

EXCITE! GYM & CHEER

(6/1/05)

2225 Highland Village Road

972-874-8500 (phone)

WWW.EXCITEGYMANDCHEER.COM

(fax) 469-635-2118

REGISTRATION FEE: \$30.00 per individual & \$50.00 per family. Registration is due in August or at the time of enrollment for all students. A discounted fee is offered when starting mid-year. Registration is good from August to August, even if you withdraw during your registration year. **To withdraw, a 30 day paid written notice is required.** If you wish to re-enroll after putting in a drop notice, a \$10 re-enroll fee is required.

****TO ATTEND: ALL WAIVER, POLICY & CREDIT CARD AUTHORIZATION FORMS MUST BE COMPLETED PRIOR TO ENROLLING.****

Excite! does have gym closings – the tuition cost is based on an average and figures in these needed breaks.

CLASS COST: \$55 per month 45-55 minute classes (preschool-cheer-tumble-gymnastics-dance)

\$45 per month for Parent / Tot classes

\$25 per month for Home School

\$5 off 2nd child and \$10 off 2nd class per month (some restrictions apply)

EXTRA PROGRAMS: (check our monthly calendar for closings, clinics & FUN camps)

***Home School Classes** - Wed. & Thur. a.m. - all ages- CALL for information on this program.

***Gym Day Out** -9:30-1:00p.m. Mon-Fri \$45 per month- ages: 2 1/2 -6yrs potty trained- DROP-IN \$20 mem \$23 non (call ahead for space)

***Daytime/Playtime**- \$3 mem \$5 non – parents must stay & actively supervise – Thur 1:00-2:30p.m., Fri 11:15-1:00p.m.

***Saturday Night Out**- 6-9p.m. \$12 mem \$15 non (extend till 10p.m. for \$4 extra per child) – ages 3-10yrs- pizza included (call ahead for space)

***Lunch Bunch** – 11:30-2p.m. Mon,Th, Fri \$35 per month- games & open play- 2 1/2 - 6 potty trained- Drop In \$15 mem \$18 non (call ahead)

***Clinics**- Power Tumbling, Jump, Cartwheel, Stunt, Flip Flop, Back Tuck, Twisters and all levels of skills – see Calendar for more info

****PRIVATES: Must be a member & REGISTRATION PD with all paperwork on file- sign up through "Private Book" in office - 48 hr cancellation required- \$30 for 1/2 hour (\$20 to the coach, \$10 to the gym) \$60 for 1 hour (\$40 to the coach, \$20 to the gym) Separate payments of cash or check only required****

ONE FREE TRIAL ON US FOR NEW CUSTOMERS ---SEEING IS BELIEVING!! (CALL FOR SPACE AVAILABILITY)

PRESCHOOL CLASSES (12 MONTHS – KINDERGARTEN) – FAST PACED & FUN, THE BEST RATIOS AROUND!

CLASSES ARE **STRUCTURED & FUN**, EXPOSING THE KIDS TO **ALL AREAS OF DEVELOPMENT**. OUR **LOW RATIO CLASSES** GIVE US THE ABILITY TO INSTRUCT, TRAIN AND KEEP ALL KIDS ACTIVE. OUR THEMES MAKE IT INTERESTING & ENTERTAINING. OUR COACHES ARE TRAINED, CERTIFIED AND COMMITTED TO GIVING A GREAT CLASS.

TOT I (AGES WALKING-2 YRS) Circle Time, Parent interaction, Gym time on all equipment, exposure in all developmental areas (45 minutes)

TOT II (AGES 18 MO-3YRS) Be amazed at what your tot can do. Bars, Beam, Tramp, Floor, fine motor, major muscle and fun themes (45 minutes)

YOUNG 3'S (3-4yrs) Learn to be in a class without mom, very low ratios, direction & gymnastic introduction on all equipment with fun themes (45 minutes)

GYM I (AGES 3 1/2 - 4 1/2) Beginner Preschool Gymnastics – 1st level of instructional gym- bars, beam, floor & tramp (55 minutes)

