



FALL 2021



PeachtreeGym.com



THE BENEFITS OF STRENGTH TRAINING

BY DR. JOSEPH MERCOLA

If you are still laboring under the misconception that strength training is only for hard-core bodybuilders and those interested in bulking up, it's time to change your thinking and incorporate some form of weight training into your exercise routine. Doing so will transform not only your health and physique, but also your perception of what you are capable of doing physically. If you are a woman at or older than middle age, strength training is vital because it protects against osteoporosis by increasing your bone density.

It's a well-proven fact working with weights— whether it be your own body weight or that of a dumbbell or machine — is a beneficial exercise that will enhance your muscle tone and strengthen your bones. New evidence also suggests strength training helps reduce your body mass index (BMI) and your risk for heart disease and Type 2 diabetes.



Similar to other forms of exercise, strength training boosts your mood and helps you build endurance and stamina. In addition, strength training helps you to:

- **AVOID CHRONIC CONDITIONS**

Strength training can help prevent and/or reduce the effects of chronic conditions such as arthritis, back pain, cardiovascular disease, Type 2 diabetes, and depression.

- **DEVELOP STRONG BONES**

You can reduce your risk of osteoporosis, or brittle bones, by increasing your bone density through strength training.

- **ENHANCE YOUR QUALITY OF LIFE**

Building muscle helps you improve your ability to perform daily tasks with more ease & less fatigue.

- **MANAGE YOUR WEIGHT**

Strength training can help increase your metabolism and enable you to either lose or effectively maintain your weight.

- **SHARPEN YOUR THINKING SKILLS**

Research suggests there is a direct correlation between strength training and cognitive well-being, especially in older adults.

On top of these wonderful benefits, you will very likely enjoy the **transformation strength training** will bring to your physical body. Over time, you will begin to see and feel improved muscle tone, which will boost your body awareness and self-esteem. Such noticeable changes will very likely make you a lifetime fan of this type of exercise.

The wonderful aspect of strength training is the many choices and flexibility you have. For that reason, you're far less likely to get bored.

Peachtree Gym offers a variety of strength-training options which include:

CLASSES

Such as CORE STRENGTH, BODYPUMP, Cardio Plus I & II, Cardio BARRE, Wheel Power, Pilates, and Yoga.

BODY-WEIGHT EXERCISES

Which include planks, squats and pushups, are included in many of our classes, as are **hand weight** and **resistance bands exercises**.

KETTLE BELLS

Enable ballistic movements and swinging motions not possible with traditional weights; they can help you develop power in your glutes, hips, and legs, as well as stability and strength for your arms, back, shoulders, and wrists.

MEDICINE BALLS

Which vary in size and weight, can be thrown, caught, lifted, and swung, requiring you to use a number of different muscle groups to maneuver them.

CARDIO/WEIGHT TRAINING AREA

Offers Nautilus, Hammer Strength, and free weights. We encourage you to experiment with our excellent-quality resistance equipment as it allows you to focus your mind on the effort versus the mechanics of each movement. We offer all new members a **free orientation to the training room** with one of our personal trainers.

To determine best fit for you to achieve your strength training needs and goals, try a group fitness class and visit our training room with your **FREE 2 Day pass you'll receive when you mention this brochure**.

Contact **Jan Smith** at JSmith@PeachtreePres.org or call her at **404-842-2189** for more information about **Peachtree Gym**, classes and membership options. It is our goal to get you started on your path to success!

Members, ask about our REFER A FRIEND PROGRAM! Get a month or more FREE



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–Friday | 6:00 am – 9:00 pm
Saturday | 8:00 am – 4:00 pm

Group Exercise Classes

We offer over 35, in person and virtual, classes with your membership, with difficulty ranging from gentle to challenging.

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
- NEW! HIIT Stairmaster Bike

Strength Equipment

Workouts build lean muscle mass and strengthen bones:

- Nautilus, Life Fitness & Hammer Strength Weight Equipment
- Free Weights & Plate-Loaded Equipment
- NEW! Powder Coat Kettle Bells
- NEW! 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

Cardio Barre

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 I & II

Thirty-minute low impact aerobics PLUS thirty-minute muscle conditioning (CP I is slower & gentler than CP II).

