



E-Times

972.874.8500

LOVE IS IN THE AIR!



Prepare for
High School Cheer Try Outs
Excite! All Star Try Outs

CHOOSE FROM

- High School Try Out Clinics- Only \$5.
- Fast Track Cheer Try Out Class
- 30 Minute Cheer Basics Class
- Back Handspring Class
- Back Tuck Class

See insert for details

EXCITE! ALL STAR CHEER TRY OUTS

- \$15. Early bird sign up till Feb. 19
- \$40. sign up after Feb. 19

See insert for details!

EXCITE!
PERFORMANCE SHOW
COME WATCH OUR CHEER
TEAMS PERFORM!

SUNDAY 2/19/12
2:00 PM
FLOWER MOUND
HIGH SCHOOL

3411 PETERS COLONY
 FLOWER MOUND TX 75028

ADMISSION: \$5. ADULTS
 \$3.00 STUDENTS

SOLD AT EXCITE! OR AT FMHS THE DAY OF THE EVENT.

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SPRING BREAK CAMPS & CLINICS
March 12-15

FUN CAMPS, HIP HOP CAMPS,
GYMNASTICS CAMP & DRILL TEAM CAMPS

SEE INSERT



CLINICS

| | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. |
|---|---------|------|---------|---------|------|----------|------|
| TUMBLE | | | | | | | |
| CARTWHEELS , BACK WALK OVERS & ROUND OFFS (\$12./\$15.) | | | | 5:15 PM | | 3:30 PM | |
| BEGINNER BACK HANDSPRING (\$12./\$15.) | 3:45 PM | | | | | 1:30 PM | |
| LIGHT SPOT BACK HANDSPRING (\$12./\$15.) | 4:45 PM | | 4:15 PM | | | 2:30 PM | |
| ADVANCED BACKHANDSPRING WORKING ON MULTIPLES (\$12./\$15.) | | | | | | 1:30 PM | |
| BACK TUCK (RUN & STANDING) (\$12./\$15.) | 4:45 PM | | | | | 2:30 PM | |
| FRONT TUMBLE (\$12./\$15.) | | | | | | 3:30 PM | |
| LAYOUTS/TWISTING (\$12./\$15.) | | | | | | 12:30 PM | |
| CHEER SPECIALITIES | | | | | | | |
| JUMPS/MOTIONS/FLEX \$5 | | | | 6:15 PM | | 9:15 AM | |
| FLYER \$5 | | | | | | | |
| COLLEGE & HIGH SCHOOL STUNT (\$3 boys & College girls \$5. High School Girls) | | | | | | | |
| RECREATIONAL CITY LEAGUE ASSISTANCE | | | | | | | |
| TUMBLE, STUNTING, JUMPS & MOTIONS (\$30. up to 6 \$5 each additional) | | | | | | | |
| GYMNASTICS | | | | | | | |
| BAR CLINIC - REC OR TEAM (\$10.) | | | 3:30 PM | | | | |
| DANCE | | | | | | | |
| DRILL TEAM SKILLS (\$12./\$15.) | | | 4:30 PM | | | 2:30 PM | |
| DRILL TEAM - DANCE TEAM MEMBER (\$12./\$15.) | | | 4:30 PM | | | 1:30 PM | |

