



EXCITE!

October 2010



Our Mission

To share our families' excitement of fun and fitness with yours by

Encouraging
eXtreme
Character
In
Training
Excellence!

EXCITE!

GYMNASTICS/Preschool/School Age/Teams

TOTS (walking - 3yrs) Join our loving trained staff and be amazed what your tot can do through our thematic based program. Introductory class to bars, beams, trampoline and games (45 minutes) **\$55**

Monday.....10:15am Tuesday.....6:30pm Friday.....10:15am
Tuesday.....10:15am* Thursday..... 9:15am* Saturday.....9:15am, 10:15am, 11:15am
*Also Family Fun Classes

FAMILY FUN CLASS (walking to age 10) A class designed for families who want to enjoy a class at one time as a family. (45 minutes) **\$90** Tuesday.....10:15am Thursday.....9:15am

BOYS ONLY TUMBLE/ TRAMPOLINE (Ages 4-6) Floor tumbling, back handspring, trampoline, faced paced. (45 minutes) **\$55** Tuesday.....10:15am

PRESCHOOL GYMNASTICS (ages 3-6yrs) Fun, themed based program with very low ratios, multiple level instruction on floor, trampoline, vault, bars, & beam.

★ **SHINING STARS** (ages 3-5yrs) (45 minutes) **\$55**

Monday.....9:15am, 10:15am, 12:30pm, 5:30pm
Tuesday.....9:15am, 1:30pm, 3:30pm, 4:30pm, 5:30pm
Wednesday.....10:15am, 11:15am, 4:30pm, 6:30pm
Thursday.....10:15am, 11:15am, 12:30pm, 3:30pm, 4:30pm, 5:30pm, 6:30pm
Friday.....9:15am, 10:15am
Saturday.....9:15am, 10:15am, 11:15am

★ **SHOOTING STARS** (ages 4-6yrs) (45 minutes) **\$55**

Monday.....10:15am, 11:15am, 3:30pm, 4:30pm, 5:30pm
Tuesday.....10:15am, 4:30pm, 5:30pm, 6:00pm, 6:30pm
Wednesday.....11:15am, 3:30pm, 5:30pm, 6:30pm
Thursday.....11:15am, 1:30pm, 5:30pm, 6:00pm
Friday.....9:15am, 10:15am
Saturday.....9:15am, 10:15am, 11:15am

★ **SUPERSTARS** (ages 4-6yrs) Round offs, back rolls, bridge kickover. Advanced training program. Can perform in various gym and community events. Allowed to purchase team leo. (\$35 each). Promoted with coach approval (55 minutes) **\$115**

Monday and Wednesday.....11:15am
Tuesday and Thursday.....6:00pm

**Remember FREE DAY PLAYS AND OPEN GYM
(See Extra Programs)**



GYMNASTICS A & B (ages 6 & up) Gymnastics Instruction on floor, bars, vault, beam and tramp. Builds on skills learned, levels set to continue growth in program. (55 minutes) **\$80**

GYM A

Monday.....4:30pm, 5:00pm, 6:30pm
Tuesday.....3:45pm, 6:30pm
Wednesday.....4:30pm, 6:00pm
Thursday.....3:30pm, 6:30pm
Saturday.....12:15pm

GYM B

Monday.....3:30pm, 4:30pm, 5:30pm
Tuesday.....4:30pm, 5:30pm
Wednesday.....3:30pm, 6:30pm
Thursday.....3:30pm, 7:00pm
Saturday.....11:15am

GYMNASTICS C (ages 6 & up) Our most advanced level of class before team. Must meet coach's approval-all apparatus (70 minutes) **\$90**

Monday.....7:00pm

Tuesday.....5:00pm, 7:00pm

Wednesday.....4:30pm, 5:30pm

Thursday.....6:30pm

★ **GYMNASTICS TEAM**

(ages 4 & up) Tryouts available annually. Email: gymnastics@excitegym.com for more information.

