



Summer Camps 2010

- ★ Entertaining, Inventive Themed Camps
- ★ Camps for Pre-school and Up!
- ★ Day Camps! Flexible Times!
- ★ Exercise, Skills, FUN!

**Cheer - Dance - Gymnastics
Tumble - Trampoline**

The Best Programs and Prices In Town!

EXCITE

972.874.8500

www.excitegym.com



Themed Camps

For kiddos ages 3 - 11 years, these imaginative camps are sure to fill the lazy days of summer with lots active fun! Every day is packed with fun fitness, crafts, organized games and plenty of fun with our kid-friendly staff. These day camps are held at Excite! Highland Village & Flower Mound from early June through August. Pack a sack lunch and come join the fun!

June 28 th - July 1 st	SPLASH Week
July 5 th - 9 th	Pirates & Princess Week
July 12 th - 16 th	SPLASH Week
July 19 th - 23 rd	Pajama Week
July 26 th - 30 th	SPLASH Week
August 2 nd - 6 th	Avatar Week
August 9 th - 13 th	SPLASH Week
August 16 th - 20 th	Carnival Week

Camping Week - Explore the outdoors like you're favorite wilderness guide. Go hunting for bears, enjoy smores and learn about camping one on one.

Birthday Week - Come celebrate your birthday with style, enjoy a variety of birthday games, rides and inflatable's. Design your own birthday cupcake and more.

Pirates and Princess Week - Every little girl & boys dream to become a princess of the world and a pirate to defend his princess. While our princesses are being pampered with up dos and make up our Pirates are going on a treasure hunt and defending their territory with games.

Pajama Week - Wear your favorite PJ's to class, and enjoy games, art and a movie.

AVATAR Week - Explorer the world of fantasy were the gym is wild and the creatures are imagined. Ride the train to another land and create unusual arts that week.

Carnival Week - Enjoy a fun filled week of carnival games, inflatable, face painting, popcorn and much more.

SPLASH Week - Bring a swimsuit, towel and don't forget your sunscreen! Glide down the water slide, have a splashing good time with water games galore!



PRICING

Times	Member	Non-Member
9:30am - 1:00pm	\$28 /day or \$80 /month	\$32 /day
8:30am - 4:00pm	\$45 /day or \$150 /month	\$50 /day



Day Camps

Trampoline Camp - Active camp for boys and girls that will have you bouncing with fun and learning amazing new skills! Plus, you'll learn how to enjoy your backyard trampoline safely!

This One-Day camp is offered Tuesdays or Thursdays through July and August at Highland Village.

Time: 1:00pm - 3:00 pm Ages: 6 & Up

Cost per Day: \$17 Excite! Members / \$20 Non-Members

TINY HOPPERS: Burn off some energy & learn some trampoline safety.

Time: Tuesdays or Thursdays 10am -12pm Ages: 3-6

Cost per Day: \$17 Excite! Members / \$20 Non-Members



Gymnastics Camp - We'll have you turned upside-down with gymnastics fun! You'll learn new skills, get stronger, work on all competitive events and jump on the trampoline and tumble track. Prizes for best camper of the week, best attitude, and most improved! And we'll re-energize with a snack mid-way through!

Two-Day Camp Monday and Wednesday at Highland Village

July 29th & 21st August 16th & 18th

(Ages: 4-6 1pm - 4pm) (Ages: 6-10 1pm - 4pm)

Cost: \$50 Excite! Members \$55 Non-Members



Cheer Camp - Cheer Like a Rock & Roll All-Star!

This 2-day camp will have you moving with jumps, motions, stunts, cheer and dance routines! Parent performance rounds out the camp. And you'll receive

Two-Day Camp Wednesdays and Fridays

July 7th & 9th, July 21st & 23rd,

August 5th & 7th

(Ages: 5 & Up 1pm - 3pm)

Cost: \$30 Excite! Members \$33 Non-Members



TINY CHEER CAMP! - One Day Camp July 8, July 22, August 5, August 12 Ages: 3-6 Time: 10am - 12pm (One Day) Cost \$15 Excite! Members \$18 Non-Members

Dance Camps

Dancing Princess - This one day camp will teach you steps and combinations to tap, jazz and ballet! Plus, a princess craft, video and snack. (Ages 4 -6) July 12th, July 15th, August 9th, August 12th Time: Monday or Thursdays 9:00am-1:30pm Cost: \$25 Excite! Members \$30 Non-Members

BRING A SACK LUNCH!

HIP-HOP BREAKDOWN - One Day Camp. Break your way through the freshest new styles and steps out there! (Ages 6 - 9 10am - 11:30am) (Ages 10 & Up 12pm - 1:30pm) July 7th, July 21th, August 4th Cost: \$15 Excite! Members \$20 Non-Members





Dance Camps continued...

