



E-TIMES

CAMPS

FAMILY
STUNT
NITE

ALL STAR
TRY-OUTS

PEP
RALLY

HOT
DEALS

CLINICS

OPEN
TUMBLE
SUNDAYS

OPEN FEB. 11
PRESIDENTS' DAY

SPRING BREAK
No Classes
March 9-15

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

Encouraging Xtreme Character In Training Excellence

PEP RAL

TIME TO SHOW OFF!!

ALL TUMBLE & CHEER CLASSES will do a special performance per class & tumble level!

When: Sunday, March 24

Time: 2:00 - 5:00pm (Performers arrive earlier; times to be announced)

Where: Liberty Christian School

1301 US 377, Argyle, Texas

Events:

Class routines and performances

Tumbling exhibitions

College Teams and show-offs

Gymnastic Team exhibition

Cheer Team performances

Parent Routine

Our Inspire Team performance (athletes with special needs)



BIG RAFFLE

- **2 FOR 1 CAMPS**
- **BIRTHDAY PARTY**
- **2 FOR 1 CLINICS**
- **6 MONTHS - FREE TUMBLE OR GYMNASTIC CLASSES (CLASS RATE)**
- **PRO SHOP SPECIALTY ITEM**



AND MORE!

LYT TIME

TICKET INFORMATION

EARLY BIRD SPECIAL ENDS MARCH 17

\$3 for ages 3+

\$5 for adults

FREE children under 3

Buy
Tickets

AFTER March 17 & AT THE DOOR AT THE EVENT

\$5 FOR STUDENTS

\$10 ADULTS

FREE CHILDREN UNDER 3

PRE-ORDER GIFTS

provided by these local vendors



PURCHASE ONLINE NOW OR GRAB AN ORDER FORM AT THE FRONT DESK

AMAZING **SILENT AUCTION** ITEMS, TOO!

GIFTS

CALLING ALL **VENDORS** for PEP RALLY!

HUGE VENDOR FAIR...OVER 1,000 SPECTATORS EACH YEAR PLUS
400 ATHLETES!

YOU CHOOSE: **FLAT FEE FOR SPACE: \$80.00**
OR **\$50 + 15% OF SALES**

Vendor
Application

VENDOR DEADLINE - MARCH 1 *We will not allow duplicate booths, so first come, first served!*

SPRING BREAK

CAMPS*

MONDAY - THURSDAY, MARCH 11-14

Organized Games & Crafts

Time: 9:30am - 2:00pm

Ages: 3+ (potty trained, no pullups)

Cost: \$25 per day

Bring a lunch

Monday, March 11 - Beach Day

Tuesday, March 12 - Sleepover

Wednesday, March 13 - All Things Spring

Thursday, March 14 - St. Patrick's Day

ENROLL

TUMBLE SKILL CLINICS* - 45 minute Clinics - \$15 / member. \$18 other

TUESDAY, MARCH 12 OR WEDNESDAY, MARCH 13

1:30pm Back Handspring

Fast Start

Whips

2:30pm Back Tuck

Front Tumble

3:30pm Twisting, Arabians and Specialty Passes

ENROLL

FUN!

GYMNASTICS SKILL CLINICS* - 45 minute Clinics - \$15 / member, \$18 other

MONDAY, MARCH 11 OR THURSDAY, MARCH 14

3:30pm Bars and Beam

4:30pm Floor and Vault

All ages (will divide by skill)

ENROLL

*Enrollment closes 72 hours prior to event. Clinics subject to cancellation if minimum not met. To enroll may apply.

PEAK OFFERS

UNIQUE OFFERS

PARENTS & KIDS STUNT NIGHT* - \$5 / PERSON

THURSDAY, MARCH 14

6:00 - 7:00pm

Come learn about stunting and have fun with your kids! We can do partner (daddy and daughters) or group stunting!

