



PARAMOUNT PRESS

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New Classes Open

Paramount has expanded its daytime program and is happy to announce the following new classes have been added to the schedule. Please contact the front desk to register for one of the classes below.

Cubs: Ages 18-36 months, 45 minute class

Mon: 10am, 12:30pm
Tues: 10am
Wed: 9:30am, 10:30am
Thurs: 9:15am, 10:15am, 11am & 12:30pm
Fri: 9:30am, 10:30am

Koalas: Ages 3-4, 60 minute class

Mon: 11am, 1:30pm
Tues: 9am, 11am, 6pm
Wed: 11:30am, 1pm, 2pm, 4:55pm
Thurs 11am, 12:30am, 1:30pm
Fri: 12:30pm, 1:30pm

Pandas: Ages 5-6, 60 minute class

Mon: 1:30pm
Tues: 12:30pm, 3:50pm, 4:55pm
Wed: 2pm
Thurs: 1:30pm
Fri: 4:55pm

Mini-Stars: Ages 4-5 years, must be tested to enroll- Call the gym to schedule an appointment.

Monday: 12:30pm
Tuesday: 1:30pm

Team and Star Program Try-outs

Want to be a part of Paramount's Gymnastics Team? We will be holding try-outs Saturday, December 15th for anyone who is interested.

We encourage all class students who are enthusiastic, demonstrate gymnastics ability and are willing to work on strength and flexibility to attend the try-out.

During the try-out, we will be testing specific skills that are necessary for competition. We will also be observing each girl's work ethic, willingness to try new skills and

ability to listen and follow directions.

Paramount has competitive teams in the USAG Junior Olympic Division as well as JOGA, the Jersey Optional Gymnastics Association.

Our Bright Star and All-Star programs help to better prepare girls who may be too young or not ready for competition, but are interested in moving onto the team in the future.

Girls invited to our USAG team or Bright Stars group are usually between 5-8 years old.

Girls invited to our JOGA team or All-Stars group are usually between 8-12 years old.

Anyone selected to join the team will move onto their designated Star, USAG or JOGA level beginning February 1, 2008.

For more information on team or star program skill requirements, practice hours or fees, please pick up a try-out flyer or speak to a representative at the front desk.

Sign up for try-outs at the front desk. Anyone interested in trying out

should register by November 19th in order to participate.

Open gym is available to anyone 7 years or older who would like extra practice for the try-out. Open gym is scheduled the first and third Friday of the month from 7-9pm and every Saturday from 12:30-2:30pm. The fee for open gym is \$10.

Good luck to all and remember to have fun!

TRY-OUT INFO

Date: Saturday Dec 15, 2007
Time: 9:30-11:30 for 8-12 yrs
12:00-2:00 for 5-8 yrs
Where: Paramount, Back Gym

Parents' Day Out

This holiday season, let Paramount be your babysitter. We know how busy the holiday season can be and would like to help you out.

We will be having holiday mini camps for children during the day to give parents and care givers a little extra time during the holidays. Tell your friends, both customers and non-customers welcome.

Mini camps include gymnastics activities (including pit and pater

pan), a craft project, games, a children's video and a break for lunch. Each child should bring their own lunch and drink, we provide the rest.

Pre-registration is required. Please sign-up at the front desk for any of the sessions below. Each session is \$20.

Parents' Day Out Dates:
10am-1pm - Nov 21, Nov 28
9:30am-12:30pm - Nov 30, Dec 6, Dec 7, Dec 13, Dec 14, Dec 20, Dec 21

Holiday schedule



Please mark your calendar for the following days that the gym will be closed for the holidays.

Nov. 22-25 Closed for Thanksgiving

Dec. 23, 2007- Jan 1, 2008 Closed for Winter Break



Building Healthy Kids!

Welcome

**Upcoming
Tumble Bear
Theme Weeks**

Please join us in participating in the upcoming theme weeks for our Preschool Tumble Bear Program.

Nov. 12-21 - Helping Hands (see page 2 article)

Nov 26-Dec 1 - Farm Animal Fun

Dec 3-8 - Dinosaur Days

Dec 10-22 - Winter Fun



Helping Hands Week

In the spirit of Thanksgiving, Paramount will be having Helping Hands Week from November 12-21, 2007. During Helping Hands Week we will be collecting monetary donations for St. Jude's Children's Research Hospital.

For every donation made, we will hang a handprint to decorate the gym. We hope to have the gym covered with helping hands from our students, parents and staff.

At Paramount we are committed to "building healthy kids" and we feel that helping children in need is the perfect way to begin the holiday season.

St. Jude Children's Research Hospital, founded by Danny Thomas,

opened its doors in 1962 as the first institution established for the sole purpose of conducting basic and clinical research into catastrophic childhood diseases, mainly cancer. St. Jude is the largest childhood cancer research center in the world. Research findings at St. Jude are shared with doctors and scientists all over the world. It is the only pediatric research center where families never pay for treatment not covered by insurance, and families without insurance are never asked to pay.

The hospital's daily operating costs are approximately \$1,220,004 which are primarily covered by public contributions.

In the fall of 2004, St Jude kicked

off a national campaign to help put meaning and true giving back into the holidays called Thanks and Giving. This unique national program asks consumers to "Give thanks for the healthy children in your life and give to those who are not." Thanks and Giving has a two-fold mission: to raise awareness and to raise funds.

We hope that everyone who is celebrating Thanksgiving by making a donation to St. Jude's.

We will accept cash donations made to the front desk between November 12 and 21. Paramount will send a check on November 26 in the amount of all donations collected.

Paramount Website gets a Facelift

We have been working to update our website, www.paramountgym.com, in order to provide more user friendly information to all of our customers.

The updated website will continue to offer current tumble bear, tumble kid, star program, team and holiday schedules as

well as information about open gym, birthday parties and registration. Registration and waiver forms will also continue to be available to view and print out.

Look for Summer 2007 registration information and class schedules coming in January 2008 and Fall 2008-2009 registration information and class schedules com-

ing in February 2008.

We will also have a NEW class news section. This section will feature information about current and upcoming lesson plans for each of our classes and a schedule of class theme weeks and upcoming class activities.

Class news will also contain re-

mindings that we feel are relevant for class students and parents.

Our new website will be launched by November 12, 2007. We encourage everyone to visit the new website and check out our class news section.

Competitive Gymnastics Up Close



Come watch Paramount's USAG and JOGA teams compete!

Both our USAG and JOGA competitive teams are attending local meets in November. This is a great opportunity to watch a gymnastics meet up close and learn all about competitive gymnastics.

Our JOGA team girls will have a meet at Paramount Gymnastics in the front gym on Wednesday, November 14 from 6-9pm. This

is the first meet of the season for all of the girls and they are excited to start the season at their home gym.

Since the JOGA meet is a home meet, only Paramount gymnasts will be competing and no scores will be flashed, however all of the girls will be performing their full routines on vault, bars, beam and floor. There will be no admission fee to watch the meet.

Our USAG Level 4,6 and 7 girls will be competing at the Rutgers Classic at Rutgers University in the Livingston Gym. The Rutgers Classic has 445 athletes competing from 27 different gyms.

The level 4's, our beginning level compulsory team, will compete at 12:45pm on Saturday, Nov. 17. The level 6's, our more advanced compulsory team, will compete at 7:00pm on Friday, Nov. 16.

The level 7's, our beginning level optional team, will compete at 3:05pm on Sunday, Nov. 17.

There will be an admission fee for all Rutgers Classic meet sessions that will go towards supporting the Rutgers Gymnastics Team.

Please come join us and show our hard working girls your support.