CHEER

PRE-CHEER (ages 3 1/2 - Kinder) Cheer introduction with tumbling - Learn jumps and motions. (45 minutes) **\$55**

Tuesday.....1:30pm Thursday.....10:15am, 12:30pm, 6:30pm

CHEER INTRO (ages Kinder - 2nd) Cheer introduction, jumps, motions and tumbling (45 minutes) **\$55**

Monday.....5:30pm Tuesday.....6:30pm Wednesday.....6:30pm

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

(55 minutes) **\$80**

Tuesday.....5:00pm, 6:30pm

Saturday.....11:15am

JR CHEER (5th grade & up) Train to be a high school cheerleader, jumps, cheer and tumbling

(55 minutes) **\$80**

Tuesday.....7:00pm

Wednesday.....7:30pm

CHEER FAST TRACK CLASS Either High School or All Star Tryouts **\$105/mth**

TRYOUT PREP I:

Thursday 4:30-6pm (Elementary school age)

TRYOUT PREP II:

Wednesday 6-7:30pm

CHEER STUNT

(Ages 7-10 yrs)

Tuesday.....4:00pm

(Ages 10 yrs & up)

Wednesday.....8:30pm

FLYER CLASS \$40

Ages 5-7 yrs

Tuesday.....4:15pm - 5:00pm

Ages 8 yrs & up

Tuesday.....5:30pm - 6:15pm

Thursday.....5:30pm - 6:15pm

High School

Wednesday.....7:00pm

Ages 5-7 yrs

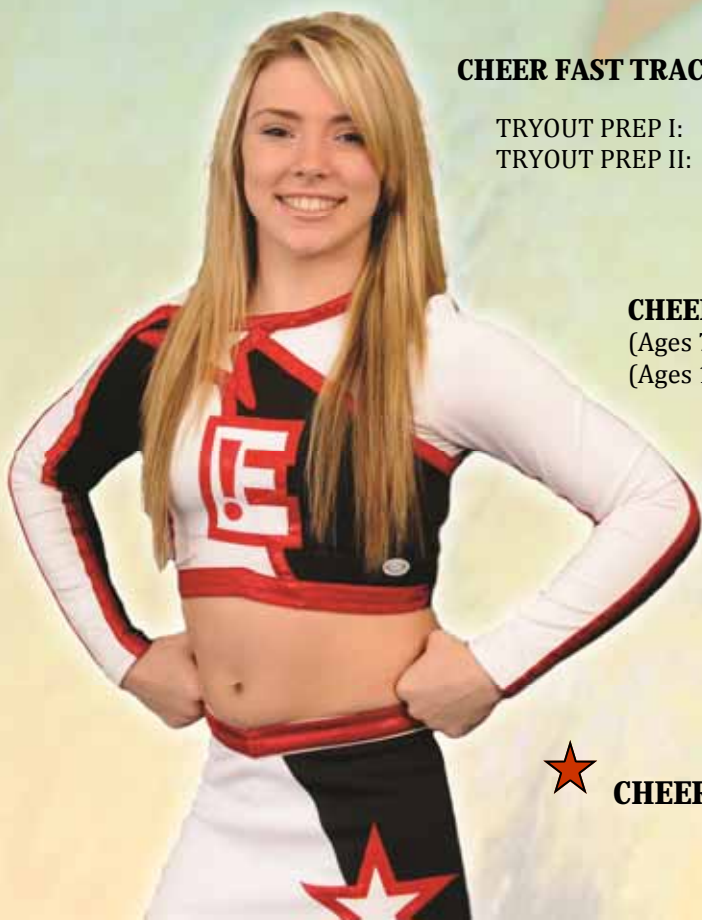
Thursday.....4:15pm

OPEN

Tuesday.....6:00pm



CHEER TEAM (ages 4 & up) Tryouts available upon request.



DANCE/Preschool/School Aged/Teams



PRE-DANCE I & II (PRE-SCHOOL BALLET, TAP) (ages 3-6) Fun basic ballet/tap instruction theme based. (45 minutes) **\$55** Routine to be performed at our annual recital

PRE DANCE I (ages 3-4)
Monday.....10:15am
Tuesday.....11:15am
Wednesday.....3:45pm, 6:15pm
Thursday.....4:15pm
Saturday.....9:15am

PRE DANCE II (ages 4-6)
Monday.....11:15am
Tuesday.....1:30pm, 3:30pm, 4:45pm
Thursday.....5:45pm
Saturday.....10:45am