Cardio Core Strength

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

STEP

Choreography as one steps up and down on adjustable platforms.

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.

Wheel Power

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!

The Dance Fitness Experience (DFX)

This class merges multiple dance styles into a fun, easy to follow, calorie-obliterating class. A true brain-body workout. Your body and brain will reap the benefits from cardio training while you soul is free to dance.

Strength & Flexibility Training

Body Pump

Strengthen your major muscles using plate-loaded barbells.

Core Strength

Complex functional exercises (arms & 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 & legs using weights, a ball, the Pilates ring, and more.

Yoga

Basic Hatha and Yin (gentle) yoga for the average person in varied formats.

Power Flow Yoga

An energetic yoga class that links each movement to a breath using Vinyasa flows as well as standing poses and stretches to increase strength, endurance, balance and flexibility. All levels welcome with modifications shown to suit most students.

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.

Michael Beck* | 678.907.3539

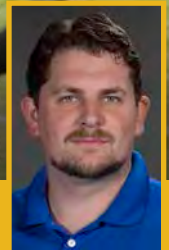
Dickie Bibro | 404.518.0909

Nick Fiorello | 404.291.1758

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

YOUTH SPORTS

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



Little Sports MVP (Ages 3–6)

Introduces 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.

\$272 | **AUG 16–DEC 18**

Rookies (Age 2)

***Parent Participation**

MON TUE THU FRI 9:30–10:00

Minors (Ages 3–4)

MON WED FRI 10:30–11:15 1:30–2:15
TUE 10:30–11:15 4:00–4:45
THU 10:30–11:15 1:30–2:15

Majors (Ages 4–6)

MON TUE WED THU 3:15–4:00

Lunch Bunch (PPC Preschool Students Only)

\$289 | **SEP 7–DEC 17**

Minors (Ages 3–5)

MON WED THU 12:00–1:15

Majors (Ages 5–6)

Must be approved by director if under age 5.

WED FRI 12:00–1:15

Fun & Games Lunch Bunch (Ages 3–6)

Give your young child the best experience possible with Fun & Games! Children play classic games such as Freeze Tag and Red Light Green Light with some new twists geared to young attention spans. 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 yet responsible instructors.

MON THU FRI 12:00–1:15

Intro to T-Ball (Ages 3–5)

This class will focus on the basic 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.

\$128 | **AUG 30–OCT 15**

MON 4:00–4:45

FRI 1:30–2:15

Intro to Soccer (Ages 4–5)

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

\$128 | **OCT 25–DEC 17**

MON 3:15–4:00

THU 4:00–4:45

Football

Youth Flag Football (Ages 5–13)

Are you ready for some football? Come and play this exciting game we call football. This will be an in-house, coed 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 neighborhood and/or school. Children will play in one of four age groupings: 5–6, 7–8, 9–10, or 11–13 year olds. This league will practice one weekday and play games on Sunday afternoon and possibly Saturday afternoon depending on size of league. All practices and games take place at the Garden Hills Elementary School Field. Fee includes jersey.

\$245 | **AUG 1–NOV 6**

Youth Flag Football Training Camp (Ages 5–13)

Get a head start on the upcoming flag football season. Join us for this 3-hour flag football training camp where kids focus on the fundamentals necessary to play the game. Kids work on flag pulling technique, offensive and defensive drills, speed and agility training, and become more knowledgeable in the sport. Training camp concludes with scrimmages where the kids will learn about in-game situations. Fee includes t-shirt and water bottle.

\$80 / SESSION

AGES 5–8	AUG 7	9:00–12:00
AGES 9–13	AUG 7	1:00–4:00

Basketball

Fall Basketball League (Ages 9–14)

Do you want to be game-ready for the start of the middle/high school season? Play two games each week (Wednesday or Thursday evenings and Saturday mornings) to hone playing skills and to get into shape for team tryouts. Teams formed through an evaluation process. You **MUST** attend evaluation.

