



WINTER/SPRING
2024



PeachtreeGym.com



TWO MINUTES
OF EXERCISE

= **TWO HOURS**
OF BRAIN HEALTH?



BY EDITORIAL STAFF OF TO YOUR HEALTH



PEACHTREE GYM IS HERE TO HELP YOU OPTIMIZE YOUR BRAIN FUNCTION.

At Peachtree Gym we have many options for aerobic exercise. You can use a variety of cardio machines Peachtree Gym offers such as a treadmills, exercise bikes, etc. or take a variety of classes we offer such as Cardio Core Strength, HIIT Burst, Cycle 45, Barre, Zumba, Total Body Conditioning, Cardio Plus and more. Visit [PeachtreeGym.com](https://www.PeachtreeGym.com) to see the current group fitness schedule.

Whether you prefer classes or working out in the cardio weight area, using our track or playing basketball, we think you'll be pleased with the many choices at Peachtree Gym.

We welcome you to visit Peachtree Gym.

Contact [Jan Smith](mailto:JSmith@PeachtreeChurch.com) at JSmith@PeachtreeChurch.com or [404-842-2189](tel:404-842-2189) to learn more. Mention this article to receive a **ONE WEEK FREE** pass to try some classes as well as work out in our cardio weight room. We look forward to introducing you to the Gym Where You Fit In.

As few as two minutes—is that all it takes to optimize your brain for up to two hours? If what you're doing is aerobic exercise, then the answer appears to be a resounding yes, according to a new research review.

In evaluating 13 studies that investigated the influence of aerobic exercise on memory and learning functions in young adults (18-35 years of age), researchers found that exercising aerobically for two minutes to one hour (a single “boost,” if you will) at moderate to high intensity “improved attention, concentration, and learning and memory functions for up to two hours.” Study findings appeared in the research journal *Translational Sports Medicine*. Aerobic activities featured in the study analysis included bicycling, walking and running—simple, straightforward aerobic exercises.

So, let's think about this for a minute (or perhaps two): Why would improved attention, concentration, memory and learning for a two-hour window be important? Obviously it explains why athletes do a “hard” warm-up before a game or event—it makes them sharper and smarter during the event. But it doesn't stop with athletics? Think interviews, speeches, presentations, tests, puzzles, many activities of daily living—anything that requires you to be at your mental best. A little vigorous aerobic exercise right before could make all the difference.





➤ FITNESS



Jan Smith | Sales & Marketing Director | 404.842.2189 | JSmith@PeachtreeChurch.com

Memberships

Public Welcome! | Competitive Rates | Monthly & Annual Memberships | Childcare Available
Men's & Women's Locker Rooms | Satisfaction Guaranteed | Corporate Rates are Available

Hours

Monday–Thursday | 6:00am–8:00pm
Friday | 6:00am–7:00pm
Saturday | 8:00am–4:00pm
Sunday | Closed

Group Exercise Classes

We offer over 35 classes ranging from gentle to challenging included with your gym membership. Some are in person and some are virtual. Some are both in person and streamed virtually. See our current class schedule at [PeachtreeGym.com](https://www.peachtreegym.com)

Basketball Courts

We have two full-sized basketball courts when available.

Cardio Weight Training Room

Cardio machines burn calories and help maintain weight loss:

- AMTs
- Lateral X
- Arc Trainers
- Octane Ellipticals
- Star Trac Treadmills
- NEW! Gauntlet StepMill
- Precor Ellipticals
- Seated Octane Elliptical
- Precor Recumbent Bikes
- Upright Bikes
- Concept II Rower
- HIIT Stairmaster Bike

Strength Equipment

Workouts build lean muscle mass and strengthen bones:

- Nautilus, Life Fitness, and Hammer Strength Weight Equipment
- Free Weights and Plate-Loaded Equipment
- Powder Coat Kettle Bells
- Nautilus Glute Drive

Track

Our indoor, extra wide track has newly installed flooring. The extra-cushioned surface is easier on joints and it offers a great, safe place to walk or run.

Cardio Exercise Barre, Strength, Yoga

Utilizing ballet and strength moves, this class is designed to increase both flexibility and tone. Class may include bands, light weights, and resistance balls.

Cardio Plus

Thirty-minute low impact aerobics PLUS thirty-minute muscle conditioning.

Cardio Core Strength

Complex functional exercises (arms and legs together) to use core strength to develop muscle strength and agility with cardio intervals.

Zumba

Easy-to-follow dance and fitness moves to create a dynamic cardio class. Can be an intense workout for beginners.

TBC: Total Body Conditioning

Cardio using steps or floor; strength and core conditioning; balance and flexibility training.

Cycle / Strength

Bursts of steady-state cardio using the stationary bike mixed with strength and core intervals using both bodyweight and free weights.

HIIT Burst

A class that's intended to rev up your metabolism and increase your strength through intervals of high intensity separated by complete rest or low intensity exercises. Progression and modification options are given for all fitness levels!

Step Aerobics

Step offers easy to follow choreography while moving on the floor or stepping up and down on adjustable platforms. You'll burn lots of calories, tighten and tone in this fun, well-paced 45 minute workout followed by 15 minutes of core work and stretching.