PRE-DANCE III (ages 4-6 Ballet, tap and jazz. Must have previous dance experience. (55 minutes) **\$80** Routine to be performed at our annual recital
Thursday.....3:30pm, 5:00pm Saturday.....10:15am

DANCE/CHEER COMBO (ages 4-6) Combination class. Basic tumbling with cheer motions & dance intro. (45 minutes) **\$55** Monday.....4:30pm Wednesday.....4:30pm Saturday.....9:15am

COMBO I (ages 5-8) Class includes ballet, tap and jazz. (90 minutes) **\$105** Routine to be performed at our annual recital. Tuesday.....4:15pm Saturday.....9:15am

YOUTH DANCE 1 (ages Kind-10) Ballet and Jazz for beginner dancers. (55 minutes) **\$80**
Monday.....6:30pm Saturday.....10:15pm

JR/SR DANCE 1 (ages 10 & up) Ballet and Jazz for beginner dancers. (55 minutes) **\$80**
Monday.....5:00pm, 7:30pm Tuesday.....3:30pm

DANCE 2 Intermediate level Ballet and Jazz . (70 minute) **\$90**
Monday.....5:00pm , 7:30pm Wednesday.....7:15pm

DANCE 3 Advanced level Ballet, Jazz and Lyrical (85 minutes) **\$105** Monday.....7:30pm

DRILL TEAM 1 (6th grade & up) Introduction to drill team skills, kicks, leaps, jazz . (55 minutes) **\$80**
Wednesday.....5:15pm Thursday.....3:30pm

DRILL TEAM 2 (6th grade & up) Intermediate level to drill team skills, kicks, leaps, jazz. (55 minutes) **\$80**
Tuesday.....8:00pm Wednesday.....7:15pm
Saturday.....11:30am

DRILL TEAM 3 Advanced drill team, emphasis on jazz, kicks, leaps, turns. (85 minutes) **\$105**
Thursday.....7:30pm





TAP II-IV (suggested age is 7 & up) Dancers will learn tap technique, vocabulary, combinations, along with a routine to be performed at our annual recital. Tap II-IV, must have previous dance experience. (45 minutes) **\$55**

TAP II
Tuesday.....3:30pm

TAP III
Monday..... 5:15pm

HIP-HOP INTRO (ages 4-6) Dancers will learn basic hip-hop steps, combinations and work on free-styling, a dance to be performed at our annual recital. Routine to be performed at our annual recital. (45 minutes) **\$55** Monday.....3:45pm

HIP-HOP I-III (suggested age is 7 & up) Dancers will learn basic hip-hop steps, combinations and work on free-styling, a dance to be performed at our annual recital. (45 minutes) **\$55**

HIP HOP I
Tuesday.....6:00pm,
Thursday.....4:15pm, 7:15pm

HIP HOP II
Monday.....6:00pm, 6:15pm
Tuesday.....6:30pm
Wednesday.....5:30pm
Thursday.....6:30pm

HIP HOP III
Tuesday.....6:45pm
Thursday.....8:15pm

ADULT TAP CLASSES (18 & up) (45 minutes) **\$55** Tuesday.....8:15pm

BOYS ONLY HIP HOP CLASS (suggested age is 5 & up) (45 minutes) **\$55**
Monday.....3:45pm Thursday.....6:30pm

ZUMBA ages 12 & up) Latin fitness fusion fun class. **\$15** a month for enrolled members **\$15** drop in rate. Some restrictions apply. Tuesday.....7:30pm

FLEXIBILITY/FOOTWORK (ages 12 & up) Focusing on foot development. (30 min) **\$35**
Monday.....6:00pm Wednesday.....8:30pm

★ **DANCE TEAM EDC** (ages 3 & up) Tryouts available upon request. Email dance@excitegym.com for more information.



