



E-BLAST

hello
APRIL

2024-2025 TRYOUTS!



Gymnastics Tryouts
For those NEW to team
Saturday, May 18th
9:00-10:30am



Acro Tryouts
Saturday, May 18th
10:15-11:30am



All Star Cheer Tryouts
Saturday, May 18th
12:00-5:00pm

SEE PAGE 3, 4, 5 AND 6 FOR MORE INFO

"HAPPY HOUR!"

Who: Elementary age kids (5-11)
Where: Main Gym
When: Saturday April 13th
Time: 5:00pm-7:00pm
Cost: \$15, Pizza included!
 Must be signed up 72hrs in advance
 Minimum enrollment required

Scan QR code to sign up for BOTH!



NIGHT OUT

Saturday April 27th
Who: Kindergarten- 10 years old
Time: 6:00-9:00
Where: Main Gym
Cost: \$25.00, Pizza included
Open play: THE WHOLE GYM! TRAMPOLINE, PIT, BARS, BEAMS AND MORE!
 Must be signed up 72hrs in advance
 Minimum enrollment required

SUMMER

Camps

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

Full Day Camps
 Monday-Friday 9:30am-1:45pm
 Ages: 3-10 years old
 MAIN Location

Half Day Camps
 Tuesday & Thursday 12:00pm-3:00pm
 Ages: 3-7 years old
 PRESCHOOL Location

Themes:
 June 3rd-7th: Trolls
 June 10th-14th: Splash
 June 17th-21st: Pirates & Mermaids
 June 24th-28th: Hooray to the USA
 July 8th-12th: Balls, Balls, Balls
 July 15th-19th: Splash
 July 22nd-26th: Science
 July 29th-31st: Best of the Best



Scan QR for more info and to sign up!

Clinics

Daytime: 35 minute
All clinics require students to independently stretch for the first 5 minutes so they get a full 30 minutes to tumble with a coach.

Every Monday & Thursday.
 Starting June 3rd through July 31st
 1:25pm- Back Handspring
 1:25pm- Aerials

1:25pm- Tumble Basics
 1:55pm- Back Tuck
 1:55pm- Front Tumble (punch front and aerials)
 1:55pm- Back Handsprings
 1:55pm- KIP Clinic
 Ages 6-18. Min. of 2 to open

Open Tumble level workouts
 (level 1; 2 and 3; separated by level)
 Time: 2:45pm-3:30pm
 Costs: \$10
 (open group work-out, station work and technique driven) fast paced work-out.
 Ages 6-18. Min. of 2 to open



Scan QR to sign up!



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MONTHLY OFFERINGS

Day Play!

Main Location:

Monday & Friday 10:30am-11:30am
Tuesday & Thursday 1:00pm-2:00pm

Preschool Location:

Wednesday 1:00pm-2:00pm
Friday 2:00pm-3:00pm

Parents and Grandparents bring your little ones for open play in our AIR Conditioned gym. Grab a group of friends and come play! Parents must stay to actively supervise. Preschool students enrolled in a monthly class get it for FREE, \$5 Friends/Visitors. NO prior enrollment needed!



Make-Up Classes!

Must be signed up 72hrs in advance

Fridays at the MAIN Location:

- 3:45pm- Shining & Shooting Stars
- 4:00pm- Gym A, Gym B & Hot Shots
- 4:15pm- Beg Tumble & Beg Gymnastics
- 5:00pm-Tumble 1



Scan QR
code to sign up

Clinics!

All clinics require students to independently stretch for the first 5 minutes so they get a full 30 minutes to tumble with a coach.

Tuesdays:

3:25pm Tumble Basics & 4:40pm BHS Clinic

Wednesdays:

3:55pm Aerials & 4:25pm BHS Clinic

Thursdays:

3:55pm Tumble Basics

Saturdays:

9:25am Kip Clinic

**Must be signed up 72hrs in advance
Minimum enrollment required**



Scan QR
code to sign up



Special Mother's Day offer!



Lunch Bunch!
Scan QR for more
info and to sign up!

Month of April and some May!
2 for 1- two kids for the price of one.
AGES 3-7, Every FRIDAY
LET YOUR KIDS PLAY WITH US AND
YOU ENJOY A LUNCH OUT!
TIMES: 11:00AM-1:15PM
MONTHLY: \$38.00
DAILY DROP-IN : \$15.00
LOCATION : MAIN

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.

You're invited to the Excite Gymnastics Team Tryouts!



What we offer



TAAF
All Levels

USAG
Excel Program

USAG
Developmental
Program

Pre Team
Ages 4-6



Join us for Excite Gym and Cheer's competitive team tryouts!

Date: Saturday, May 18

Time: 9:00 AM - 10:30 AM

Location: Excite Gym and Cheer's main location

Main location: 2225 Highland Village Rd. Highland Village, TX 75077 972-874-8500



EXCITE! GYM & CHEER INVITES YOU TO



ACRO TRYOUTS

MANDATORY PARENT MEETING DURING TRYOUT: 10:30-11:00AM
COMMITMENT NOT REQUIRED UNTIL MAY 20TH.

SAVE THE DATE

MAY 18TH 2024

TIME: 10:15-11:30

2225 Highland Village Rd,
Highland Village, TX 75077

Ages: 5-18

Skill level: All levels welcome!

\$20 PER ATHLETE! INCLUDES TRYOUT +
MAY PRACTICES

Go to [EXCITEGYM.COM/ACRO](https://www.excitegym.com/acro)
for more information

Acro, short for acrobatics and tumbling, is a new and upcoming sport that combines stunting, tumbling and jumps!

ALL STAR TRYOUTS!
MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Handbook Meeting New Athlete Evaluations	2 New Athlete Evaluations	3 EMAIL: Classification email with day & times.	4
5	6 Tryout Clinic: All Star	7 Tryout Clinic: Novice Red Prep Premier Prep	8 Tryout Clinic: All Star	9 Tryout Clinic: Novice Black Prep Premier Prep	10	11
12	13 Tryout Clinic: All Star	14 Tryout Clinic: Novice Red Prep Premier Prep	15 Tryout Clinic: All Star	16 Tryout Clinic: Novice Black Prep Premier Prep	17	18 Tryout Day: Novice Prep Premier Prep All Star
19 EMAIL: Team Email	20 Practice's start Team Meet & Greet	21 Team Meet & Greet	22 Team Meet & Greet	23	24	25
26	27	28	29	30	31	

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ALL STAR TRYOUTS!
2024-2025

IMPORTANT DATES:

- May 1st: Handbook Meeting 6:30pm-7:00pm *Mandatory new members***
- May 1st-2nd: Skill Evaluations(Open House) all new members, returning half season or returning full season Novice members. 6pm-7:30pm *Mandatory***
- May 3rd: Classification Day/Decline Day. Classification emails will be sent by 2:00pm and last day to declined tryouts by 5pm.**
- May 6th-16th: Tryout Clinics *Mandatory***
Days and Times will be sent out with athlete classification email.
- May 18th: TRYOUTS!**
Novice 12am
Prep 12:30am
Premier Prep 1:15pm
All Star 2:00pm
- May 19th: Team Emails**
- May 20th: Start Practices**
- May 20th-23rd: Team Meet and Greets**

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