Reb3I Groove & Strength Combo

Start your morning sweating to dance party style cardio combined with choreographed toning routines set to powerful music. Sculpt and build strength using body weight, minimal equipment and low impact/high repetitions.

Reb3I Groove

Reb3I Groove is dance party style cardio. Hard hitting choreography is fused with HIIT mechanics and powerful music resulting in a fun boot camp style dance fitness class. You will be smiling and sweating through the energetic playlist. Each song has a dedicated routine and as you learn the routines, the workout gets more fun. It is great for all fitness levels. No dance experience needed.

Cycle 45

Cycle 45 is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session! Not only is it great for giving you all the cardiovascular gains, but it's great at toning muscles and increasing strength. Cycle/Strength adds optional strength intervals.

Strength & Flexibility Training Body Pump

Strengthen your major muscles using plate-loaded barbells.

Core Strength

Complex functional exercises (arms and legs together) to use core strength to develop muscle strength and agility.

Pilates

Core work as designed by Joseph Pilates in the 1920s for dancers and now is for all our benefit.

Turbo Pilates

Forty-five minutes packed with core combo moves, working abs, back, arms and legs using weights, a ball, the Pilates ring, and more.

Yoga

Basic Hatha yoga for the average person in varied formats.

New! Pilates/Yoga-Piyo

A class combining Pilates and Yoga exercises.

Gentle Yoga

A fusion of Gentle and Yin yoga. This slow paced practice is suitable for all ages and experience levels.

Personal Trainers

Everyone gets a FREE orientation to the Cardio Weight Room with a personal trainer. Call any of our trainers to schedule an appointment.

David Almire | 404.310.5090

Michael Beck* | 678.907.3539

Dickie Bilbro | 404.518.0909

Nick Fiorello | 470.654.1383

Taisto Pitkonen | 561.309.3847

Michael Beck offers Neuromuscular Massage. It is deep tissue, trigger point massage to promote healing and can be done in the Cardio Weight Room while fully dressed.



GYMNASTICS & CHEER

Miranda Reynolds | Director of Gymnastics & Cheer
404.842.5803 | MReynolds@PeachtreeChurch.com

Winter 2024 Session

January 8–May 18 | No classes on Monday, January 15 (MLK, Jr.) | No classes the week of March 4–8 (Private School Spring Break)
No classes the week of April 6–11 (Public School Spring Break)

Gymnastics Fun Week

May 13–18

Prorated Rolling Admissions

Only available for open classes and Prorated rolling admissions starts January 29. Unlimited make-up classes are available January 29–May 18.

Location

All classes will be held in the Gymnastics Center on the North End of the Church. The Gymnastics Center shares an entrance with the nursery (The Nest) in the rear of the building near the nature playgrounds (located in Children’s Worship Center).

Parent Performance Week

We look forward to families joining us for parent observations and medal ceremonies April 22–27.

Required Attire

Girls Gymnastics | Leotard, Bare Feet, Hair Up (Micro Mini Bikers Accepted)

Boys | T-shirt and Cotton Shorts (No Buckles or Zippers)

Cheer & Tumbling | Fitted Shirt, Sports Bra, Shorts, Cheer Shoes, Hair up

Refund Policy

Refunds may be given if the request is received in writing at least ONE week before the start of the class or one week prior to the date withdraw from a class. The class fee will be prorated for classes up until written date of withdraw. An administration processing fee will be deducted. No refunds provided after April 21; however, we will honor a prorated credit to be used towards future Recreation Ministry programming.

Gymnastics Fun Nights (Ages 3–10)

Gymnastics Fun Night is a fun evening of gymnastics, tumbling, games, pizza, and dancing. Children, girls, and boys, ages 3–10 years old are welcome to join in the fun! All children must be fully potty-trained to attend.

\$40-FIRST CHILD

\$35-SECOND CHILD

\$25-ALL ADDITIONAL SIBLINGS

FRI || 5:00-8:00

Skill Specific Clinics (Ages 5+)

Skill specific clinics are designed to help athletes acquire and maintain skills. We teach in a progressive manner that will safely work with your child to build the strength, endurance, and technique to properly perform each skill.

Upcoming Clinics

Back Handsprings and Backwards Tumbling
Pullover and Back Hip Circles on Bars

\$40 / ATHLETE

Pre-Gym Classes

Our Pre-Gym program places an emphasis on a fun and creative curriculum that is designed to ignite the imagination in each child while teaching children to follow a structured class. The classes serve as a physically appropriate introduction to skill progressive gymnastics and is designed to enhance body awareness, balance, coordination, core strength, self-confidence, and social interaction with others.

Pre-Gym (18 Months–3 Years)

Pre-Gym 18 months–3 years is an interactive experience for parents and/or caregivers and children ages 1.5–3 years old, encompassing the exploration of body awareness, beginning strength, balance and movement skills, and social interaction with others. Parent participation is required.

\$357 | 9:00-9:45 | 10:00-10:45 | 11:00-11:45

Pre-Gym (Ages 2.5–4)

\$357 | 9:00-9:45 | 10:00-10:45 | 11:00-11:45

Pre-Gym (Ages 3–5)

\$357 | 3:00-3:45 | 4:00-4:45 | 5:00-5:45 | 6:00-6:45

SAT | 10:00-10:45 | 11:00-11:45

MOPS Gymnastics (Co-Ed Ages 3–6)

Children will learn gymnastics, tumbling and interactive dances, and games. We teach strength, balance, and locomotor skills through gymnastics, tumbling and innovative games. MOPS Gymnastics includes skills on the balance beam, uneven bars, Tumble Trak trampoline, vault, and spring floor. Children need to bring a snack, sack lunch, and athletic shoes. No make-ups are available for day of cancellations or no shows.