TUMBLE and TRAMPOLINE CLASSES

JR/SR Tumble Ages 10 and Up. Beginning Tumble. (55 minutes) **\$80** Wednesday.....8:00pm

TUMBLE I (ages 6 and up) Cartwheels, forward rolls, bridges, backbend kickovers & conditioning on the floor and tramp (55 minutes) **\$80**

Monday.....3:30pm, 4:05pm, 5:30pm, 6:30pm
Tuesday.....3:30pm, 4:30pm, 6:30pm

Wednesday.....3:45pm, 4:30pm, 5:30pm, 6:00pm, 6:30pm, 7:00pm
Thursday.....3:45pm, 5:00pm, 6:00pm

TUMBLE II (ages 3rd grade & up) Back-walkovers, front limbers, good round offs, spotted back handsprings (55 minutes) **\$80**

Monday.....3:30pm, 4:30pm, 6:00pm, 6:30pm
Tuesday.....5:00pm, 5:30pm, 6:30pm

Wednesday.....4:30pm, 4:05pm, 5:00pm, 6:00pm, 7:00pm
Thursday.....3:45pm, 4:30pm, 5:00pm, 6:00pm, 6:30pm
Saturday.....10:15am

TUMBLE IIA Back handspring, running tumbling, front handspring, multiple back handspring (55 minutes) **\$80**
Monday.....7:00pm Tuesday.....4:05pm, 5:30pm Wednesday..... 3:30pm, 8:30pm Thursday.....5:00pm, 7:30pm

TUMBLE III Running tumbling skills up to multiple back handsprings, back handspring and back tuck (standing/running) (55 minutes) **\$80**
Monday.....5:00pm, 6:00pm Tuesday.....5:00pm, 7:30pm, 8:30pm
Wednesday.....3:45pm, 5:00pm, 7:30pm Thursday.....5:00pm, 7:00pm, 7:30pm

TUMBLE IV Back tucks, aerials, layouts and fulls (55 minutes) **\$80**
Monday.....7:30pm, 8:30pm Wednesday.....7:30pm, 8:00pm Thursday.....6:30pm

TUMBLE IVA Learning fulls (55 minutes) **\$80** Tuesday.....7:30pm Thursday.....6:30pm

TUMBLE V Coaches approval required. Must have layout no spot, working twisting skills and specialty passes. (90 minutes) **\$105** Monday.....6:30pm, 7:30pm Wednesday.....5:00pm, 8:30pm Thursday.....7:00pm

TUMBLE VI Coaches approval required. Fulls with no spot, double fulls, arabians and specialty passes. (90 minutes) **\$105** Monday.....8:00pm Thursday.....8:00pm

BOYS ONLY TUMBLE/ TRAMPOLINE Floor tumbling, back handspring, trampoline, faced paced. (55 minutes) **\$80** Tuesday.....4:05pm (1st - 5th Grade) Wednesday.....7:00pm (1st - 5th Grade)

Small Group Classes: Cheer, Gymnastics or Tumble Kids (45 minutes) **\$105**

LEVEL 1 (K-4th).....Monday.....6:30pm Thursday.....4:05pm, 4:15pm

OPEN Monday.....8:15pm, 8:30pm
Tuesday.....8:00pm
Thursday.....3:30pm, 8:00pm

LEVEL 2 (K-4th) Wednesday4:00pm, 6:00pm
LEVEL 2 (5th & Up) Tuesday.....6:15pm , 7:30pm
LEVEL 3 (5th & Up) Monday.....4:15pm, 5:15pm
Wednesday.....8:30pm

LEVEL 4 Wednesday.....6:00pm
LEVEL 4/5 Monday.....4:30pm Wednesday.....7:30pm
LEVEL 6 Monday.....6:30pm
DANCE Tuesday.....7:45pm (30mins)

NEW!

Benefits!

- Design your own small group or enroll in a level / age group with others
- 3-5 KIDS MAXIMUM - Planned in space each week
- No cancellation - it is a monthly class, just pay tuition
- Receive second class or second child discount too!

EXTRA PROGRAMS

- ★ **M.O.M.S. Day Out** Weekly themes, crafts, gym time and much more. \$85 per month (ages 3 potty trained-6yrs)
DROP-IN \$28 members \$31 non-members (Extend to 2pm for \$5 extra) Call for Days available.
Tuesday.....9:30am-1:00pm Friday.....9:30am-1:00pm
- ★ **Lunch Bunch!** (ages 3 potty trained - 5yrs) Gym time \$35 per month DROP-IN \$15 members
Friday.....12:00pm-3:00pm
- ★ **Daytime/Playtime** - \$3 members \$5 non-members Parents must stay & actively supervise. FREE for enrolled Excite! preschool students. Check www.excitegym.com for days and times!
Email: events@excitegym.com for private group reservations.
- ★ **Saturday Night Out** (ages 3 potty trained to 11yrs) Parents take an evening off while the kids come and play at Excite!
\$10 team kids \$15 members \$18 non-members pizza included (48 hour advance reserve)
SNO 3rd Saturday of the month 6:00-10:00pm
- ★ **Friday Night Out** (ages 3 potty trained to 11yrs) Parents take an evening off while the kids come and play at Excite!
\$10 team kids \$15 members \$18 non-members pizza included (48 hour advance reserve)
FNO 2nd & 4th Fridays of the month 6:00-10:00pm