CHEER ONE-DAY CAMP* - \$15

MONDAY, MARCH 11 (ages 4-6)

THURSDAY, MARCH 14 (ages 7 and up)

2:00 - 4:00pm

GYMNASTICS ONE-DAY CAMP* - \$15

TUESDAY, MARCH 12 (ages 4-6)

WEDNESDAY, MARCH 13 (ages 7 and up)

2:00 - 4:00pm

OPEN TUMBLE* - \$5 each day

TUESDAY, March 12 - THURSDAY, March 14

5:30 - 6:30pm

**MORE
FUN!!!**

ENROLL

you must be skill level appropriate. All waivers required to be completed online. Some restrictions



Summer Camps

Monday - Friday, June 3 - August 9

9:30am - 2:00pm

and

Special Camp Pass Offers!

More Information in the March E-TIMES!

BRING A FRIEND / FREE TRIAL WEEK

March 25 - 30

FREE trials for new friends!

(not a current member of Excite!)

Complete required waivers online PRIOR to arrival at Excite!
Friend must be age appropriate, not skill.



WAIVER

EXCITE! TRY-OUT INFORMATION

EARLY BIRD TRAINING PACKAGE AND TRY-OUT FEE INCLUDED!

Cost for all training Clinics and Try-Outs: **\$55 ONLY** starting March

Sundays: 4:30-5:30pm (ages 7 and up; all athletes divided by skill)

MARCH 10, 17, 31 and APRIL 14, 28

MAY 8-17:TBA

Try-Out day: May 19 - TBA (starting after church/1:00pm)

****Additional flyer try-outs: TBA**

****If enrolling in May for try-out process, cost is \$35**

Training clinics - will work on Stunting, Jumps, Motions & Tumble (this is not for spotted tumble; this is for perfecting current technique on already achieved skills)

NOTE: Once ENROLLED in try-outs, you can enroll in any Tumble class at a discounted rate of \$60/month.

CLINICS

February 2019 Clinic Schedule

Description	Sun	Tue	Wed	Thur	Fri	Sat
Try-Out Clinic Motions, Jumps, Spiriting	4:30p					
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		
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\$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 by 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

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 BRING A FRIEND TUMBLE CLINIC 12:00, 1:00, 2:00 DAY PLAY 1:15-2:15pm	2 BRING A FRIEND CLINIC - FAST START 12:30-1:00pm TUMBLE CLINIC 12:00, 1:00, 2:00 DAY PLAY 10:30-11:30am
3 OPEN TUMBLE 1:30pm-2:30pm \$5 - cash only Waiver required	4 DAY PLAY 1:30-2:30pm	5 CLINIC-BACK HANDSPRING 3:45-4:15pm CLINIC-BACK TUCK 4:30-5:00pm CLINIC-HS/COLL OPEN STUNT 8:15-8:45pm TODDLER TIME 10:30-11:30AM DAY PLAY 2-3:00pm	6 CLINIC-TWISTING 4:15-4:45pm HOT DEALS DAY PLAY 9:30-10:30am	7 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	8 CLINIC-TWISTING 5:00-5:30pm TODDLER TIME 10:30-11:30AM DAY PLAY 10:30-11:30am	9 CLINIC - FAST START 12:30-1:00pm
10 OPEN TUMBLE 1:30pm-2:30pm \$5 - cash only Waiver required	11 DAY PLAY 1:30-2:30pm	12 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	13 HOT DEALS DAY PLAY 9:30-10:30am	14 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	15 CLINIC-TWISTING 5:00-5:30pm DAY PLAY 10:30-11:30am	16 CLINIC - FAST START 12:30-1:00pm
17 OPEN TUMBLE 1:30pm-2:30pm \$5 - cash only Waiver required	18  Open Normal Schedule DAY PLAY 1:30-2:30pm	19 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	20 CLINIC-TWISTING 4:15-4:45pm HOT DEALS DAY PLAY 9:30-10:30am	21 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	22 CLINIC-TWISTING 5:00-5:30pm DAY PLAY 10:30-11:30am	23 CLINIC - FAST START 12:30-1:00pm
24 OPEN TUMBLE 1:30pm-2:30pm \$5 - cash only Waiver required	25 DAY PLAY 1:30-2:30pm	26 DAY PLAY 2-3:00pm	27 CLINIC-TWISTING 4:15-4:45pm HOT DEALS DAY PLAY 9:30-10:30am	28 TUITION DRAFTING 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	CLINIC-TWISTING 5:00-5:30pm DAY PLAY 10:30-11:30am	CLINIC - FAST START 12:30-1:00pm