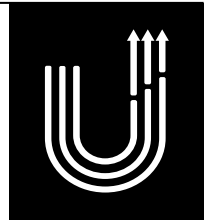
**\$40**

Stop by anytime we're open! Want to workout and use our state-of-the-art facility without committing to a class? A Day Pass is available for all athletes ages 14+! Enjoy self-guided access to the strength training area, indoor track (7 lanes and 60 meters) & field, Recovery Center, and Dance Studio (work on specific skills or choreography) at your own leisure! (Please understand that scheduled classes, camps, and appointments will have priority over designated areas, so be sure to look at our online schedule and work around them.)

**MATURITY DATE:** Expires 3 months after date of purchase.

**DISCLOSURE:** This product is ineligible for classes, camps, or appointments. Products are non-transferable and if you'd like to purchase a class, camp, or appointment please do so separately.

**CONNECT PEOPLE,  
CATAPULT DREAMS.**



 **UPSWING**

**CATALOG**

**PRODUCTS**



7460 South University Blvd  
Centennial, CO 80122



[facilities@upswingfoundation.org](mailto:facilities@upswingfoundation.org)  
(720) 500-5100



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