Clinics

- ★ **Gymnastics:** Bars **TNT:** Trampoline **Tumble:** Level I (Back Walkovers & Cartwheels), Back Handsprings, Back Tucks, Fulls, All levels & level 1-6 Skill Clinics **Cheer:** College Stunt, HS Stunt, Flyer, Jump/Conditioning and Individualized/ Group. Private groups train upon request.
Visit www.excitegym.com or check out our Etimes calendar for more info and pricing.
- ★ **BIRTHDAY PARTIES!** (ages 2yrs & up) Check out our Birthday Party Brochure or visit www.excitegym.com for more information.
- ★ **Kindermusik with Heidi Coming to Excite! in Summer 2010**
972.754.0853. email: hdgrand@verizon.net www.msheidi.kindermusik.net
- ★ **Boot Camp for Women** Call 214-257-0146 or register online at www.BoutiqueBootCamp.com.
- ★ **Girl Scouts** Check out our Girl Scout Brochure or visit www.excitegym.com for year round programs.
- ★ **Adult Yoga!** Monday, Wednesday & Friday 8:50am-9:50am. \$40.00
payable by cash or check to Amy McCarthy. Enrollment forms also available at the front desk. Email: yoga@excitegym.com or call 214-649-9926 to enroll or for questions.



TUITION & MEMBERSHIP INFORMATION

NO Yearly Contracts - ONLY 30 Day Notice Required

Registration Cost: \$30 Individual and \$50 for Family

TO ATTEND: All Waivers, Policy & Credit Card Forms are REQUIRED TO BE COMPLETED (Download Off Our Web Site)

Additional Excite Perks:

- \$20 off 2nd child per month (some restrictions apply)
- \$20 off 2nd class per month (some restrictions apply)
- New Excite Students - A free trial is offered for students who have never taken classes at Excite! Gym.
- VIP Loyalty Program
- Etimes Special Offers Monthly
- Referral Tuition Discounts
- Excite! does have gym closings-the tuition cost is based on an average and figures in these needed breaks. If the holiday or closing falls on your class time we offer a make-up class if space is available.
- FREE Day Plays for Preschool and Open Gym for School Age

Excite! Gym, Cheer & Dance
2225 Highland Village Road
Highland Village, TX. 75077



Address:

NO Yearly Contracts or Pre-Payment Requirements

WHAT TO WEAR TO CLASS

- **Preschool Gymnastics:** One piece leotard or clothes that are comfortable and easy to move in (no baggy t-shirts or jeans) and barefoot
- **Preschool Dance** (Pre Dance 1, 2 & Combo): Any color Leotard (long sleeves, short sleeves or sleeveless), tights, ballet shoes, and tap shoes
- **Ballet 1-4:** Black leotard (long sleeves, short sleeves or sleeveless), pink tights and pink ballet shoes
- **Tap or Jazz:** Any color Leotard, tights with jazz or tap shoes (depending on class)
- **Hip Hop:** Anything form fitted (no loose or baggy clothing) and tennis shoes Cheer or Tumble: Shorts with an elastic waist, T-shirt or tank that fits well (not baggy or loose) and clean tennis shoes
- **Gymnastics:** Any color one piece leotard and barefoot, no tights
- **Power Tumbling:** Girls: Any color one piece leotard, power tumble shoes or barefoot
- **Boys:** T-shirt, shorts (no loose or baggy clothing), power tumble shoes or barefoot

EXCITE!



Excite! Gym, Cheer & Dance
2225 Highland Village Road
Highland Village, TX. 75077
Phone: 972-874-8500



www.excitegym.com