Evaluations:

Ages 9–11: Wednesday, September 2, 5:30 pm

Ages 12–14: Thursday, September 3, 5:30 pm

\$155 | **SEPT 8–OCT 7** | **7 GAMES**

Night Court (Ages 5–10)

For boys and girls looking to get a head start leading into winter basketball. Basic skills like dribbling, passing, and shooting will be covered. Proper techniques for shooting lay-ups, free throws, and set shots will be introduced. All instruction will be age appropriate and sessions will be progressive based on age, group, and skill level. Fun games of passing, dribbling, and shooting along with some light scrimmaging will be mixed in during the 4-week session. Each session is limited to 20 participants. Register for either 1st, 2nd, or both sessions. Instruction will be progressive.

\$95

SESSION 1: AUG 30–SEP 27 | **SESSION 2: OCT 4–25**

AGES 5–6 | **MON** | **5:00–6:00**

AGES 7–10 | **MON** | **6:10–7:10**

Little Hoopsters (Age 4)

This is an in-house, coed league for 4-year-olds. Children learn the basics of basketball in low-key game situations where the score will not be kept. Fee includes uniform. Practices held on Thursdays or Fridays while games will be played on Thursday and Friday evenings. No draft. Put your own team together with a ten player maximum, or your child will be assigned to a team by neighborhood and/or school.

\$210 | **NOV–FEB**

Winter League (Ages 5–6)

This is an in-house, coed league for young players. Goals lowered to 8 feet and junior-sized balls are used. Children learn the basics of basketball in low-key game situations. Fee includes uniform. Practices held on Friday evening; games are played on Friday evening or early Saturday morning. No draft. Put your own team together with a ten player maximum, or your child will be assigned to a team by neighborhood and/or school.

\$210 | **NOV–FEB**

Winter League (Ages 7–14)

Boys' and Girls' teams are formed in 2-year age groupings. Teams practice on a weekday evening (and on Saturday for the first half of the season) and play games on Saturdays. Games will begin after the New Year. Fee includes jersey. **Please REGISTER EARLY! We do not guarantee requests. The only protected players are the children of the head coach and assistant coach of a team.** If you would like to put your own team together with a minimum of 6 players and a maximum of 9, please contact Tommy Hope or Jeff Hardwick.

\$210 | **NOV–FEB**

Coaches

Coaching youth basketball is a lot of fun. We provide training and work closely with our coaches throughout the season. If you would like to be involved as a youth coach, please indicate such on the registration form or call Jeff Hardwick at 404.842.2576



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



Fall 2021 Session

August 16–December 18 | No class Monday, September 6 (Labor Day) | No classes November 22–27 (Thanksgiving Break)

Prorated Rolling Admissions

Only available for open classes and prorating starts the week of September 7. Unlimited make-up classes are available through December 18.

Gymnastics Fun Week

December 13–18

Class Location

All classes will be held in the Gymnastics Center on the North End of the church campus. The Gymnastics Center shares an entrance with The Nest (the nursery) in the rear of the building near the nature playgrounds.

Required Attire

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

Boys | T-shirt & 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. A \$15 administration fee will be deducted.

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.

\$35 - FIRST CHILD | **\$25 - SIBLINGS**

FRI | **5:00–8:00**

Back Handspring Clinics (Ages 5+)

Clinics are designed to help athletes acquire and maintain their back handsprings and tumbling skills. We teach in a progressive manner that will safely work with your child to build the strength, endurance and technique to properly perform a back handspring and more! Handstand, Cartwheel, and Backbend from standing up required for clinics.

\$35 / ATHLETE | **1.5 HOURS**

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

\$306	9:30–10:15	10:30–11:15
SAT	9:00–10:30	10:00–10:45

Pre-Gym (Ages 2.5–4)

\$306	10:30–11:15	3:00–3:45	4:00–4:45
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Pre-Gym (Ages 3–5)

\$306	4:00–4:45	5:00–5:45
SAT	9:00–9:45	10:00–10:45

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)

* 7 meetings

** Check online for daily availability

\$175 - FALL SESSION		\$25 - DAILY DROP-IN**			SELECT TUESDAYS*		9:00-12:00	
SEP 7	SEP 14	OCT 5	OCT 19	NOV 9	NOV 30	DEC 7		

PPC Preschool

September 7–December 17 | No classes November 22–27 (Thanksgiving Break)

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 1:30/2:30 pm. Arrive at 1:25/2:25 pm. Pick-ups after 1:30/2:30 pm 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 1:30 pm. Arrive at 1:25 pm. Pick-ups after 1:30 pm are subject to a late pick-up fee.

