

PARENT-TOT

(24 Months until Potty Trained)

Parent or Guardian Participation **REQUIRED**
45-minute class

Your toddler will actually engage in **REAL** gymnastics skills on our trampolines, balance beams, Tumbl Trak®, mini bars, obstacle course, foam skill-building equipment, and tumbling spring floor! The parent or guardian will be guided on how to physically assist their toddler. The adult participant **IS REQUIRED** to spot and follow the child closely, while encouraging the toddler throughout the class. Your toddler will learn basic gymnastics terms and skills, as well as how to identify colors, gymnastics equipment, and skills. Waiting their turn and good sportsmanship are reinforced. This fun class is coupled with a learning experience that is the building block to self confidence. Your toddler will delight as he/she masters each skill and increases his/her body awareness, coordination and self esteem! A hand stamp and coloring skill page are received at the end of each class. Both the adult and toddler will enjoy this wonderful learning experience.

PRE-SCHOOL(Ages 3 to 5 **Non**-Kindergarten, Fully Potty Trained) – No Pull-Ups
45 minute class***Classes are Co-ed***

Our state-of-the-art pre-school program is creative and exciting. These fun-filled classes also teach safety in a structured environment that is fun! Your pre-schooler will learn **REAL** gymnastics skills and, by the end of the year, connections on our trampolines, balance beams, Tumbl Trak®, mini bars, and tumbling spring floor. The Pre-School/Kindergarten bulletin board (located in the lobby) posts the skill of the week and a brief description of how and why we use each skill. Weekly themes and take-home coloring pages are used to reinforce each week's lesson. Your child will grow in body and mind as he/she improves

coordination, spatial awareness and confidence.
6:1 student to teacher ratio.

KINDERGARTEN

(Ages 5 and 6) – 1 hour class

Classes are Co-ed

Our kindergarten classes follow the same state-of-the-art lesson plans as pre-school, but excel at a greater rate. The lesson plans are brought to a higher level to meet each child's individual ability. Classes are structured and fun and include a skill handout. The Bulletin Board (located in the lobby) posts the skill of the week and a brief description of how and why we use the skill. These tools help your child and **you** follow along as the year progresses. It's a great way to monitor how your gymnast is doing with mastering each skill and developing skill connections.

INSTRUCTIONAL GYMNASTICS

(First Grade and Older)

1 hour class

Grouped by Age and Ability

Classes are Separated by Gender

Students begin with an all-group fun warm-up that gets the body ready for learning gymnastics skills and progressions. **Boys'** circuits include: Parallel Bars, Single High Bar, Vault, Tumbling Spring Floor, Tumbl Trak®, Trampoline, Mini Tramp, and Rope Climbing. **Girls'** circuits include: Balance Beam, Uneven Bars, Vault, Tumbl Trak, Trampoline, Mini Tramp, Tumbling Spring Floor, and Rope Climbing.

Classes are structured and cover executing and connecting skills, safety, building self confidence, practicing sportsmanship, and self achievement. Gymnastics is the foreground to achieving the next level in **any** sport. It develops body awareness and focus, increases agility and endurance and enhances athletic and academic performance.

CHEERLEADING TUMBLING**CLASSES**

1 hour class

Paragon's cheerleading classes are designed to give each student the knowledge of safe and proper **tumbling** techniques. Areas of concentration are conditioning, strengthening, tumbling and jumps. Skill builder equipment, plus the Tumbl Trak®, Trampoline, Spring Floor, Mini and Double Mini Trampolines, accelerate the learning process to shorten the time it takes to gain tumbling skills. Classes are structured to meet each student's individual tumbling need. Emphasis is placed on how to properly execute, connect and safely land skills. Classes also incorporate safety, building self confidence, practicing sportsmanship, and self-achievement.

PARAGON PANTHERS**Paragon's In-House Team**

Two 1-hour training sessions per week
The Paragon Panthers Team is an intramural team, open to students between the ages of 6 and 18. Team training is held twice per week. An in house competition is held in late spring. The meet is on-site, so there's no traveling. A student can join at any time, but must first be evaluated for proper level placement. Team levels are created by age and ability. Once the student has joined the Panthers Team, they will receive the following: a Paragon Panthers Team Gym Backpack, a Paragon Panthers Team Handbook, and a Paragon Panthers Team Water Bottle. If your child would like to be part of a Gymnastics Team, but the five-night commitment and traveling is **not** for you, the Paragon Panthers Team is just what you're looking for!

COMPETITIVE TEAMBy Written Invitation
Only**Home of the Champions!****Proud Winners of Local, State, Regional and National Competitions!**

The Paragon Gymnastics Girls Competitive Team consists of Levels 4 through 10.

