



E-BLAST



FALL 2025

FMYFA SIDELINE CHEER

Sideline Energy Starts Here!
Athletes entering K-6th grade in the Fall and residing in the Flower Mound area are invited to join FMYFA Cheer Program.

Save the Date!
Cheer Kick-off Event


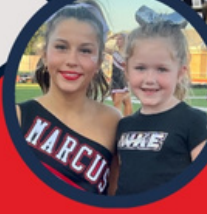
Friday, May 9th
5:30 PM-6:30 PM

Excite! Gym & Cheer
RSVP TO EXCITE! \$5

[MORE INFO](#)
[REGISTER NOW*](#)

*DEADLINE JUNE 11

FMYFA.net

2- Day Skills Camps

Cost: \$58 (show off at the end of 2nd day)
Time: 1:30-3:30pm
Ages: 5-8
Location: Main gym

June 10th & 11th Cheer
June 17th and 18th Gymnastics
July 8th and 9th Cheer
July 15th & 16th ACRO – new
July 22nd & 23rd Gymnastics



Scan QR code to sign up

2025-2026 TRYOUTS!

Gymnastics Tryouts
Saturday, May 17th
9:00-10:30am




Acro Tryouts
Saturday, May 17th
10:15-11:30am




All Star Cheer Tryouts
Saturday, May 17th
12:00-5:00pm





CLOSED: May 24th-30th



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SUMMER

Camps

Must be Potty Trained.
Pack a sack lunch and water bottle.

Full Day Camps

Monday-Friday 9:30am-1:45pm
Ages: 3.5-10 years old
Price: \$38
MAIN Location

Half Day Camps

Monday & Friday 11:30am-2:30pm
Ages: 3-6 years old
Price: \$27 per day
PRESCHOOL Location

Themes:

- June 2nd-6th: Wicked
- June 9th-13th: Splash
- June 16th-20th: Science
- June 23th-27th: Hooray to the USA
- July 7th-11th: Balls, Balls, Balls
- July 14th-18th: Splash
- July 21st-25th: Smurf
- July 28th-29th: Best of the Best

2 for 1

June and July

This gives you the ability to have a make-up already pre-set. Enroll in 2 classes a week and you are all set for June and July. Email Office@excitegym.com or Call the front office to set up your second class!
Doesn't have to be the same class.
Your time to try a different class.

2nd Class Offers:

MONDAY:

- 1:00 Tiny Cheer & Tumble
- 1:45 Shining Stars
- 2:00 Beginner Tumble

TUESDAY:

- 1:00 Beginner Gym
- 1:45 Shooting Stars
- 2:00 Tumble 1A

WEDNESDAY:

12:00 Tumble 1

- 1:00 Mini and Youth Cheer & Tumble
- 2:00 Gym A & Hot Shots

THURSDAY:

- 1:00 Gym B & C
- 1:45 Young 3's

Clinics

Monday & Thursday. 30mins

Ages: 5-18

Price: \$20

Starting June 2nd through July 28th

1:30pm- Back-Handsprings

1:30pm- Aerials

1:30pm- Tumble Basics

2:00pm- Back Tucks

2:00pm- Front Tumble
(punch fronts and aerials)

2:00pm- KIP Clinic

Ages 5-18. Min. of 2 to open



Scan QR
for camps and clinics

Open Gym-Main Location

Monday and Friday 2:00pm-3:00pm

Cost: \$10

Ages: 6 and up

Open Gym-Preschool Location

Monday and Friday 10:00am-11:00am

Cost: \$5

Parents must stay and supervise

Ages: All ages

Summer camp pass!

Includes 15 Full Day Camps of your choice. \$435.
Enroll now and save big!!

NEW! Thursday-Open Tumble!

Costs: \$10

Age: 6-18

Times: 2:45-3:30pm

Some Thursdays will not be available -
Check our social's for closings.

Summer Closings!

May 24th-30th

June 28th-July 6th



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MONTHLY OFFERINGS

Make-Up Classes!

Must be signed up 72hrs in advance

Fridays at the **MAIN** Location:

3:45pm- Shining & Shooting

3:45pm- 3 and 4 Fun Fit

4:00pm- Gym A, Gym B, Gym C & Hot Shots

4:15pm- Beg Tumble & Beg Gymnastics

5:00pm-Tumble 1

Scan QR
code to sign
up



Day Play!

FREE to our Preschool Members. Guest: \$5 (waiver required)

Parents and Grandparents bring your little ones for open play in our climate controlled facility. Grab a group of friends and come play! Parents must stay to actively supervise. NO prior enrollment needed!

Main Location:

Monday & Friday 10:30am-11:30am

Thursday 1:00pm-2:00pm

Preschool Location:

Saturday 10:00am-11:30am

No Day Play May 24th-30th