

Paragon's Summer Programs

Paragon Gymnastics is proud to be celebrating its 37th year of summer fun and fitness! Paragon offers a variety of summer programs for all ages!

Our summer programs are offered on a weekly basis. (Monday – Friday)

Classes and programs fill quickly. Don't miss out on the summer fun, sign up today!



2019 Summer Schedule

Monday – Friday

| | |
|--------|---|
| Week 1 | June 23 – June 29 |
| Week 2 | June 30 – July 6 <small>*Closed Thursday July 4*</small> |
| Week 3 | July 7 – July 13 |
| Week 4 | July 14 – July 20 |
| Week 5 | July 21 – July 27 |
| Week 6 | July 28 – August 3 |
| Week 7 | August 4 – August 10 |
| Week 8 | August 11 – August 17 |
| Week 9 | August 18 – August 24 |

- All summer programs are at a discounted rate!
- 4 students needed to form a program
- Students grouped by age and ability
- A completed registration form and a \$25.00 non-refundable deposit is required.
- Sign up early spots fill quickly!

NINJA ZONE

Obstacle Course/Gymnastics for boys

Boys ages 3 & up

Monday, Wednesday, Friday

2:45, 3:45 & 4:45



The Ninja Zone is an all new discipline inspired from obstacle course training, gymnastics & martial arts.

- Obstacle courses for strength & agility
- Ninja Training (Ninja style flips, rolls, kicks, vaults & tricks)
- Gymnastics tumbling for total body coordination

Beyond skill, our curriculum teaches:

- Confidence
- Discipline
- Sportsmanship

\$25 per class



2019 Summer Programs

- Gymnastics Kid Camp
- Instructional Gymnastics Classes
- Tumbling Classes
- Private Instruction
- Welcome to the Jungle (Open Gym with a twist)
- Ninja Zone



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GYMNASTICS KID CAMP

Must have at least 4 campers signed up to host camp

Ages 3-12

Monday – Friday

Choose your hours!

9:00 am – 1:00 pm

or

9:00 am – 3:00 pm

Early drop off and late pickup available upon request



Don't forget to pack a lunch for Kid Camp!

Our Gymnastics Kid Camp combines gymnastics and creativity through a variety of activities which are educational and fun!

Camp Activities Include:

- 1 hour of instructional gymnastics
- Cool down with healthy snack and juice
- Take home arts and crafts
- Little Chefs cooking
- Outdoor Fun



Campers will learn:

- Basic Gymnastics skills
- Coordination
- Balance
- How to wait their turn
- Good Sportsmanship
- And more!



\$65.92 per day until 1pm

\$98.88 per day until 3pm

Sign up for the week and save \$25!!

INSTRUCTIONAL CLASSES

Ages 3 – 18

Mondays, Wednesdays & Fridays

2:45, 3:45 & 4:45

(All classes are grouped by age and ability.)

Our small student to teacher ratio (8:1) and experienced coaches focus on each child's personal best. Classes are structured and focus on learning skills safely while having fun!

All classes include:

- Group warm ups
- Floor Tumbling
- Trampoline, Mini-Trampoline and Tumbl Trak
- Spotting Rig
- Vaulting
- Rope Climbing
- Skill building equipment
- Conditioning games



Gymnastics benefits every athlete, as it is a foundation for achievement and success across all sports. Your gymnast will love how they learn to jump, cartwheel and flip with confidence!

\$25 per class – pay as you go

Must contact to schedule

PRIVATE INSTRUCTION

Private and Semi-Private Instruction (Maximum 3 people)

Monday – Friday 2 pm or later

Private lessons are for anyone, preschoolers – teens. Instruction is limited call or e-mail us to schedule and secure your desired day(s) and time(s).

| Private (1 person) | Semi-Private (2 people) | Semi-Private (3 people) |
|--------------------|-------------------------|-------------------------|
| 1/2 hour - \$50 | 1/2 hour - \$60 | 1/2 hour - \$75 |
| 45 min - \$65 | 45 min - \$75 | 45 min - \$90 |
| 1 hour - \$80 | 1 hour - \$90 | 1 hour - \$105 |

TUMBLING

Get the edge on tumbling designed for the newcomer, intermediate or advanced tumbler

Tumbling for Cheer

Ages 6 – 18

Monday, Wednesday, Friday

2:45, 3:45 & 4:45

Get the skills you need for Cheerleading!

This class focuses on:

- Cartwheels
- Round-offs
- Back Handsprings
- Round-off Back Handsprings
- Connecting Skills
- Jumps (Toe Touches, Herkies, etc.)
- And more!



\$25 per class– pay as you go

Must contact to schedule

Tumbling for Dance

Ages 6 – 18

Monday, Wednesday, Friday

3:45 & 4:45

Get the skills you need for Dance!

This class focuses on:

- Front walkovers
- Back walkovers
- Aerials
- Round-off Back Handsprings
- And more!



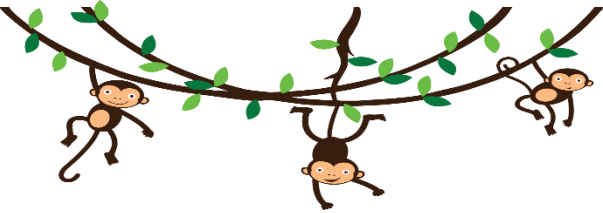
\$25 per class – pay as you go

Must contact to schedule

WELCOME TO THE

JUNGLE

Open Gym with a Twist!



Tuesday & Thursdays

2:30 – 5:30

Tumble into the fun of this invigorating program from Paragon Gymnastics! Drop in anytime within the 3 hour session. Stay for as long or as little as you like for the same low price! Your children will be able to choose the events they want, or join our fun and wacky games at any time – which are going on throughout the entire program! Each event has an instructor stationed to ensure the safety of your child while they bounce, flip and swing to their heart's content...All games are high-energy and fun! All gymnastics areas and games are supervised by our wonderful USAG certified staff.

\$25 per child

Drop off – No need to sign up