Gymnasts are **selected** from our class programs. The required abilities to become a candidate are: flexibility, strength, fearlessness, ability to interpret direction and make change, and, of course, passion for the sport. The selected candidates begin by participating in our once-per-week **Hot-Tots or Hot-Shots Program**. When all foundational levels have been mastered, the next step is our twice-per-week **Pre-Team Level**. Competing begins as early as 6 years old at Level 4. Required practices for Level 4 and 5 are 4 practices per week which are 3 ½ hours each. Level 6 and up are 5 practices per week, which are also 3 ½ hours each.

If you'd like to know more about what talent we're looking for, or to schedule an evaluation, please call the office. Evaluations are \$50.00.



**“ODDS & ENDS”
PRIVATE INSTRUCTION**

Paragon instructors and coaches are the **BEST** in the industry. Each private lesson is structured to meet **Your** particular need. Extremely limited, first come, first served. Paragon offers private and semi-private instruction in 30 minute, 45 minute, or 1 hour sessions.

❖ **BIRTHDAY PARTIES**
Everyone “flips” for Paragon’s Birthday Parties! No one does it better! For fantastic fun and a memorable day with **“NO FUSS,”** call for availability and our party brochure. Children must be 4 years old or older to participate.

❖ **PARAGON GIFT CERTIFICATES**
They are attractively wrapped in a colorful gift bag at no extra cost. They can be redeemed for any of our programs, merchandise, registration fees, or promotional specials.

❖ **PARAGON PIX (Photos)**
This site posts photos of our students from events and programs. You can view or purchase photos from this site. Just go to...
www.paragongym.com

❖ **CLASS OR GROUP TRIPS/SPECIAL RATES**
Our class-group trip packages are fun filled. Gymnastics experience or membership is not required. Open to anyone 4 and older. Call for group rates and brochure.

❖ **TRIAL CLASSES**
Paragon offers a one-time trial class for new students. You must call the office to schedule this class. Classes are grouped by age and ability. Anyone participating must sign a warning release waiver. The fee is \$10.

❖ **GYMNASTICS EQUIPMENT**
Look for Holiday specials or ask to see catalogs from the suppliers who do it best! There is a wide variety of athletic mats for you to choose from. Special orders are also available to fit any exercise room or particular athletic need.

❖ **SPORTSWEAR**
A wonderful variety of T-shirts, leotards and shorts can be purchased during our seasonal sales or any

time online from our website link to 3 gymnastics and cheering sportswear companies.

CLASSES

Class times are formed based on our customer first come first served enrollment preferences. All classes are grouped by age and ability, except where specified. A minimum of 4 children is required to form a class.

Monday through Friday				
Parent-Tot	9:30	10:00	10:30	11:00
Pre-School	9:30	10:00	10:30	11:00
			1:15	2:00 2:45
Kindergarten	3:45	4:45	5:45	6:45
	9:30	10:00	10:30	11:00
			1:15	2:00 2:45
	3:45	4:45	5:45	6:45
Instructional:	3:45	4:45	5:45	6:45
Cheerleading /Tumbling			5:45	6:45
Panthers		4:45	5:45	6:45
Saturday				
Pre-School:	9:30	10:30	11:30	
Kindergarten:	9:30	10:30	11:30	
Instructional:	9:30	10:30	11:30	
Cheerleading:	9:30	10:30	11:30	
Panthers:	9:30	10:30	11:30	

Enrollment Policy

A student may join an existing class at any time. Paragon will pro-rate you for the remaining classes left in the billing period. Each student must be registered and fully paid before taking the first class of each billing period. Anyone participating must sign a warning release waiver. Once registered, you will receive a balance due reminder e-mail for each consecutive billing period. If you do NOT wish to continue, a telephone call or e-mail to the “office” will discontinue any further billing; otherwise billing will continue. All students must be actively enrolled to participate in any programs, shows, or make-up classes.

MAKE-UP POLICY

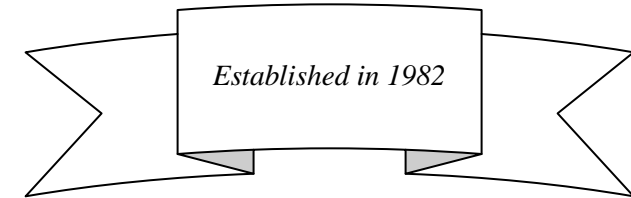
Make-ups are limited to one per billing period, and cannot be carried over to the next billing period. Consideration will be made for extended illness. THERE ARE NO CREDITS OR REFUNDS FOR MISSED CLASSES. Make-up scheduling is entirely the responsibility of the parent. You must call the office to schedule a make up.

Paragon School of Artistic Gymnastics
49 Walnut Street – Suite 4
Norwood, NJ 07648



GYMNASTICS

And More!!



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