

# March

## E-BLAST

### FLOWER MOUND CHAMBER OF COMMERCE 2025 SMALL BUSINESS OF THE YEAR!



### GLOSSARY:

PAGE 2: NEW HOMESCHOOL PROGRAM

PAGE 3: SPRING BREAK CAMPS & CLINICS

**WE ARE CLOSED MARCH 15<sup>TH</sup> - 21<sup>ST</sup>**

PAGE 4: EXCITE! CHEER TRYOUT TRAINING CLASS

PAGE 5: SUMMER OFFERS

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**2ND FRIDAY NIGHT OUT - MARCH 13<sup>TH</sup> - SEE PAGE 6**

**HIGHLAND VILLAGE ROTARY SAVE THE DATE - SEE PAGE 6**

PAGE 7: CALENDAR

### SPECIAL OF THE MONTH:

Two for the price  
of One OPEN GYM!

When: March 17<sup>th</sup> & 18<sup>th</sup>

Time: 3:00-4:00pm

Ages: 6 and up

Cost: \$10

# NEW HOMESCHOOL PROGRAM!

**A FAMILY PRICE FOR 4 CLASSES A WEEK. YOU CHOOSE WHO.**

\$130 PER MONTH (MARCH, APRIL AND MAY).

\$25 TO ADD ON AN EXTRA CLASS AFTER FAMILY PURCHASE.

AGES 6 AND UP

12:30-2:30PM - DAY PLAY

12:30-1:00PM- GYMNASTICS (BEGINNER) OR FITNESS

1:00-1:30PM -TUMBLE OR FITNESS

1:30-2:00PM - PE GAMES OR DANCE

2:00-2:30PM - SOCCER OR ART



## GYMNASTICS CLASS:

AN INTRODUCTORY GYMNASTICS CLASS THAT INTRODUCES THE SPORT OF GYMNASTICS THROUGH A FUN AND INTERACTIVE CURRICULUM. ATHLETES WILL WORK ON BASIC SKILLS SUCH AS CARTWHEELS, BRIDGES, PULLOVERS, AND MORE WHILE ROTATING THROUGH ALL FOUR GYMNASTICS EVENTS: VAULT, BARS, BEAM, AND FLOOR.

## FITNESS:

THIS FUN FITNESS CLASS FOCUSES ON DEVELOPING STRENGTH AND COORDINATION THROUGH INTERACTIVE MOVEMENT AND CREATIVE CHALLENGES. USING BARS, ROPES, AND MATS, ATHLETES WILL WORK ON AGE-APPROPRIATE FITNESS SKILLS WHILE STAYING ACTIVE, ENGAGED, AND MOTIVATED.

## TUMBLE:

FUN AND FAST PACED CLASS WILL CONSIST OF WARM-UP, STRETCHING, SKILLS AND DRILLS. STUDENTS WILL ALSO DO LIGHT CONDITIONING FOR STRENGTH TRAINING AND INJURY PREVENTION.

## PE GAMES:

THIS CLASS IS DESIGNED TO INTRODUCE MOVEMENT, COORDINATION, AND TEAMWORK IN A FUN AND ENERGETIC ENVIRONMENT! THROUGH EXCITING GAMES, OBSTACLE COURSES, AND AGE-APPROPRIATE GYMNASTICS ACTIVITIES, CHILDREN WILL BUILD STRENGTH, BALANCE, AGILITY, AND HAVE FUN.

## ART:

INTRODUCTORY ART CLASS TEACHING FUNDAMENTALS, DRAWING, PAINTING AND CREATIVE EXPRESSION FOR BEGINNERS WITH NO PRIOR EXPERIENCE.

## SOCCER:

OUR BEGINNER SOCCER CLASS IS A FUN, ENERGETIC INTRODUCTION TO THE WORLD OF SOCCER.



# SPRING BREAK CAMPS!

MARCH 17TH: ST. PATRICK'S CAMP

MARCH 18TH: VACATION CAMP

MARCH 19TH: ALL THINGS SPRING CAMP

9:00AM-1:00PM | AGES 3.5-10 | \$42 EACH  
MAIN LOCATION

GET READY FOR A FUN-FILLED 3 DAYS AT OUR SPRING BREAK CAMPS! DESIGNED FOR KIDS, THIS CAMP IS THE PERFECT WAY TO KICK OFF SPRING BREAK WITH EXCITING ACTIVITIES, GAMES, AND CREATIVITY. PACK A SACK LUNCH, A WATER BOTTLE AND A SMILE!

