

JANUARY



E-BLAST



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GYM CLOSED: JANUARY 1ST & 2ND

Excite! In-house Meet Information and Details

When: January 10, 2026

Where: Excite! Gym & Cheer – Main Gym
2225 Highland Village Rd
Highland Village, TX 75077

What to Wear:

Girls: Any leotard of your choice, bar shorts are optional. Tight fitting shorts or leggings are recommended. Hair needs to be pulled back out of their face. Dangling jewelry is not permitted, only stud earrings.

Boys: Athletic shorts and any shirt. Baggie clothes are discouraged.

Schedule & Drop off:

Doors will open 15 minutes prior to drop off time or session

Session 1: 8:30am-10:00am

Session 2: 10:30am-12:00pm

Session 3: 1:00pm-2:30pm

Session 4: 2:45pm-4:15pm

Session 5: 4:30pm-6:00pm



-Each class will be designated a session time— please try to make this time work to allow your athlete to be with their regular coach and classmates. The schedule will be sent by Monday, December 15th.

-Enter through the front doors and head to the observation room to get “meet ready.” An Excite! coach will meet you there and take your child to the correct warm-up area. Parents will keep shoes, socks, water bottles, and t-shirts. After drop-off, feel free to visit concessions and the gift table, then find a seat in the main gym. Athletes will begin stretching at the session start time, and performances will begin about 15 minutes later.

Shirts: Shirts will be distributed in class prior to the meet. If you have not received your In-House Meet shirt by the event, they will be available for pickup at the gift table in the gym at the event, or at the front desk the following week.

Extras: Trophies are available for pre-order through **December 15th. (Deadline has been extended)**

Flowers, cookies, and extra tickets will be available for pre-purchase through **January 3rd**. These will be available for pick up at a booth in the gym. One adult ticket is included in your in-house meet billing

Tickets: Included in your December tuition. Additional tickets can be purchased through the ProShop section of the parent portal through January 3rd or purchased at the door. (Tickets are \$5/each. Children 3 and younger get in free!) Included tickets will be handed out in class before the event. All other pre-ordered tickets ordered before January 3rd will be available for pickup at will call. Please note: Tickets will be provided as a wristband inside an envelope—please keep it safe! It functions as your “cash” for entry and cannot be replaced if lost.

Extra tickets will be available at the door the day of the event. Cash preferred.

Other: We will have concessions and athlete gifts available at the event.

Meet Etiquette: Please do not stand or walk around during the event to ensure parents can see their kids performing.

Please keep your little ones with you and off of equipment. Food and water may be taken into the gym, but please keep it off of the blue floor. High heel shoes are not allowed on the gym floor.

MANDATORY: HAVE FUN AND CHEER LOUD FOR YOUR GYMNAST!

RECREATIONAL CHEER AND TUMBLE SHOW OFF:

Save the date: Sunday April 19th 2026

What classes?

Tiny Cheer, Mini Cheer, Youth Cheer & Beginner Tumble through Tumble 1A

More info coming in February E! Blast!



Drafting fee: \$20 will be drafted with March tuition (February 27th)
as shown in our policies and waivers.

SCHOOL CHEER TRYOUTS:

SCHOOL TRYOUT STUNT CLINIC!

What: Stunt Clinic! Must bring a full stunt group (4 people)
Clinic will run similar to open gym but a coach will be there
to help run and train skills.

When: Mondays February 2nd, 9th, 16th & 23rd (drop in)
Times: 7:30-8:30pm

Who: Those entering into 7th through 12th grade

Price: \$10 per clinic



Scan to create an account to attend!



SCHOOL TRYOUT CAMP DAY!

What: School Tryout training camp

First hour spent on tumbling & spotting – hard floor available! Next two hours will be spent teaching and working through a real tryout clinic and will finish with a mock tryout. Includes jumps, tryout style material and stunts(depending on enrollments). Goal for all athletes to feel comfortable during tryout clinics and be better prepared for tryout week. Athletes will leave with a score card and tips to improve for tryouts!