| | |
|---|---|
| TUMBLE | |
| Cartwheel Back Walk Overs & Round offs 45 Minutes * | Cartwheels and Back Walk Overs To Lead Up To Round Offs And -For Beginner |
| Beg Back Handspring 45 Minutes * | Heavy Spot And Training Drills For Back Handsprings - Starter Class |
| Light Spot Back Handspring 45 Minutes * | Very Close To Having Back Handsprings By Themselves |
| Advanced Back Handspring 45 minutes * | Handsprings with no spot, working on connecting multiples. |
| Back Tuck 45 Minutes * | Running And Standing |
| Flyer 45 Minutes * | Body Position Work, Flexibility And Conditioning For Flyers - Ground And On Beam Surface Training |
| Front Tumble 45 Minutes * | Punch Fronts, Aerials, Front Handsprings And Front Walkovers -Creative Front Passes Too |
| Layouts/Twisting 45 Minutes * | Working Lay-Outs And Beginning Twisting For Fulls |
| CHEER SPECIALITIES | |
| Partner Flyer Clinic 45 Minutes * | With Coaches Assisting In Putting In The Air For Partner Training - Must Be Approved |
| Flyer Clinic 30 Minutes ** | Flexibility & balancing |
| Jumps/Motion/Flex 30 Minutes ** | Conditioning And Cheer Jump Technique All Levels And Ages |
| College & High School Stunt \$3 boys & College girls \$5. High School Girls | Waivers required. Floor time, no spotting. |
| RECREATIONAL CITY LEAGUE ASSISTANCE | |
| TUMBLE, STUNTING, JUMPS & MOTIONS 45 * minutes | Choose your focus from tumble, stunts, jumps & cheer motions. \$30. for up to 6 students, \$5. each additional. |
| GYMNASTICS | |
| Bar Clinic - Rec Or Team 30 Minutes ** | Working Bar Skills For Team And Recreational Advancement |
| DANCE | |
| Drill Team Skills (5th -8th grade) 45 Minutes * | Drill Team Skills....Kicks, Leaps, Turns, Flexibility |
| High School Drill Team Members only 45 Minutes * | For Anyone That Is On A High School Drill Team And A Current Member Of Excite! (Must Be Approved) |

* THESE CLINICS ARE 45 MINUTES LONG AND WILL INCLUDE CONDITIONING AND STRETCH TIME - THIS IS NECESSARY TO ACHIEVE THE SKILL AND TO AVOID INJURY.
 ** THESE CLINICS ARE 30 MINUTES INCLUDE CONDITIONING AND STRETCH TIME - THIS IS NECESSARY TO ACHIEVE THE SKILL AND TO AVOID INJURY.

All 45 minute clinics with 1 participant will be 30 minutes; 2 or more participants will go 45 minutes.
 Must sign up and pay 48 hours in advance to prevent clinic cancelation.
 No refunds if customer cancels in less than 24 hrs. A waiver is required from each child and adult.

KIDS EXTRAS

DAY PLAY

Enjoy our awesome facility and equipment! Parents get to actively participate and play in our gym with their kiddos. Our gym is like a fun indoor playground. Ages crawling and & Up. (Parents required to supervise)
 FREE for enrolled Excite! Students. \$3 members, \$5 non-members
 Thursdays & Fridays 12:30 pm - 1:30 pm

M.O.M.S DAY OUT!

Kids get their fun, gymnastics, arts, crafts and themed preschool activities all under one roof!
 Ages 3 (potty trained) - 6yrs. **ONLY \$65 per month.** DROP-IN \$20 for members and non members
 9:30 am - 1:00 pm (Extend to 2:00pm for \$5 extra) Tuesdays and Wednesdays. Pack a Lunch!

LUNCH BUNCH

Attention Busy Moms!
 Want to have lunch with your friends, do some holiday shopping, take a long bath or run some errands...all by yourself?
 Of course you do! So sign your tot for the Lunch Bunch!
 Ages 3 (potty trained) - 5 years. **Only \$30. per month.** Drop In is \$10. for members and non members.
 Friday.....12:00-3:00 pm. **DON'T FORGET TO PACK A LUNCH!**

FRIDAY NIGHT OUT AND SATURDAY NIGHT OUT

While parents have a night to themselves kids get to enjoy the entire gym with free play and organized games. Kids will go home sweaty smiley and best yet tired! **BEST DEAL in TOWN, PLUS a Pizza Dinner is included!**
 Ages 3 (potty trained) to 11 years. Must pay and reserve 48 hours in advance.
 \$10 Excite! Team Members, \$15 Members, \$18 Non-members. Waivers required.
 Times: 6:00pm - 10:00 pm
FNO February 10th & 24th (FNO runs every 2nd and 4th Friday)
SNO NOT RUNNING IN FEBRUARY (otherwise: SNO runs every 3rd Saturday)

EXCITE! FUN GYM

FREE for all members enrolled in a rec. class. \$10 non-members. No coaching or spotting, but a coach will supervise for safety.
 Ages 8 and up. Children 7 and under must have a parent actively supervise them on the gym floor.
 February 25 4:30-6:00 pm

EXCITE! DANCE CLASS RECITAL INFO

It is time to start getting EXCITE!ed about our annual dance recital! The **recital rehearsal is June 9 and the recital is June 10 2012!** As stated in the Excite! Class brochure, all students in all dance classes will participate in this annual recital.