Required attire: Leotard or cotton play clothes (no buttons or zippers with hair pulled back)

*9 meetings

** Check online for daily availability

\$270–WINTER/SPRING SESSION | **\$30–DAILY DROP-IN**** | **SELECT TUESDAYS*** | 9:00-12:00

JAN 9 | JAN 23 | FEB 13 | FEB 27 | MAR 12 | MAR 26 | APR 9 | APR 23 | MAY 7

PPC Preschool

January 8–May 17

Coaches from the gymnastics department will pick children up from Peachtree Presbyterian Preschool and walk them over to the Gymnastics Center at noon. They will change clothes and eat lunch in the Gymnastics Center classrooms. They will then have a 45-minute gymnastics class.

Pick-up is in the Gymnastics Center lobby at 1:30/2:30pm. Arrive at 1:25/2:25pm. Pick-ups after 1:30/2:30pm are subject to a late pick-up fee. Please send your student with a change of clothes, leotard, and lunch.

* Leotard for girls only

Gymnastics Lunch Bunch (Co-Ed Ages 3–6)

Pick-up is in the Gymnastics Center lobby at 1:30pm. Arrive at 1:25pm. Pick-ups after 1:30pm are subject to a late pick-up fee.

* Leotard for girls only

\$442–17 WEEKS | **MON-FRI** | 12:00-1:30

Extended Day Gymnastics (Co-Ed Ages 4–6)

Pick-up is in the Gymnastics Center lobby at 2:30pm. Arrive at 2:25pm. Pick-ups after 2:30pm are subject to a late pick-up fee.

\$408–17 WEEKS | **WED** | 1:25-2:30



Girls Recreational Gymnastics

This progressive recreational gymnastics program introduces and continues the skill-building blocks for gymnastics development. **Peachtree Gym:** Gymnastics and Cheer follows USA Gymnastics skill progressions. All Girls Recreational Gymnastics registrants will receive a Peachtree Gym leotard.

Level 1 (Ages 5–14)

Focuses on basic beginner skills such as $\frac{3}{4}$ Handstand, Pullover (spotted), Bridge, Lever on Beam, and Cartwheel.

\$407-17 WEEKS

3:00-3:55

3:30-4:25

4:00-4:55

4:30-5:25

5:00-5:55

5:30-6:25

6:00-6:55

SAT

9:00-9:55

10:00-10:55

Level 2 (Ages 6–14)

Focuses on beginner skills such as Handstand, Backbend to Kickover, Round-off, Pullover (solo), Back Hip Circle, $\frac{3}{4}$ Handstand on Beam, and Handstand Flatback onto 8" mat.

Requirements: Pullover (light spot) on bars, Lunge Cartwheel, Handstands, and Bridge on floor, lever on beam.

\$407-17 WEEKS

4:00-4:55

4:30-5:25

5:00-5:55

5:30-6:25

6:00-6:55

6:30-7:25

SAT

9:00-9:55

Level 3 (Ages 7–14)

Focuses on intermediate skills such as Back Walkover, Back Handspring Drills, Shoot Throughs and Mill Circles on Bars, Handstand and Cartwheel on Beam, and Handstand Flatback onto Vault Trainer. **Requirements:** Pullover (solo) and Back Hip Circle on bars, Backbend Kick-over and Round-off on floor, Tip-up on beam, and Handstand Flat-back onto 8" mat for vault.

\$492-17 WEEKS

4:30-6:00

6:00-7:30

Level 4 (Ages 7–14)

Evaluation required for registration. Focuses on advanced skills such as Back Handsprings (solo and in running combinations), Front and Back Tucks, Kips, Front Hip Circles, Squat-Ons, Cartwheel and Back Walkover on Beam, and Front Handspring over Vault table. **Requirements:** Shoot Through and Mill Circle on bars, Spotted Back Handspring and Front Handspring on floor, Spotted Cartwheel and Side Handstand Dismount on beam, and Handstand Flat-back on low vault system.

17 WEEKS

\$543 FOR 1 DAY

\$900 FOR 2 DAYS

TUE

THU

6:00-8:00

Boys Recreational Gymnastics

Our Boys Gymnastics Program is a progressive recreational gymnastics program, for boys ages 5 years and up. The class introduces and continues the skill building blocks for strength and gymnastics development. Boys will learn elements of "Ninja" training including speed obstacle coordination, wall flips, and tumbling. This is a high energy and exciting class. **Please note:** Classes stretch out altogether then are divided into boys and girls classes. All Boys Recreational Gymnastics registrants will receive a Peachtree Gym shirt and shorts.

Level 1 (Ages 4.5–8)

Focuses on basic beginner foundational skills such as Handstand, Bridge Kickover, Pullover, Forward and Backward Rolls, Cartwheel, and Round-off.