When: Sundays February 8th or March 8th

Times: 4:00-7:00pm

Who: Those entering into 7th through 12th grade

Price: \$75



Scan to enroll!



JANUARY

SPECIAL OF THE MONTH:

January Buddy Month!

Bring a friend to class! Valid only in January!

When can you bring your friend?

Tumble 1A and Cheer Classes - January 5th- 8th

Recreational Gymnastics Classes - January 12th- 15th

Beginner Tumble and Tumble 1 Classes - January 19th- 22nd

Tumble 2 & Up by request only - January 26th- 29th

Preschool Location - All month long

Requirements to bring a friend:

-Friend must be age appropriate for the class

-Friend must sign our special events waiver

(scan QR code to sign)

-Stop by front desk to pick up friend's name tag



Special events waiver

JANUARY DOOR BUSTER SALE!

1/3/26-1/31/26

RETIRED UNIFORM ITEMS,
BACKPACKS, JACKETS,
THEMED SHIRTS, JEWELRY &
HOLIDAY ITEMS!

10% OFF
25% OFF
50% OFF

ALL SALE ITEMS WILL BE MARKED WITH A COLORED
DOT REFLECTING DISCOUNT PERCENTAGE

LEOS NOT INCLUDED

JANUARY

EXTRAS:

Make Up Classes

Must be signed up 72hrs in advance

Check out our Make up day and times!

Saturdays 11:30am-12:25pm at the MAIN Location.

Beginner Gymnastics

Hot Shots 1 & 2

Gym A, Gym B, Gym C

Beginner Tumble

Tumble 1

Tumble 1A



Scan QR
to sign up

Saturdays @ PSL

9:15am: Young 3's

10:15am: TOTS

11:15am: Shining Stars and Shooting Stars

**If currently enrolled in Saturday classes – go to your parent portal
to select your make up class during the week

Day Plays



See website for weekly DAY PLAY times!



Scan QR
for info

Clinics



Scan QR
for info



See website for our **30Min CLINIC** descriptions,
requirements and to enroll!

Clinics help our athletes on specific skills they are
focusing on gaining.

Back Handsprings (Must have a strong Round Off and Back Walkover)
Back Tucks (Must have Standing and Running Back Handspring Series)
Aerials (Must have Strong Cartwheel)

MLK Jr. Camp

*Must be Potty Trained.

Pack a sack lunch and water bottle.

Minimum Enrollment required*

Monday Jan. 19th 2026

Cost: \$38 | Ages: 3-10| 9am-1pm

Kids out for Martin Luther King Jr. Day?

Sign them up for camp!



Scan QR
to sign up

JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
Check website for any Day Play Cancellations. PSL Day Play: Wed 1:00pm-2:00pm Sat 12:00pm-1:00pm Main Location: Mon & Fri 10:30am-11:30am Thurs 1:00pm-2:00pm	Main Gym Make up classes: Saturdays 11:30am-12:30pm Beginner Gymnastics Hot Shots 1 & 2 Gym A, Gym B, and Gym C Beginner Tumble Tumble 1 Tumble 1A	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	2026 CLOSED for Holiday Break!	2	3 Day play  Make up classes & Clinics
4  National Spaghetti day	5 Day play  Winter/Penguin week @ PSL	6	7 Day play  Coach Dustin's Birthday	8 Day play	9 Day play	10 Gymnastics In House Meet! 
11  Darla's Birthday	12 Day play  Winter/Penguin week @ PSL	13  National Rubber Duck day	14 Day play  National Dress up your pet day	15 Day play	16 Day play	17 Day play  Make up classes & Clinics
18  National Winnie the Pooh day	19 Day play MLK Day we are OPEN. MLK Camp! Disney week @ PSL 	20	21 Day play	22 Day play	23 Day play	24 Day play  Make up classes & Clinics
25	26 Day play  Disney week @ PSL	27	28 Day play	29 Day play	30 Day play	31 Day play  Make up classes & Clinics