



E-TIMES

December 2018

In This Issue:

- Holiday Camps, Clinics & Open Tumble, pages 2-3
- Member & Non-Member Offers, page 5
- Team Training Camps (Cheer & Gymnastics), page 2
- ProShop & Online Sale December 3-7, page 5
- Free Parent & Tot Classes--age 13-18 months, page 4



Excite! Gym & Cheer | 2225 Highland Village Road | Highland Village, Texas
excitegym.com | office@excitegym.com | 972-874-8500

Encouraging Xtreme Character In Training Excellence

HOLIDAY CAMPS & CLINICS

CAMPS

Time: 9:30am - 2:00pm
Ages: 3+ (potty trained),
divided by ages for sport activities
Cost: \$25
Pack a sack lunch!

Thursday, December 27 - Polar Express

Friday, December 28 - The Grinch

Thursday, January 3 - Snow

Friday, January 4 - New Year



CHEER TRAINING CAMP*

Date: Thursday, December 27

Time: 1:00 - 3:00pm

Cost: \$25

Ages: 6 - 8 years

9 years and up

Train with current team cheerleaders and team coaches and have fun stunting, tumbling & dancing!



GYMNASTICS TRAINING CAMP*

Date: Friday, December 28

Time: 1:00 - 3:00pm

Cost: \$25

Ages: 6 - 8 years

9 years and up

Train with team coaches and other gymnasts on bars, beams, vault and floor!



*Training Camps require minimum enrollment. If minimum not met, training camps will be canceled 72 hours in advance.

TUMBLE CLINICS*

Dates: Thursday, December 27, and Friday, December 28

Special Time: 45 minutes

Cost: \$25

4:00-4:45pm - Back Handspring Clinic
Level 1 Perfection

5:00-5:45pm - Back Tuck Clinic
Fast Start Clinic

6:00-6:45pm - Twisting & Arabians, Whips & Specialty Passes!
Back Handspring Clinic



GYMNASTICS CLINICS*

Dates: Thursday, December 27, and Friday, December 28

Special Time: 45 minutes

Cost: \$25

3:30-4:15pm - Floor & Vault

4:15-5:00pm - Bar

5:00-5:45pm - Beam

TUMBLE



OPEN TUMBLE

Dates: Thursday, December 27, and Friday, December 28

Times: 3:00-4:00pm

6:45-7:45pm

Ages: 6 and up

Cost: \$5 / Members, \$8 / Non-members

*Clinics require minimum enrollment. If minimum not met, clinics will be canceled 72 hours in advance.

MORE SURPRISES!!!!



This class takes the pressure off parents to commit financially. The class is a bit less structured for each tot's individual development. It also becomes a great social outing for friends, moms, dads and grandparents. There is absolutely No Obligation to sign up for classes after the 6 months. Some restrictions apply.

YOU ASKED FOR MORE... AND YOU GOT IT!!

Extended Ages! Another Day!!

FREE - NO MONTHLY FEES FOR PARENT & TOT CLASSES AGES 13 MONTHS - 18 MONTHS

Wednesdays at 9:15am

or

Thursdays at 1:30pm

Registration Fee Only: \$35



OPEN TUMBLE

Dates: Thursday, December 27

Friday, December 28

Time: 3:00 - 4:00 pm

6:45pm - 7:45pm

Ages: 6 and up

Cost: \$5 / Members, \$8 / Non-members



SKILL TESTING REPORT CARDS!

WHAT DOES IT MEAN?

This is your opportunity to see how your child is progressing and ask questions. Cards will be given out in class.

If you would like to talk to your coach, you can email office@excitegym.com. Answers are just an email away!

NEW Member Gift!
YES, IT'S TRUE!! A HOLIDAY SPECIAL!!

**TRAIN NOW FOR ALL UPCOMING
TRY OUT OPPORTUNITIES!**

**Enroll in ANY monthly class in December and GET \$100 OFF
ANY 1 PARTY IN 2019!!**

Must stay enrolled for 3 months. Some restrictions apply.
Not valid with any other offer.



EXISTING Member Gift!

If you are enrolled in a monthly class in December,
YOU GET 50% OFF any clinic, camp or open tumble
(December only)!

Keep training and feeling good even OVER the Holiday Break!
Some restrictions apply. Not valid with any other offer.