\$407-17 WEEKS

4:00-4:55

5:00-5:55

Level 2 (Ages 7+)

Focuses on intermediate skills such as Back Handspring, Wall Flips, Circle Skills on Bars, Handstand Flatback and Front Handspring over Vault, Advanced Jumps, and Strength Training. **Requirements:** Cartwheel, Round-off, Backbend Kickover, Forward and Backward Rolls, and Pullover on Bars.

\$407-17 WEEKS

5:00-5:55

6:00-6:55

Birthday Parties (Ages 2–12)

\$20 per child (\$200 party minimum. \$50 deposit due at booking)

One full hour of instructional gymnastics, Ninja and/or cheerleading. Children enjoy time on the obstacle course, and rotations on all four Olympic events: uneven bars, balance beam, vault and floor exercise. Preschool parties include games, parachute and interactive group activities. Afterwards, kids proceed to the party room for 30 minutes for cake and ice cream! Parents are responsible for decorations, plates, napkins, cutlery, and food including: drinks, cake, ice cream, and any other desired refreshments.

Tumbling Classes

Our Tumbling program focuses on developing floor and trampoline skills for athletes from beginner to advanced. Tumbling classes are taught in a progressive format following USAG standards.

Level 1 (Co-Ed Ages 5+)

Focuses on basic tumbling skills such as Handstand, Cartwheels, Round-offs, Bridge Kick-overs, Back and Front Walkover, a variety of Rolls, and preparing for intermediate tumbling skills.

\$391-17 WEEKS | 4:00-4:55 | 5:00-5:55

Level 2 (Co-Ed Ages 7+)

Focuses on mastering the Back Walkover, drilling and learning the Back Handspring, working advanced Rolls, Round-Off with Jump connections, and the Front Handspring.

Requirements: Cartwheel, Round-off, Backbend Kickover (Back Walkover preferred), Forward and Backward Rolls.

\$391-17 WEEKS | 5:00-5:55 | 6:00-6:55

Level 3+ (Co-Ed Ages 7+)

For athletes to working running tumbling skills, connected tumbling passes, and training Back Tucks, Layouts, Twisting elements, Front Tucks, and more.

Requirements: Back Handspring with spot, Back Walkover (solo), and Front Handspring connected to Round-off.

\$391-17 WEEKS | 7:00-7:55

Tumble & Cheer Prep (Ages 5-16)

Tumble & Cheer Prep class teaches a variety of jumps, motions, cheers, chants, beginner and intermediate tumbling and low level stunts. This class is ideal for athletes wanting to learn cheer basics for middle school and high school cheer squads in a low pressure fun environment. The class is geared towards preparing athletes for cheer try-outs.

\$391-17 WEEKS | 6:00-6:55 | 7:00-7:55

Pre-Competitive Programs

Pre-team groups teach gymnasts strength, flexibility, and balance using the USA Gymnastics (USAG) certified compulsory skills and conditioning. This progressive class prepares gymnasts for the competitive environment by maintaining a focused, skill specific, and competitive structured class. Attendance to practices is required and highly recommended. **Invitation only. Students receive specialty leotard.**

Hotshots Gymnastics (Ages 5-8)

\$125 MONTHLY | 3 HRS PER WEEK

Power Puffs

\$150 MONTHLY | 4 HRS PER WEEK

Pre-Team

\$175 MONTHLY | 5 HRS PER WEEK

USAG Competitive Team

\$225 MONTHLY | 6-8 HRS PER WEEK

\$700 UNIFORM FEE

\$750 COMPETITION FEE

Private Lessons

(Ages 2-12)

Available for gymnastics, tumbling, strength building, or cheerleading. All lessons booked and managed through **Miranda Reynolds**. Based on availability. \$30 late cancellation fee.

\$35 / HF HR - 1 STUDENT

\$60 / HR - 1-2 STUDENTS

\$25 / STUDENT - 3+ STUDENTS

Advanced Lessons

Includes Try-Out Cheer lessons, advanced tumbling skills, competitive gymnastics skills/ choreography and advanced skilled coaches.

\$75 / HR - 1 STUDENT

\$40 / STUDENT - 1-2 STUDENTS

\$30 / STUDENT - 3+ STUDENTS

Custom Curriculum Classes (Ages 1.5-18)

Don't see a class on the schedule that works for you? Pick a time that works best for you and invite four or more of your closest friend to create a custom class (six student minimum). The students will enjoy an hour long progressive recreational gymnastics, tumbling or cheer class that introduces and continues the skill-building blocks for acrobatic skill and muscle development.

\$425 PRE-GYM

\$475 REC OR TUMBLING

17-WEEKS FOR BOTH

▶ YOUTH DANCE



Esther Darden | Director of Dance | 404.842.3156 | EDarden@PeachtreeChurch.com

Program Description

Peachtree Dance provides education for ages 18 months through 18 years in Ballet, Modern, Tap, Jazz, Hip Hop, Pointe, Contemporary, and Musical Theater. Our instructors have professional dance experience and collegiate-level training. We are passionate about teaching strong dance techniques in a warm and supportive environment. The 2023-2024 season runs August 14, 2023-May 17, 2024.

Dress Code

The Dress Code is strongly enforced. Dancers must be in appropriate attire to participate in class. Females wear hair in a bun for Ballet and either a bun or ponytail for other classes. To purchase attire and shoes, please contact the dance office to schedule an appointment to come by the dance boutique.