The recital fee is **\$60**, \$30 was billed with December tuition on November **30** and the remaining \$30 will be billed with March tuition on **February 29 2012.** This fee is non-refundable and includes all production costs such as, use of the performance facility, professional technicians and staff, etc. This fee also guarantees your family 2 tickets to the show! Class costumes will be selected by the teacher with prices ranging from **\$40-\$95.** Costumes were billed with **February tuition on January 31 2012.** An informational order form was given to all students in January including flower orders, photos, additional tickets, T-shirts, and commemorative program ads! We encourage everyone to save this weekend for a fun-filled, family show!

Teachers may not be able to order Costumes after March 1st.

Email dance@excitegym.com with any questions.

Best Wishes. EXCITE! Dance Staff

PARTNER PROGRAMS



Boot Camp For Women

Personal Fitness and Nutrition Assessment
Individualized Nutrition Plan

Classes run Tuesdays and Thursdays at Excite! 5:30 am

Call 214-257-0146
www.GreatShapeFitClub.com



1. Supportive of the parent being the child's first and best teacher.
 2. Play and processed based
 3. Quality instruments, singing and recordings
 4. Child-centered and driven
 5. Focused on developing the whole child through musical experiences
 6. Exposing children to various cultures, tonalities, instrumentations.
 7. Training teachers to be experts in the area of child development
 8. Encouraging of families connecting with each other and other families for musical experiences
 9. Committed to providing musical experiences for all children
- The BEST choice for families everywhere! CLASSES ARE PRORATED, come join us! **BIRTH TO 7 YEARS!**



Call for dates and times 972-754-0853 email: hdgrand@verizon.net visit www.Msheidi.kindermusik.net

ADULT YOGA

Affordable YOGA in a casual, friendly environment. Energetic Vinyasa Flow Yoga, Hatha Yoga basics, Yin Yoga stretch and Meditation. Instructors are registered Yoga teachers with Yoga Alliance.

Great for all fitness levels. Yoga will keep you strong and flexible.

First class is FREE! Drop in: \$10. per class. Monthly pass: \$40. that's only \$3.33 per class!
Mondays, Wednesdays & Fridays 8:50 am to 9:50 am

Call 214-912-6328 or email yoga@excitegym.com to sign up.

EXCITE! POLICY AND PROCEDURES

The following information pertains to all participants of Excites' special programs, clinics and camps.
Non-Refundable/ Non-Transferable. 30 day notice written and paid notice due for cancellation of any program is required.

1. Participants must register 48 hours in advance of scheduled activity to avoid cancellation.
2. Participants must have ALL registration paper work completed prior to enrollment of activity.
3. Clinics and Camps are subject to cancellation if the minimum number of students for the scheduled activity is not met.
4. Non-members and members not on auto-pay must pay in advance, (at time of enrollment).
5. Accounts on auto-pay will be drafted twice per month if there is an outstanding balance.
6. Coach's approval may be required for some clinics.
7. Cancellations accepted under emergency circumstance only and must be within 24-hours prior to activity.
8. Excite! reserves the right to make policy, fee and schedule revisions without prior notice.
9. Parents must drop off and pick up their child at time of activity. Excite! is not responsible or liable for unattended children.
10. Exciting! Images has the exclusive right to offer all photos and related photographic merchandise of Excite! participants for sale and marketing purposes.
11. The E times is the source of communication and all customers should refer to each month for the most current information on programs and policies.
12. All non-members must have a current release wavier filled out before entering gym. Available on our website log onto www.excitegym.com click on 'RESOURCES' scroll down to "FORMS" print out #6 SPECIAL EVENTS FORM.
13. VIP Zebra Perks and Conditions: Discounts can be used for non-tuition services (parents night outs, camps, gym part for private fees, birthday parties, and pro-shop purchases). VIP Seniority discounts are as follows: 5% for 1st year, 10% for 2nd year, 15% for 3rd year, 20% for 4 years and up. Families must have at least 1 member of the family enrolled in a monthly tuition based class to use the discounts and keep their seniority. Competitive team as of 3/1/11 will have their own VIP status. Please see team handbooks for details.