HOLIDAY SHOPPING

25% OFF

December 3-7 ONLY!

PRO SHOP

and

ONLINE*

*Online orders cannot be guaranteed for December 24 delivery.

PARTY PACKAGES

Come celebrate with Excite! We open our spaces to you and yours for birthday celebrations, holiday parties and much more. Take off the pressure of planning a party, and let us do the work for you! We are here to give you the best experience possible.

We don't want you to have the same old party. We want you to have the

PARTY YOU WANT!!

All parties include: In-ground trampoline, 2 tumble tracks, Bars & Beams, Warp Wall, Foam Pit and more!

TOTS PARTY

Ages: 2 - 3 years

Time: 1 hour

Cost: \$95 for 15 kids (including birthday child)

Includes: 20 minutes of games, 20 minutes of open gym and 20 minutes for cake/gift opening. One (1) adult actively supervising per child under the age of 3 is required for the best experience and safest environment.

OPEN GYM PARTY

Ages: 5 years and up

Time: 1 hour

Cost: \$150 for 15 kids (including birthday child)

Includes: One (1) party leader/coach to help with supervision, directing safety rules, while kids enjoy gym FULL of options. 45 minutes gym time, 15 minutes private party room/cake room. This is a great party for groups, organizations and older kids.

MINI PARTY

Ages: 3 years and up

Time: 1 hour

Cost: \$150 for 15 kids (including birthday child)

Includes: One (1) party leader. Organized games and open tumble play, electronic invitations, 45 minutes tumble time, 15 minutes private party room/cake room.

ADULT DAY OUT

Time: 1 hour 30 minutes

Cost: \$150 for up to 15

Includes: Team Building Games and Meeting Room available. 45 minutes organized team building development, 45 minutes in meeting space.

BOOK YOUR PARTY NOW
at excitegym.com/parties

All parties require a
\$75 deposit to book.

EXCITE!-ING PARTIES
FOR AGES 2 & UP!

YOUR party!
YOUR choice!

GYM BASH PARTY

Ages: 4 years and up

Time: 1 hour 30 minutes

Cost: \$240 for 15 kids (including birthday child)

Includes: Electronic invitation with rsvp. Two (2) party leaders, 1 hour gym time, 30 minutes private party room/cake room. Choose from one of the following themes:

Beach

Get chased by sharks. Beach ball craze. Jump the ocean.

Cheer It Up

Routines. Pom Poms. Tumbling. Open gym.

Ninja Time

Warp Wall. Dodgeball. Challenge course. Open gym.

Olympic

Ribbon rewards. Gymnastic show-offs. Track & Field.

Gym Play

Obstacle course. Parachute. Flip the mat. General gym play.

Princess

Princess and the Pea. Pin the crown. Royal dress up relay. Open Gym.

Bubble Soccer *NEW*

Come enjoy the fun. Ages 8 and up. ADD ON fee: \$50

CLINICS

December 2018 Clinic Schedule

Description	Tue	Wed	Thur	Fri	Sat
Fast Start			3:45p		12:30p
Back Handspring	3:45p		5:00p		
Back Tuck	4:30p		3:45p 7:30p		
Twisting		4:15p		5:00p	

Enroll online at excitegym.com. All clinics are 30 minutes - \$15/members, \$18 non-members. Students encouraged to stretch and warm up before class. Parents responsible for child's safety until clinic begins. Please sign up in advance to avoid clinic cancellation. If minimum enrollment of 2 is not met, clinics will be canceled 72 hours in advance, and notification will be made via phone call. Nontransferable or refundable if canceled less than 48 hours in advance without doctor's note. Waivers are required from each participant.

High School / College Open Stunt	8:15p		8:15p		
----------------------------------	-------	--	-------	--	--

\$2 each session. Cash only. Waiver required prior to arrival.

We love our Partner Programs!