Class Placement

Students must be the appropriate age by September 1, 2023, for class placement. Students may wear pullups for Mommy & Me Ballet but must be potty trained to progress to Itty Bitty Ballet. Starting at age 10, Ballet and Modern technique classes are based on level, not age. We offer Levels I-III. For more information about level placement, please contact the director.

Spring Recitals

The spring recitals take place in May 2024. There is a nonrefundable recital and costume fee due November 2023. Students who wish to participate in the spring recitals must be registered on or before January 12, 2024.

Peachtree Dance Company

Peachtree Dance Company is a pre-professional program for dancers ages 8-18 that provides dancers with training, performance opportunities, and outlets for creativity and comradeship, with the intention of preparing dancers for opportunities in high school and beyond. Peachtree Dance Company performs in the Metro Atlanta area several times per season and is by audition only.

2023-2024 Dance Classes Preschool Lunch Bunch

Students are picked up from Peachtree Presbyterian Preschool by Peachtree Dance staff at 12:00pm and walked to the Dance Department. Dancers change clothes, eat lunch, and take a 45-minute dance class. Parents/guardians pack a lunch and dance attire. Parents/guardians pick up their dancers at 1:30pm at carpool on the southernmost side of the church campus.

Hip Hop (Ages 3-5)

WED | 12:00-1:30

Pre-Ballet (Ages 3-4)

MON TUE | 12:00-1:30

Pre-Ballet (Ages 4-5)

THU | 12:00-1:30

Pre-Ballet/Tap (Ages 4-5)

FRI | 12:00-1:30

NEW Preschool Extended Day Ballet (Ages 4–6)

Dancers eat lunch prior to Ballet, are picked up from Peachtree Presbyterian Preschool by Peachtree Dance staff at 1:20pm, change clothes upon arrival to class, and take a 1-hour dance class. Parents/guardians pack dance attire. Parents/guardians pick up their dancers at 2:30pm at the outside dance check-in/check-out location.

MON | 1:30-2:30

Pre-Dance

Mommy & Me Ballet (Ages 18 Months–2.5 Years)

Dancers explore creative movement and pre-ballet along with their moms in a nurturing environment with the use of props, play, and imagination. Parent/guardian participation is required. Mommy & Me Ballet does not participate in the spring recital. Dancers must be 18 months by September 1, 2023, to be eligible for this class.

TUE | 10:45-11:15

Itty Bitty Ballet (Ages 2.5–3)

Dancers explore creative movement and Pre-ballet in a nurturing environment with the use of props, play, and imagination. Parents/guardians do not participate. Instead of performing in holiday open house, Itty Bitty Ballet does an in-class performance in December. Dancers must be potty trained and 2.5 by September 1, 2023, to be eligible for this class.

TUE | 4:30-5:00

WED | 4:00-4:30 | 4:30-5:00

Pre-Ballet

Dancers learn the basics of ballet, including terminology and the positions of the feet, arms, and body.

3–4 Years

MON | 4:00-4:45

WED | 4:00-4:45

THU | 11:15-12:00

4–5 Years

MON | 4:15-5:00

THU | 4:00-4:45

Pre-Ballet & Jazz

Pre-ballet & Jazz is a great way to introduce your child to two dance styles in one class. Pre-ballet teaches the basics of ballet, including terminology and the positions of the feet, arms, and body. Jazz teaches rhythm, coordination, high energy choreography and dynamic movement.

3–4 Years

THU | 3:15-4:00

4–5 Years

TUE | 3:15-4:00

Pre-Ballet & Tap

Pre-ballet & Tap is a great way to introduce your child to two dance styles. Pre-ballet teaches the basics of ballet, including terminology and the positions of the feet, arms, and body. Tap teaches rhythm, coordination, sound, and timing.

3–4 Years

TUE | 1:30-2:15

4–5 Years

TUE | 2:15-3:00

Ballet (Ages 5–9)

Ballet provides a strong foundation and explores graceful and controlled movement. Dancers progress in technique training with the use of increasingly more advanced barre, centre, and floor work. Dancers may be invited to begin the Pointe Program once they gain the proper amount of strength, alignment, and technique. Director's approval is required for placement in Ballet II-IV and the Pointe Program. Placement is based on level not age.

5–6 Years

THU | 4:00-5:00

7–8 Years

THU | 4:00-5:00

6–7 Years

MON | 5:00-6:00

TUE | 4:00-5:00

8–9 Years

MON | 5:00-6:00



Ballet (Ages 10–17)

Ballet provides a strong foundation and explores graceful and controlled movement. Dancers progress in technique training with the use of increasingly more advanced barre, centre, and floor work. Dancers may be invited to begin the Pointe Program once they gain the proper amount of strength, alignment, and technique. [Director's approval is required for placement in Ballet II-IV and the Pointe Program.](#) Placement is based on level not age.

Ballet I
(0–2 Years experience)

WED | 5:30-6:45

Ballet I.5
(2–3 Years experience)

TUE | 5:00-6:15

Ballet II
(3–4 Years experience)

TUE | 5:00-6:30

Ballet III/Pointe
(4–6 Years experience)

THU | 5:00-7:00

Ballet & Jazz (Ages 5–6)

Ballet & Jazz is a great way to introduce your child to two dance styles in one class. Ballet provides a strong foundation and explores graceful and controlled movement. Jazz teaches high energy choreography, isolations, jumps, and sharp, dynamic movement.