GYM II (AGES 4 - 6) Intermediate Preschool Gymnastics – Completed Gym 1 skills, Bridge, beginning cartwheels, & skills on all apparatuses (55 minutes)

GYM III (AGES 4 1/2 - 6) Advanced Preschool Gymnastics- back walk-overs, back handsprings, advance instruction on bar, beam, & tramp (55 minutes)

Boys Gym (AGES 4 – 6) Fast paced sports, gymnastics & conditioning. Just for boys with their kind of fun in mind (55 minutes)

Pre-CHEER (AGES 4 - Kinder) Cheer introduction with tumbling- Learn jumps and motions (55 minutes)

PRE-SCHOOL TAP & TUMBLE (Ages 3 – 6) Basic ballet instruction with music & games alternating tap and tumble each week (55 minutes)

SCHOOL AGE CLASSES (KINDERGARTEN – HIGH SCHOOL) PROGRESSION TRAINING!

CLASSES ARE **FUN, INSTRUCTIONAL AND ACTIVE**, FOCUSING ON **TEACHING SKILLS CORRECTLY** FROM THE START. OUR STAFF HAS THE ABILITY TO TRAIN A CHILD TO ANY LEVEL, PUSHING ENOUGH TO GET RESULTS BUT MAKING IT FUN AND ALWAYS KEEPING YOUR CHILD'S HAPPINESS AS OUR # 1 FOCUS . THE CLASSES ARE ALL ORGANIZED AND DESIGNED TO KEEP THE QUALITY OF THE CLASS UP TO EXCITE! STANDARDS. WE ALSO HAVE THE BEST RATIOS AROUND!

BEGINNER GYMNASTICS (AGES 6 & up) Basic upper level gym instruction- floor, bars, beam & tramp (55 minutes)

INTERMEDIATE GYMNASTICS (AGES 6 & up) Builds on skills learned in beginner gym and takes it to the next level- all apparatus (55 minutes)

ADVANCED GYMNASTICS (AGES 6 & up) Our most advanced level of class before team- must meet coach's approval- all apparatus (55 minutes)

INTRO TO CHEER (AGES Kinder – 2nd) Cheer introduction, jumps, motions and tumbling (55 minutes)

CHEER BEGINNER (Ages 2nd grade & up) Cheer development and tumbling as well as stunt introduction (55 minutes)

CHEER INTERMEDIATE (Ages 3rd grade & up) Cheer Technique, tumbling & stunting- light spot if any on back handsprings (55 minutes)

BOYS TUMBLE (K – 2nd and 3rd – 5th grades) Fast paced with tramp and floor skills (6th grade and above will join in regular tumble level classes) (55 minutes)

TUMBLING I - BEGINNER LEVEL (Ages 6 and up) Cartwheels, forward rolls, bridges, backbend kickovers & conditioning on the floor and tramp (55 minutes)

TUMBLING II – INTERMEDIATE (Ages 3rd grade & up) Back-walkovers, front limbers, good round offs, beginning spot to light spot back handsprings (55 minutes)

TUMBLING IIA - INTERMEDIATE ADVANCED Almost no spot on floor back handspring (no wedge), ability to begin running tumbling (55 minutes)

TUMBLING III - ADVANCED No spot on back handspring, running tumbling skills up to multiple back handsprings, working standing back tucks (55 minutes)

TUMBLING IV – MOST ADVANCED Multiple back handsprings, back tucks, arials, layouts, fulls – all advanced skills (55 minutes)

DANCE TECHNIQUE & JAZZ (Ages Kinder – 12th grade) Basic dance steps, leaps & turns as well as an intro to fun jazz combinations (55 minutes)

HIP HOP (Ages Kinder – 12th grade) Hip hop instruction, body movements & fast, fun choreography (55 minutes)

POWER TUMBLING (NEW) Floor, Trampoline, Mini and Double mini (55 minutes)

COMPETITIVE & TRAINING TEAMS: CHEER - DANCE - GYMNASTICS – POWER TUMBLING

FANTASTIC & FUN, FAST PACED BIRTHDAY PARTIES (Fridays & Saturdays)

Nationally AWARD Winning All Star Cheer Teams

Power Tumbling, Dance & Gymnastic Teams