* Leotard for girls only

\$336 - 14 WEEKS	MON–FRI	12:00–1:30
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Extended Day Gymnastics (Co-Ed Ages 4–6)

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

\$308 - 14 WEEKS	WED	1:25–2:30
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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.

Level 1 (Ages 5–14)

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

\$306

3:00–3:55

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.

\$306

4:30–5:25

5:30–6:25

4:00–4:55

5:00–5:55

6:00–6:55

SAT

9:00–9:55

Level 3 (Ages 7–14)

Focuses on intermediate skills such as Back Walkover, Back Handspring Drills, Shoot Throughs & Mill Circles on Bars, Handstand & 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.

\$424

5:30–7:00

6:30–8:00

Level 4 (Ages 7–14)

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

\$458 - ONE DAY

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.

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

\$306

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 & Front Handspring over Vault, Advanced Jumps, and Strength Training. Requirements: Cartwheel, Round-off, Backbend Kickover, Forward and Backward Rolls, and Pullover on Bars.

\$306

5:00–5:55

Birthday Parties (Ages 2–12)

\$18 per child (\$180 minimum deposit due at booking) | 1.5 hours

\$20 per child (\$200 minimum deposit due at booking) | 2 hours*

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.

*Two hours parties consist of 1.25 hours on the gymnastics equipment and 45 minutes in the party room. All time on the gymnastics equipment is completed first. All parties dismiss from party room without returning to the equipment.

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 & Front Walkover, a variety of Rolls, and preparing for intermediate tumbling skills.

\$357 | **4:00–4:55** | **6:00–6:55**

Level 2 (Co-Ed Ages 7+)

Focuses on mastering the Back Walkover, drilling & 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 & Backward Rolls

\$357 | **5:00–5:55**

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

\$357 | **6:00–6:55**

Recreational Cheer Classes

Our Cheer program focuses on developing athletes through cheers, chants, strength and teamwork.

Tumble & Cheer (Ages 8+)

Tumble & Cheer teaches basic through advanced cheer jumps, motions, cheers and chants. Athletes will learn level 1–2 tumbling skills. Students will gain strength, flexibility and balance through tumbling and jump skills. This is an excellent class to prepare for middle and high school cheer programs.

\$357 | **6:00–6:55**

Pre-Competitive Programs

Preteam 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.

Mighty Mites Gymnastics (Ages 4–6)

Invitation only. Students receive specialty leotard.

\$375 | **THU** | **4:00–4:55**

Hotshots Gymnastics (Ages 5–8)

Invitation only. Students receive specialty leotard.

\$475
MON | **WED** | **4:00–5:30**

Power Puffs (Ages 6–10)

Invitation only. Students receive specialty leotard.

\$560 | **MON** | **THU** | **4:00–6:30**

Private Lessons (Ages 2–12)

Available for gymnastics, tumbling, strength building, or cheerleading. All lessons booked & 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

Cheer Try-Out Lessons

Includes try-outs and materials. \$37.50 late cancellation fee.

\$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 (five 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.

\$357

45 MINUTE–1 HOUR CLASSES





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, Irish, and Musical Theater. Our instructors have professional dance experience and collegiate-level training. We are passionate about teaching strong dance technique in a warm and supportive environment. The 2021–2022 season runs August 16, 2020–May 20, 2022.

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 visit the gym or our online shop. Please schedule a shoe fitting with the director prior to purchasing shoes.

Holiday Concert

The holiday concert is on Saturday, Dec. 11. This event features performances throughout the day by our students and pre-professional program, Peachtree Dance Company
***This event is tentative due to capacity, and social event limits.**

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.

Class Placement

Students must be the appropriate age by Sept. 1, 2021, 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–IV. For more information about level placement, please contact the director.

Spring Recitals

The spring recitals take place in May 2022. There is a nonrefundable recital and costume fee due November 2021. Students who wish to participate in the spring recitals must be registered on or before Jan. 3, 2022.

Preschool Lunch Bunch

Students are picked up from Peachtree Presbyterian Preschool by Peachtree Dance staff at noon 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 1:30 pm in the Dance Department.