MON | 4:00-5:00

Hip Hop

Hip Hop is a high energy class that explores rhythm and coordination. Dancers learn fun routines and floor work to clean and upbeat pop and hip hop music.

3–5 Years

TUE | 3:30-4:15
THU | 4:15-5:00

5–7 Years

MON | 5:00-6:00
TUE | 4:15-5:15

7–9 Years

TUE | 5:15-6:15

10–12 Years

MON | 7:00-8:00

Modern (Ages 10-17)

Modern is a dynamic and athletic genre of dance that is about experimentation, pushing the limits, and discovering new ways of using music and sound in relation to movement. Core strength and spinal articulation are key components. Intro to Modern dancers receive an introduction to several Modern techniques. Modern Levels I-III provide increasingly more exposure to Modern techniques like Horton, Graham, Cunningham, and Release.

Intro to Modern
(7–9 Years)

MON | 6:00-7:00

Modern I
(0–2 Years experience)

TUE | 6:15-7:15
WED | 4:30-5:30

Modern II
(3–4 Years experience)

THU | 5:00-6:15

Modern III
(4–6 Years experience)

WED | 5:30-7:00

Musical Theater (Ages 6–10)

Students participate in vocal and physical warm-up and conditioning, engage in drama games, learn theatre terminology, and learn songs and dances from various Broadway plays and musicals. Students participate in physical warm-up and conditioning, engage in drama exercises, learn theater terminology, and learn songs and dances from various Broadway plays and musicals.

MON | 6:00-7:00

Contemporary

Contemporary dance combines elements of several dance genres including modern, jazz, lyrical, and ballet. This style strives to connect the mind and the body through fluid dance movements and is known for allowing dancers to freely express their innermost feelings.

10–12 Years

MON | 7:00-8:00

13+ Years

WED | 7:00-8:00

Tap & Jazz

Tap & Jazz is a great way to introduce your child to two dance styles in one class. Tap teaches rhythm, coordination, sound, and timing. Jazz focuses on high energy choreography, isolations, jumps, and sharp, dynamic movement.

6-7 Years

MON | 4:00-5:00

7-9 Years

MON | 5:00-6:00

Pointe

In Pre-pointe, dancers strengthen and condition at the barre and centre in preparation to go on Pointe. Dancers receive Pointe shoes at the discretion of the instructor, usually midway through the season. Once a dancer receives her Pointe shoes, strength and conditioning work is done at the barre until she is strong enough to progress to centre.

Pre-Pointe

TUE | 4:30-5:00

Jazz (Ages 13+ Years)

Jazz focuses on high energy choreography, isolations, jumps, and sharp, dynamic movement. This style of dance is an excellent option for students who enjoy upbeat fast-paced movement.

MON | 7:15-8:15

Tap (Ages 13+ Years)

Tap teaches rhythm, coordination, sound, timing, and musicality. This form of dance uses the sounds of tap shoes striking the floor as a form of percussion.

TUE | 7:15-8:15

Peachtree Dance Company

Peachtree Dance Company is a pre-professional program for dancers ages 8-18 that provides training, performance opportunities, and outlets for creativity and comradeship, with the intention of preparing dancers for opportunities in high school and beyond. Peachtree Dance Company performs throughout the Metro Atlanta area several times per year and is by audition only.

Apprentice I Company Rehearsal

THU | 6:00-7:15

Junior Company Rehearsal

THU | 7:00-8:30

Apprentice II Company Rehearsal

THU | 6:30-7:45

Custom Classes

Don't see a class on the schedule that works for you? Would your child like to take dance with his or her friends? We are happy to work with you to build a custom class! Five-student minimum required. Regular tuition rates apply. Inquire with the director for further information.

Private Lessons

Does your dancer want to accelerate his or her training? Is there a specific skill, such as leaps or turns, with which your dancer needs additional help? Our instructors are available for private lessons! Lessons are contingent on instructor and studio availability. Rates are \$40 for 30 minutes and \$70 for 60 minutes. Inquire with the director for availability.

Birthday Parties

Birthday parties are 1 ½ hours. We provide one hour of dance and dance-related games and 30 minutes in the party room. We offer Ballerina and Hip Hop party options, but if you have a Custom Party Theme in mind, we would love to work with you to make it a reality. Add-ons include face painting, ballerina buns, and an appearance by a professional ballerina! The starting rate is \$20 per child, 10 child minimum. A \$200 deposit is due at booking. Any remaining balance is due on the Monday following the party.

▶ YOUTH SPORTS



Jeff Hardwick | Director of Sports | 404.842.2576 | JHardwick@PeachtreeChurch.com

Little Sports MVP (Ages 3–6)

No classes March 4–8 | April 1–5

Introduce your child to the most popular youth sports programs: basketball, baseball, football, and soccer. The class will concentrate on developing the basic coordination skills required to give your child a head start when it comes to playing team sports. Children learn throwing, catching, hitting, dribbling, shooting, passing, and running while building confidence, self-esteem, and hand-eye coordination.

