

## PARENT-TOT

(24 Months until potty trained)

Parent or Guardian participation is required  
45 minute class

Your toddler will delight as he/she masters each skill and increases his/her body awareness, coordination and self-esteem! The parent or guardian will be guided on how to physically assist their toddler with their gymnastics skills on trampolines, balance beams, Tumbler Trak®, mini bars, obstacle course, foam skill-building equipment and spring floor!



Each lesson includes:

- Basic gymnastics terms and skills, as well as colors, gymnastics equipment names, waiting their turn and more.
- A hand stamp and coloring skill of the week page at the end of each class
- As soon as the class is ready and no longer needs assistance in following directions and waiting their turn, the students graduate to their very own Peanut class, and the parents view from the lobby.

Please Note: The adult participant is REQUIRED to follow the child closely while encouraging the toddler and assisting when needed. This fun class is a learning experience that is the building block to self-confidence. 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! The Pre-School/Kindergarten bulletin board (located in the lobby) post the skill of the week and a brief description of how and why we use each skill.

These fun-filled classes also teach safety in a structured environment that is fun! Your child will grow in body and mind as he/she improves coordination, spatial awareness and confidence.



Each lesson includes:

- Group Warm-Up
- Learning gymnastics skills, and proper names of each skill
- At least 2 circuits per week, which consists of balance beam, Tumbler Trak®, mini bars, obstacle course, and tumbling spring floor
- Conditioning Games
- Weekly take-home coloring pages to reinforce each week's lesson
- Hand stamp for doing a great job at the end of each class
- All students are taught routines for each gymnastics circuit in the spring
- 6:1 student to instructor ratio or better
- USAG Safety Certified Staff

## 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! The skill 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 connections. All students are versed on routines for each circuit in the spring.

Each lesson includes:

- Group Warm-Up
- Learning gymnastics skills, and proper names of each skill
- Concentration on 2 circuits per week, which consist of balance beam, Tumbler Trak®, mini bars, obstacle course, and tumbling spring floor.
- Conditioning Games
- Hand stamp at the end of each class for doing a great job
- All students are taught routines for each gymnastic circuit in the spring
- 8:1 student to instructor ratio or better
- USAG Safety Certified Staff



## INSTRUCTIONAL GYMNASTICS

(First Grade and Older) - 1 hour class  
Grouped by age and ability  
Classes are separated by gender

Our small student to teacher ratio (8:1) and experienced coaches ensures individual quality instruction during the class. Our safety certified coaches focus on each child's personal best. From beginner to advanced students, all class levels use progressions and lesson plans. 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.

All classes include: (Two events each week)

- Group Warm-Up
- Floor Tumbling
- Trampoline, Mini-Trampoline, and Tumbler Trak®
- Spotting Rig
- Vaulting
- Rope Climbing
- Skill building equipment and conditioning games
- End of season routines on each event, and so much more!

### **Apparatus specific to Boys:**

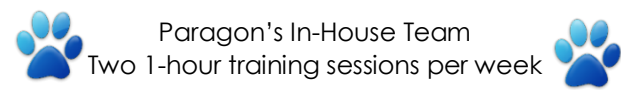
Pommel Horse, Parallel Bars, Single Bars and Rings

### **Apparatus Specific to Girls:**

Uneven Bars, Beam



PARAGON PANTHERS TEAM



If your child would like to be part of a Gymnastics Team, but the five-night commitment and traveling is not for you, the twice per week Paragon Panthers Team is just what you're looking for. The Paragon Panthers Team is an intramural team open to girls first grade and up. A student can join at any time, but must first be evaluated for proper level placement and on skills, maturity and readiness. For more information, a detailed panther brochure is available.

The Panther Program Includes:

- USAG Team Training twice per week
- An in-house competition – held in late spring
- A Paragon Panthers Team Gym Backpack, Paragon Panthers Team Handbook, and a Paragon Water Bottle.
- All Panthers are required to purchase and wear the Panther Leotard (shorts optional)

**\*\*For more information view our Panther Brochure\*\***

NINJA ZONE

Boys Only

Preschool (Ages 3-5) 45 Minute Class

Kindergarten & up – 1 hour class



The Ninja class program combines 3 unique elements. Various obstacle courses for strength and agility, Ninja training (Ninja style flips, rolls, kicks, vaults, and tricks) for agility, and gymnastics tumbling for total body coordination.

The Ninja Program includes:

- An in-house Ninja Challenge held in late spring
- A complementary Ninja gym backpack, Ninja handbook and water bottle.
- All ninjas are required to purchase and wear the ninja attire.

Paragon's Ninja Program builds confidence, increases endurance, and teaches good sportsmanship.

**\*\*For more info view our Ninja Zone brochure\*\***

TUMBLING CLASSES

Paragon's tumbling classes are designed to give each student the knowledge of safe and proper tumbling techniques. Skill builder equipment plus the Tumbler 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 tumbling needs. 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.

TUMBLING FOR CHEER

This class focuses on:

- Cartwheels
- Round-offs
- Back handsprings
- Round-off back handspring
- Connecting skills
- Jumps (toe touches, herkies, etc.)
- And more!



TUMBLING FOR DANCE

This class focuses on:

- Front and back walkovers
- Aerials
- Back handsprings
- Round-off back handsprings
- And more!



PRIVATE LESSONS

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 60 minute sessions. Call for availability. See the purple insert for pricing.

CLASS TIMES AND SCHEDULE

Class times are formed based on our customer first come first served enrollment preferences. All classes are grouped by age and ability. A minimum of 4 children is required to form a class. For days and times see our chart below, see purple insert for pricing.

Monday – Friday

Parent – Tot	10:00 AM 11:30 AM 2:45 PM	10:30 AM 1:15 PM	11:00 AM 2:00 PM
Pre-School Ages 3, 4 & 5	10:00 AM 1:15 PM 3:45 PM	10:30 AM 2:00 PM 4:45 PM	11:00 AM 2:45 PM 5:45PM
Kindergarten Ages 4, 5 & 6	3:45 PM	4:45 PM	5:45PM
Instructional 1 <sup>st</sup> grade & up	3:45 PM	4:45 PM	5:45PM
Tumbling Cheer & Dance	2:45 PM	5:45 PM	6:45 PM
Panthers Team		4:45 PM	5:45 PM
Ninja Zone	3:45 PM	4:45PM	
Homeschool	11:00 – 4:45 (call to schedule)		

Saturday

Pre-School Ages 3, 4 & 5	9:30 AM	10:30 AM	11:30 AM
Kindergarten Ages 4, 5 & 6	9:30 AM	10:30 AM	11:30 AM
Instructional 1 <sup>st</sup> grade & up	9:30 AM	10:30 AM	11:30 AM
Tumbling Cheer & Dance			11:30 AM
Ninja Zone	9:30 AM	10:30 AM	11:30 AM

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. **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 each billing period. All students must be actively enrolled to participate in any programs, shows, or make-up classes.**

Make-Up Policy

Make-ups are limited and must be taken within 8 weeks after the missed class. Consideration will be made for extended illness. THERE ARE NO CREDITS OR REFUNDS FOR MISSED CLASSES. You must contact the office **to schedule** a make-up.

Classes & Programs

September – June  
2019 - 2020



FULLY AIR CONDITIONED!!!  
IT'S EASY...REGISTER ONLINE!



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