Hip Hop (Ages 3–5)

WED | **12:00–1:30**

Pre-Ballet (Ages 3–4)

MON **WED** | **12:00–1:30**

Pre-Ballet (Ages 4–5)

MON **THU** **FRI** | **12:00–1:30**

NEW! Preschool Extended Day Ballet

(Ages 5–6)

Dancers eat lunch prior to Ballet, are picked up from Peachtree Presbyterian Preschool by Peachtree Dance staff at 1:20 pm, 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 2:30 pm at the outside dance check-in/check-out location.

MON | **1:30–2:30**

Pre-Dance

Mommy & Me Ballet (Ages 1.5–2.5)

Dancers explore creative movement and pre-ballet along with their moms in a nurturing environment with the use of props, play, and imagination. Parent participation is required. Mommy & Me Ballet does not participate in the spring recital. Dancers must be 18 months by September 1, 2021 to be eligible for this class.

TUE | **10:30–11:00**

FRI | **10:00–10:30**

THU | **10:30–11:00**

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 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, 2021 to be eligible for this class.

TUE | **11:00–11:45**

FRI | **10:30–11:00**

WED | **4:00–4:30**

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**

TUE | **12:30–1:15**

THU | **11:15–12:00**

FRI | **11:00–11:45**

4–5 Years

WED | **4:00–4:45**

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 | **3:00–3:45**

4–5 Years

TUE | **3:15–4:00**

Pre-Ballet & Tap (Ages 4–5)

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.

MON | **4:15–5:00**

TUE | **1:30–2:15**

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 | **3:45–4:30**

THU | **4:15–5:00**

7–9 Years

MON | **6:00–7:00**

TUE | **5:30–6:30**

5–7 Years

MON | **5:00–6:00**

TUE | **4:30–5:30**

10–12 Years

WED | **6:30–7:30**



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 based on level not age).

5–6 Years

THU 4:00–5:00

6–7 Years

TUE WED 4:00–5:00

7–8 Years

THU TUE 4:00–5:00

8–9 Years

MON 5:00–6:00

WED 5:00–6:00

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.5 (3–4 years experience)

TUE 5:30–7:00

THU 5:30–7:00

Ballet III/IV (4–6 years experience)

MON 5:00–6:30

WED 5:00–6:30

Ballet & Jazz

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.

5–6 Years

MON 4:00–5:00

Ballet & Tap

Ballet & Tap 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. Tap teaches rhythm, coordination, sound, and timing.

5–6 Years

WED 4:30–5:30

Musical Theater

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.

6–17 Years

THU 4:45–6:00

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.

10–17 Years

MON 7:00–8:00

WED 7:30–8:30

Modern

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–IV provide increasingly more exposure to Modern techniques like Horton, Graham, Cunningham, and Release.

Intro to Modern (7–9 Years)

WED 4:30–5:30

Modern I (0–2 years experience)

MON 6:00–7:00

THU 5:00–6:00

Modern II (3–4 years experience)

WED 5:30–6:45

Modern III/IV (4–6 years experience)

THU 5:30–7:00

Birthday Parties

Birthday parties are 1.5 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! Starting rate is \$15 per child, 10 child-minimum. \$150 deposit is due at booking. Any remaining balance is due on the day of the party.

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. Pointe I is for students who are ready to progress to centre work without barre support. Pointe II is for dancers with 2+ years of Pointe training. Director's approval is required for Pointe Program.

Pre-Pointe

TUE THU 5:00-5:30

Pointe I

TUE 7:00-8:00

Pointe II

MON WED 6:30-7:30

Tap & Jazz

Tap & Jazz is a great way to introduce your child to two dance styles in one class. 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. Jazz focuses on high energy choreography, isolations, jumps, and turns along with sharp, dynamic movements.

6-7 Years

MON 5:00-6:00

7-9 Years

MON 4:00-5:00

10-12 Years

MON 6:00-7:00

Jazz (13-17 Years)

MON 7:30-8:30

Tap (13 Years-Adult)

TUE 7:00-8:00

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 \$30 for 30 minutes and \$60 for 60 minutes. Inquire with the director for availability.

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 is required, and regular tuition rates apply. Inquire with the director for further information.