JAN 15–MAY 17

Rookies (Age 2)

*Parent Participation

\$288–16 WEEKS

MON TUE THU FRI | 9:30–10:00

Minors (Ages 3–4)

\$304–16 WEEKS

MON TUE THU FRI | 10:30–11:15

MON WED THU | 1:30–2:15

MON THU | 3:00–3:45

Majors (Ages 5–6)

\$304–16 WEEKS

TUE WED | 3:00–3:45

WED THU | 4:00–4:45

Intro T-Ball (Ages 3–5)

No class March 4.

This class will focus on the fundamentals of baseball. We will work on hitting, throwing, catching, fielding, terminology, and more. Children will need to bring their gloves and bats to class each week.

\$160–8 WEEKS | JAN 15–MAR 11 | MON TUE | 4:00–4:45

Intro to Soccer (Ages 3–5)

No class April 1.

This class will focus on the basics of soccer. We will work on dribbling, trapping, passing, terminology and more.

\$160–8 WEEKS | MAR 18–MAY 13 | MON TUE | 4:00–4:45

Lunch Bunch (Ages 3–6)

PPC Preschool Students Only. No classes on preschool holidays.

\$340–17 WEEKS | JAN 8–MAY 17

Fun & Sports Lunch Bunch (Ages 3–6)

Give your young child the best experience possible with Fun & Sports! Children play classic games such as Freeze Tag and Red-Light Green Light with some new twists geared to young attention spans. We will also go over the basics of sports like Basketball, Football, Baseball, Soccer and Hockey.

Besides having a blast, this is a unique opportunity for your child to socialize with their peers outside of school while getting a healthy workout. With a variety of stimulating and exciting games, parachute, trampoline, and engaging and responsible instructors.

MON TUE WED THU FRI | 12:00–1:30



Tommy Hope
 Director of Recreation Ministry
 404.842.2167
 THope@PeachtreeChurch.com

Boys Flag Football League (Ages 5-14)

Are you ready for some football? Come and play this exciting game we call football. This will be an in-house league where players will learn the game of football in low-key game situations. Put your own team together or your child will be assigned a team by the neighborhood and/or school. Children will play in one of five age groupings: 5-6, 7-8, 9-10, 11-12 or 13-14-years-old. This league will practice one weekday and play games on Saturday and/or Sunday due to the size of the league. All practices and games take place at the Garden Hills Elementary School Field. Fee includes jersey.

Registration Deadline: Monday, February 26, 2024

\$299

MAR 11-MAY 19

NEW! Girls Flag Football League (Ages 7-12)

Are you ready for some football? Come and play this exciting game we call football. This will be an in-house league where players will learn the game of football in low-key game situations. Put your own team together or your child will be assigned a team by the neighborhood and/or school. Children will play in one of five age groupings: 5-6, 7-8, 9-10, 11-12 or 13-14-years-old. This league will practice one weekday and play games on Saturday and/or Sunday due to the size of the league. All practices and games take place at the Garden Hills Elementary School Field. Fee includes jersey.

Registration Deadline: Monday, February 26, 2024

\$299

MAR 11-MAY 19

Birthday Parties

Have your next Sports/Fun & Games/Fun & Sports Combo Party with us at Peachtree Gym. Contact **Jeff Hardwick** at JHardwick@PeachtreeChurch.com or **404.842.2576**.

Custom Classes

If you have a group of 4 or more that wants some gym time but don't see a time that works. Please email **Jeff Hardwick**, JHardwick@PeachtreeChurch.com or call **404.842.2576**, and we can see about creating a custom class just for you.





SPRING BREAK CAMPS

SPORTS CAMPS

5 Star Camp
Fun and Sports Camp

GYMNASTICS CAMPS

Gymnastics and Tumbling Camp

DANCE CAMPS

Swan Lake Camp
Angelina Ballerina Camp

March 4-8 | April 1-5

\$75 per day | 9:00-4:00
\$325 per week | 9:00-4:00
\$60 per day | 9:00-1:00
\$275 per week | 9:00-1:00

Register online at
PeachtreeGym.com



BIRTHDAY PARTIES



We look forward to celebrating your child's birthday at Peachtree Gym! For more details and to book your child's special party, please contact us.



SPORTS OR FUN & GAMES PARTIES

Director of Sports
Jeff Hardwick

JHardwick@PeachtreeChurch.com
404.842.2576

GYMNASTICS OR CHEER PARTIES



Director of Gymnastics & Cheer
Miranda Reynolds

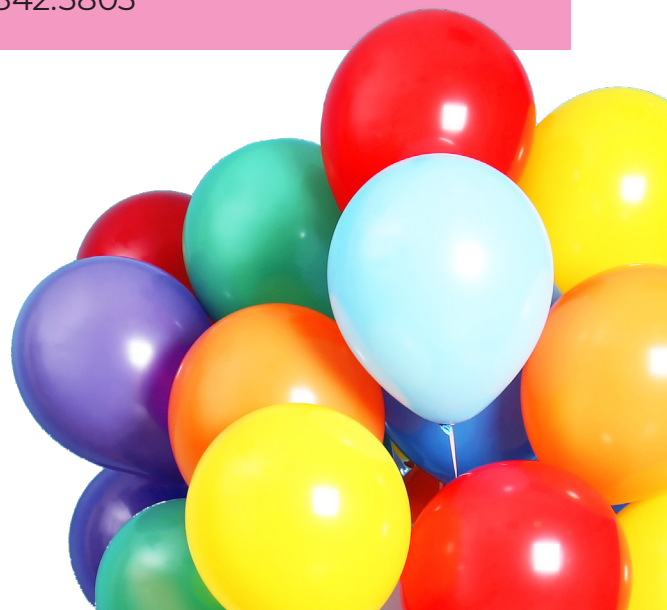
MReynolds@PeachtreeChurch.com
404.842.5803