ARYA
www.aryainc.com

SOUTH ASIAN DANCE AT EXCITE!
-sundays-
adults 3-5pm / ages 4-6 8-10pm
excitegym.com/arya



FIT4MOM
Flowermound

Fit 4 Mom Group Exercises at EXCITE!
Stroller Strides: Fri 9:30-10:30am
Body Back: Tue & Th 5-6am
excitegym.com/fit4her



girl scouts
of northeast texas

Girl Scouts at EXCITE!
Excite! has had the privilege of working with Girl Scouts for over 12 years. Email girlscouts@excitegym.com to book a patch/sadge event for your troop. Girl Scout Programs offered are listed under "Extras" on excitegym.com



ZUMBA FITNESS **STRONG-ZUMBA**

Zumba & Strong by Zumba at EXCITE!
Tues & Thurs 6:15-7:15pm
Sat 11am-12pm
\$5 Drop-In / \$36 10-Class Punch Card
excitegym.com/zumba

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CLINIC - FAST START 12:30-1:00pm
2 <i>Hanukkah Begins</i> 	25% OFF Pro Shop & Online - Dec 3-7 25% OFF Pro Shop & Online - Dec 3-7					8 CLINIC - FAST START 12:30-1:00pm
	3 DAY PLAY 1:30-2:30pm	4 CLINIC-BACK HANDSPRING 3:45-4:15pm CLINIC-BACK TUCK 4:30-5:00pm CLINIC-HS/COLL OPEN STUNT 8:15-8:45pm DAY PLAY 2-3:00pm	5 CLINIC-TWISTING 4:15-4:45pm HOT DEALS DAY PLAY 9:30-10:30am	6 CLINIC-FAST START 3:45-4:15pm CLINIC-BACK HANDSPRING 5:00-5:30pm CLINIC-BACK TUCK 3:45pm & 7:30p CLINIC-HS/COLL OPEN STUNT 8:15-8:45pm DAY PLAY 1:15-2:15pm	7 CLINIC-TWISTING 5:00-5:30pm OPEN TUMBLE 4:30-5:30pm DAY PLAY 10:30-11:30am	
9	10 DAY PLAY 1:30-2:30pm	11 CLINIC-BACK HANDSPRING 3:45-4:15pm CLINIC-BACK TUCK 4:30-5:00pm CLINIC-HS/COLL STUNT 8:15-8:45pm DAY PLAY 2-3:00pm	12 HOT DEALS DAY PLAY 9:30-10:30am	13 CLINIC-FAST START 3:45-4:15pm CLINIC-BACK HANDSPRING 5:00-5:30pm CLINIC-BACK TUCK 3:45-4:15pm & 7:30-8:00pm CLINIC-HS/COLL STUNT 8:15-8:45pm DAY PLAY 1:15-2:15pm	14 CLINIC-TWISTING 5:00-5:30pm DAY PLAY 10:30-11:30am	15 CLINIC - FAST START 12:30-1:00pm
16	17 DAY PLAY 1:30-2:30pm	18 CLINIC-BACK HANDSPRING 3:45-4:15pm CLINIC-BACK TUCK 4:30-5:00pm CLINIC-HS/COLL STUNT 8:15-8:45pm DAY PLAY 2-3:00pm	19 HOT DEALS DAY PLAY 9:30-10:30am	20 CLINIC-FAST START 3:45-4:15pm CLINIC-BACK HANDSPRING 5:00-5:30pm CLINIC-BACK TUCK 3:45-4:15pm & 7:30-8:00pm CLINIC-HS/COLL STUNT 8:15-8:45pm DAY PLAY 1:15-2:15pm	21 GYM CLOSED - NO CLASSES - Dec 21-Jan 2 DAY PLAY 10:30-11:30am	22
23	24	25	26	27	28	29
GYM CLOSED - NO CLASSES - Dec 21 - Jan 2 GYM CLOSED - NO CLASSES - Dec 21 - Jan 2 GYM CLOSED - NO CLASSES - Dec 21 - Jan 2						
30 GYM CLOSED - NO CLASSES - Dec 21 - Jan 2	31 Classes Resume January 3		HOT DEALS	OPEN TUMBLE 3:00pm & 6:45pm DAY CAMP POLAR EXPRESS 9:30am - 2:00pm CHEER TRAINING CAMP 1:00-3:00pm HOLIDAY CLINICS 4:00pm - Back Handspring 5:00pm - Back Tuck & Fast Track 6:00pm - Twisting & Arabians, Whips & Specialty Passes	OPEN TUMBLE 3:00pm & 6:45pm DAY CAMP THE GRINCH 9:30am - 2:00pm GYMNASTICS TRAINING CAMP 1:00-3:00pm	