\* MUST BE POTTY TRAINED TO ENROLL \*



## SPRING BREAK CLINICS!

\*Minimum Enrollment required. Must be enrolled 72hrs in advance\*

Cost: \$20 | 11:30am-12:00pm | Ages: 5-18  
3/18 & 3/19

Walkovers(Must have Back Bend Kick Over and Handstand Front Limber)

Backhandsprings(Must have Roundoff with a rebound and a Back Walkover)

Back Tucks(Must have Standing and Running Backhandspring Series)

Layouts & Twisting(Working lay-outs and perfecting lay-out technique.  
Working on twisting and twisting drills)

Aerials(Must have strong Roundoff and back or front walkover)

## PRESCHOOL BASICS CLINIC!

\*Minimum Enrollment required. Must be enrolled 72hrs in advance\*

Cost: \$20 | 9:30am-10:00am | Ages: 3.5-6 | Preschool Location  
3/18 & 3/19

Great opportunity to master the skills needed for promotion.

SCAN QR CODE FOR  
SPRING BREAK CAMPS  
AND CLINICS!



# EXCITE! CHEER TRYOUT TRAINING CLASS!

FOR THOSE WANTING TO CONTINUE THEIR CHEER JOURNEY, THIS CLASS WILL HELP GET THEM READY FOR OUR FULL SEASON TRYOUTS IN MAY. WE WILL WORK ON TUMBLING, STUNTING, JUMPS AND ALL THINGS CHEER! THIS IS ALSO GREAT FOR COACHES TO CONTINUE TRAINING AND GETTING TO KNOW YOUR ATHLETES SO WE CAN PLACE THEM ON THE BEST POSSIBLE TEAM FOR NEXT SEASON.

THIS WILL RUN MARCH 5TH THROUGH APRIL 30TH. COST \$105.

WHEN:

THURSDAYS  
4:30-5:30PM  
AGES: 5-8

THURSDAYS  
7:00-8:00PM  
AGES: 9 & UP



SCAN QR CODE  
TO SIGN UP!

# SUMMER OFFERS!

**OUR 2026 SUMMER OFFER PACKET  
WILL BE RELEASED MARCH 13TH!  
KEEP AN EYE OUT FOR ALL THE  
SUMMER FUN!**



**SCAN QR CODE MARCH 13<sup>TH</sup>  
TO GET OUR SUMMER OFFERS!**

**2 DAY CHEER, GYMNASTICS AND ACRO CAMPS,  
2 DAY TUMBLE CAMP, 2 FOR 1 CLASSES,  
TUMBLE INTENSIVE CAMP, DAY PLAY,  
DRAMA KIDS, 2<sup>ND</sup> FRIDAY NIGHT OUT, OPEN GYM,  
CHEER- FLYER, BASE AND MOTION TECHNIQUE CLASSES,  
SUMMER CAMPS AND SUMMER CLINICS!**

# March

## EXTRAS:

2nd Friday/ Night Out!

Highland Village Rotary!

### 2nd Friday Night Out



Friday  
March 13<sup>th</sup> 2026  
Main Location

5:30PM-9:00PM  
AGES: 3-10

Cost: \$25 per child | \$20 for siblings

\*Must be potty trained and  
minimum enrollment required.  
Bring a water bottle.\*

Add on pizza: \$4 for 2 slices.  
Other snacks & drinks available  
at check in.



Highland  
Village  
Rotary



## TASTE AROUND THE VILLAGE

Friday, April 10, 2026  
6:00 PM - 10:00 PM  
The Shops at Highland Village

*Benefitting local nonprofits doing  
great things in our community*

hvrotarytx@gmail.com  
(214) 202-0911  
www.hvrotary.org



TICKETS  
\$50



Sponsor:



### Make Up Classes

### Day Plays

### Clinics



# MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>Day play</b>  Dr. Seuss Day  Saint Patricks week @ PSL	3	4 <b>Day play</b>  National Son's Day	5 <b>Day play</b>	6 <b>Day play</b>  National Employee Appreciation Day	7 <b>Day play</b>  Make up classes & Clinics
8  Daylight Savings!	9 <b>Day play</b>  Saint Patricks week @ PSL	10  Coach Destiny's Birthday	11 <b>Day play</b>	12 <b>Day play</b>	13 <b>Day play</b> Friday Night Out!	14 <b>Day play</b>  National PI Day  Make up classes & Clinics
15 CLOSED for Spring Break!	16	17  Saint Patricks Day! Open Gym! Saint Patricks Camp!	18 Open Gym! Vacation Camp and Clinics!  Coach Blake's Birthday	19 All Things Spring Camp and Clinics!	20  Spring Begins	21
22	23 <b>Day play</b>  Easter week @ PSL	24	25 <b>Day play</b>	26 <b>Day play</b>	27 <b>Day play</b>	28 <b>Day play</b>  Make up classes & Clinics
29	30 <b>Day play</b>  Easter week @ PSL	31	Check website for any Day Play Cancellations. PSL Day Play: Wed 1:00pm-2:00pm Sat 12:00pm-1:00pm	Check website for any Day Play Cancellations. Main Location: Mon & Fri 10:30am-11:30am Thurs 1:00pm-2:00pm	PSL Make up classes: Saturdays 9:15am: Young 3's 10:15am: TOTS 11:15am: Shining Stars & Shooting Stars	Clinics: Saturdays 9:00am-9:30am Back Handsprings Back Tucks Aerials