DANCE PARTIES



Director of Dance
Esther Darden

EDarden@PeachtreeChurch.com
404.842.3156



PEACHTREE



GYM

MAY 23-24	MAY 28-31	JUNE 3-7	JUNE 10-14	JUNE 17-21	JUNE 24-28
		VACATION BIBLE SCHOOL 9 AM-12 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM
YOUTH SPORTS CAMPS	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM		5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM
FUN & SPORTS (AGES 3-6) MAY 25 & 26 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM		FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM
GYMNASTICS & CHEER CAMPS	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM		MINI GYM & CHEER (AGES 3-5) 9 AM-1 PM	MINI GYM & CHEER (AGES 3-5) 9 AM-1 PM	BOYS MINI GYM & NINJA (AGES 3-8) 9 AM-1 PM
TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM		GYMNASTICS & CHEER (AGES 5-12) 9 AM-4 PM 9 AM-1 PM	GYMNASTICS & CHEER (AGES 5-12) 9 AM-4 PM 9 AM-1 PM	GYMNASTICS & CHEER INTENSIVE (INTERM / ADV) (AGES 8-14) 9 AM-4 PM
YOUTH DANCE CAMPS	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM		ITTY BITTY HIP HOP (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM
PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM			TRY-IT-ALL DANCE (AGES 6-12) 9 AM-4 PM	CO-ED HIP HOP (AGES 5-12) 9 AM-4 PM	MUSICAL THEATER (AGES 5-12) 9 AM-4 PM
				DANCE INTENSIVE (INTERM / ADV) (AGES 10-17) 9 AM-4 PM	

Before & After Care only available for ages 5-12 for children attending full day camps.

Camp Refund Policy: Refunds may be given if the request is received in writing at least ONE week before the start of the camp, there is a \$50 nonrefundable fee per camp. Refund requests within one and seven days prior to the start of camp will receive a 50% refund.

2024 SUMMER CAMP SCHEDULE

JULY 1-5	JULY 8-12	JULY 15-19	JULY 22-26	JULY 29-AUGUST 2	AUGUST 5-9
BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	
5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	
FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM
TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	MINI GYM & CHEER (AGES 3-5) 9 AM-1 PM	BOYS MINI GYM & NINJA (AGES 3-8) 9 AM-1 PM	MINI GYM & CHEER (AGES 3-5) 9 AM-1 PM	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM
GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS & CHEER (AGES 5-12) 9 AM-4 PM 9 AM-1 PM	GYMNASTICS & CHEER INTENSIVE (INTERM / ADV) (AGES 8-14) 9 AM-4 PM	GYMNASTICS & CHEER (AGES 5-12) 9 AM-4 PM 9 AM-1 PM	GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	
ITTY BITTY BALLET TINY TAPPERS (AGES 3-6) 9 AM-1 PM	ITTY BITTY HIP HOP (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM	ITTY BITTY HIP HOP (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM
TRY-IT-ALL DANCE (AGES 6-12) 9 AM-4 PM	MUSICAL THEATER (AGES 5-12) 9 AM-4 PM	CO-ED HIP HOP (AGES 5-12) 9 AM-4 PM	TRY-IT-ALL DANCE (AGES 6-12) 9 AM-4 PM		
		DANCE INTENSIVE (INTERM / ADV) (AGES 10-17) 9 AM-4 PM			

No refunds available the week of camp or after camp begins. Under certain circumstances, a prorated credit will be provided to be applied to future Recreational Ministry programming.



3434 Roswell Rd NW | Atlanta, Georgia 30305
404.842.5852 | PeachtreeGym.com

REGISTER ONLINE OR IN PERSON

IN PERSON
Gym Front Desk
3434 Roswell Rd NW
Atlanta, Georgia 30305

ONLINE
PeachtreeGym.com

It is necessary to register **In advance for all camps.**

Waiver/Release: No registration for a child will be processed without a signature. **No** telephone registrations are accepted.

SPRING BREAK CAMPS

MARCH 4-8 AND APRIL 1-5

PRICING INFORMATION

9:00AM-4:00PM

FULL DAY CAMP FOR FULL WEEK IS **\$325**
\$75 DAILY RATE

9:00AM-1:00PM

HALF DAY CAMP FOR FULL WEEK IS **\$275**
\$60 DAILY RATE

Payment: Cash, checks (payable to Peachtree Gym), Visa, Mastercard, or American Express accepted.

Mark Your Calendar: Check the beginning date of your camp carefully. Limited Enrollment, so please Register Early to assure a place in the camp of your choice.

Refunds: Refunds may be given if the request is received in writing at least ONE week before the start of the camp, there is a \$50 nonrefundable fee per camp. Refund requests within one and seven days prior to the start of camp will receive a 50% refund. No refunds available the week of camp or after camp begins. Under certain circumstances, a prorated credit will be provided to be applied to future Recreational Ministry programming.