All Around Dance Camp - Hip-Hop, Jazz, Lyrical, Musical Theater, Ballet, Drill Team - All around exposure and fun conditioning games in the gym.

Choose One Day: July 20th, July 27th or August 10th

Tuesday Time: 9:30am - 12:30pm
INTRO (Level 1 & 2) - Kind & 1st
INTRO (Level 1 & 2) - 2nd - 5th

Tuesday Time: 12:30pm - 3:30pm
INTRO (Level 1 & 2) - 6th & Up

Friday Time: 9:30am - 12:30pm
(Level 3 & Up)
Kind - 4th
5th - 8th

Friday Time: 9:30am - 12:30pm
(Level 3 & Up)
8th - 12th

Cost per Day: \$20 Excite! Members / \$24 Non-Members

-PLUS-
Pack a Lunch
Dance Movie Time
During Lunch

DRILL Team Boot Camp - Conditioning, Drills, Kicks, Turns, Leaps...Not for the Faint of Heart
Every Thursday Morning 9:00am - 10:30am \$6 a day - must enroll 48 hours in advance to avoid camp cancellation.

ZUMBA - ALL WELCOME, Latin Aerobic Fun! Zumba fuses hypnotic Latin rhythms & easy to follow moves to create a dynamic fitness program that will blow you away! Ages 12 & Up \$10 a month Wednesday's at Noon



Daytime Summer Tumble Clinics

Cost: \$15 Excite! Members / \$18 Non-Members

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Back Tuck	9:30am	6:00pm	6:30pm			12:30pm 2:30pm
Beg Backhand	11:30am	5:00pm	4:30pm	5:30pm		12:30pm 1:30pm
Inter Backhand	12:30pm	9:30am	5:30pm	6:30pm		1:30pm
Front Tumble						2:30pm
Level 5/6		6:30pm	8:30pm	7:30pm		
Level 4	11:30am	3:30pm		8:30pm		
Level 3	2:30pm		9:30am 7:30pm	8:30pm		
Level 2	1:30pm	2:30pm	3:30pm			
Level 1	12:30pm	10:30am	4:00pm	5:30pm		12:30pm
* Jumps/Cond/Flex	9:30am 6:00pm	9:30am 6:00pm	9:30am 6:00pm	9:30am 6:00pm		9:30am

* Jumps/Cond/Flex can be added \$5 each day



Partner Programs

Abrakadoodle Art Education Camps - Extend your Camp Day with Abrakadoodle Art Education Camps. Join us for art activities. Each day, we will explore new artists and techniques, complete 2 projects, and spend time discussing the work we created.

Ages: 4 - 11 Years Time: 1:00pm - 3:00pm Dates (Every Other Tuesday and Friday):

July 6 and 9 Pirates and Princesses

July 20 and 23 Pajamas

August 3 and 6 Avatar

August 17 and 20 Carnival

Cost: \$20 per child, per day Minimum of 5 to run the program.



Babysitting Basics Class - Babysitting is an important job. It's a lot more than just playing with children while the parents are away. Babysitting Basics covers safety, child-tending skills, and first aid. Are you prepared for a babysitting job? Upon completion of the course you will have the skills to:

- Know what to do in case of a fire, prevent accidents, answering the telephone or door, feeding children and bath and bedtime routines
- Care for babies, change a diaper and comfort a crying baby
- Apply basic first aid, help a choking child and perform CPR

For ages 9 and Up

Price \$35

Times: Thursday 1:00pm - 3:30pm

Dates: July 8th, July 22nd, August 5th, August 19th

Upon completion of the workbook and activities students receive a certificate of completion and a workbook for future reference. Build confidence in your skills and KNOW you're ready to be a babysitter! Need a minimum of 6 in attendance for class.

***All Classes instructed by Revive CPR of Texas, certified instructors through American Heart Association.**

Emergency Scenario Training Class - This class is designed to help children feel more prepared and comfortable with emergency situations which might require first aid and CPR assistance. It allows children to practice the skills and knowledge through the real life scenarios presented. Environmental scenarios such as how to identify and prevent poisonous bites, how to be safe and react in swimming emergencies, how to prevent and assist a person who is choking, how to prevent heat strokes, and many more.

For ages 8 and Up

Price \$30

Times: Wednesday 1:00pm - 3:00pm

Dates: July 28th, August 18th

Upon completion of the course participants will receive a certificate of completion. Build confidence in your CPR and first aid skills so you are prepared when an emergency arises.

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Excite! Highland Village
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