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 Company Rehearsal

THU 6:00-7:15

Junior Company Rehearsal

THU 7:00-8:30

Senior Company Rehearsal

THU 7:00-8:30

Adult Classes

Contemporary/Jazz

MON 7:30-8:30

Tap

TUE 7:00-8:00



BIRTHDAY PARTIES ARE BACK!

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





Camp Refund Policy

Refunds may be given if the request is received in writing at least 1 week before the start of the camp. Under certain circumstances, a pro-rated refund may be given after camp begins. A \$15 administration fee will be deducted. Any requests for a refund given less than 1 week prior to the start of camp will incur a \$50 administration fee. The maximum administration fee for daily rate will be \$15.

Youth Sports Camps

5-Star Holiday Camp (Ages 4–12)

Baseball: Throwing and catching drills, fielding, fundamentals, hitting (from tee and short-toss), and base-running.

Basketball: Dribbling, passing, shooting, rebounding, man-to-man defense, position play.

Soccer: Dribbling, passing, shooting, goal tending, team offense.

Flag Football: Throwing, catching, route running, flag pulling.

Floor Hockey: Shooting and passing drills and stick handling.
Fee includes T-shirt. Children need to bring a sack lunch and athletic shoes.

Before and After Camp Care will be offered.

Campers grouped by age.

\$180 - 3 DAY	\$120 - 2 DAY	\$60 - DAILY (9–4)
OCT 11	DEC 20-23	DEC 27-30





Holiday Gymnastics Camp (Co-Ed Ages 3–12)

November 22–24 (Half-day only on Wednesday, Nov 22)
Dec. 20–23 and 27–30

Holiday Gymnastics Camp includes skills on the uneven bars, balance beam, vault table, Tumble Trak trampoline, floor exercise, and boy apparatuses. Boys and girls will learn a variety of acrobatic gymnastics skills and combination routines. They will enjoy strength training, flexibility, and balance activities by jumping, running, stretching, rolling, flipping, twisting, and circling. Campers need to bring a sack lunch, snack and athletic shoes. Required attire for girls: leotard and hair pulled back. Required attire for boys: T-shirt and comfortable athletic shorts.

*Campers will be grouped by age and ability.

*3 and 4-year-olds eligible for half-day camp only.

\$60/DAILY

9:00-1:00

\$180/3 OR 4 DAYS

\$220/4 DAYS 9:00-4:00



Youth Dance Camps

Princess Ballerina Camp (Ages 3–6)

Dance and twirl like a fairy princess! Dancers will learn the basics of ballet while dancing to their favorite princess songs and will learn dances inspired by their favorite fairy tales. Dancers will also play games and enjoy arts and crafts. Dancers will do a performance at 12:45 on the final day of Camp.

\$180 - FULL WEEK

\$60 - DROP-IN

NOV 22-23

Nutcracker Dance Camp (Ages 3–6)

Waltz and spin like Clara and the Sugar Plum Fairy! We will dance to holiday music, watch The Nutcracker ballet, and make holiday crafts. Dancers will do a Nutcracker-inspired performance at 12:45 on the final day of Camp.

\$180 - FULL WEEK

\$60 - DROP-IN

DEC 20-23

Winter Wonderland Camp (Ages 3–6)

Tendu and jeté through a winter wonderland! Dancers learn the basics of ballet while dancing to their favorite songs from *Frozen*. On the final day of camp, dancers may wear their favorite *Frozen* or winter-inspired outfit! Dancers will do a performance at 12:45 on the final day of Camp.

\$180 - FULL WEEK

\$60 - DROP-IN

DEC 27-30



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.

REGISTER ONLINE OR IN PERSON

IN PERSON

Gym Front Desk
3434 Roswell Rd NW
Atlanta, Georgia 30305

ONLINE

PeachtreeGym.com

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

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

Refunds: Refunds may be given if the request is received in writing at least 1 week before the start of the camp. Under certain circumstances, a pro-rated refund may be given after camp begins. A \$15 administration fee will be deducted. Any request for a refund given less than 1 week prior to the start of camp will incur a \$50 administration fee. The maximum administration fee for daily rate will be \$15.



3434 Roswell Rd NW | Atlanta, Georgia 30305
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