



PEACHTREE
GYM

FALL 2022



PeachtreeGym.com





MORE EXERCISE, LESS ANXIETY

BY EDITORIAL STAFF OF TO YOUR HEALTH MAGAZINE

If you're feeling anxious, a little exercise may do the trick. Several mechanisms may be at play. From a physiological perspective, physical activity is known to stimulate production of "feel good" chemicals that reduce your perception of pain and increase positive feelings.

That's a win right off the bat when it comes to managing anxiety. Then there's the distraction element of exercise: when you're exercising, you don't have as much mental time or energy to focus on what's making you anxious; after all, your mental attention is turned toward executing the physical activity: running, lifting weights, etc.

New research suggests even people with chronic anxiety can benefit from exercise. Published in the Journal of Affective Disorders, the study involved nearly 300 patients with anxiety syndrome; half of the patients had suffered for 10 years or longer. Patients participated in a 12-week fitness program featuring either moderate or strenuous exercise (60-minute sessions, three times weekly); a third group served as controls and received advice only on activity according to public health recommendations.

Exercise sessions in both activity groups featured aerobic and strength training. Patients assigned to moderate-intensity exercise participated in activities designed to reach 60 percent of maximum heart rate; patients assigned to strenuous exercise performed activities designed to achieve 75 percent of maximum heart rate.

After 12 weeks, "A significant reduction in anxiety from baseline to post-treatment was observed in both treatment groups compared to the control group," with most patients reducing their anxiety from a baseline (pre-exercise) level of moderate/high to a post treatment (after 12 weeks of exercise) of low anxiety. Interestingly, no significant differences were noted between low-intensity and higher-intensity exercise, suggesting physical activity at any level is beneficial for managing anxiety, particularly chronic anxiety. You might want talk to your doctor for more information.

PEACHTREE GYM IS HERE TO HELP YOU EXERCISE MORE AND MANAGE ANXIETY.

Peachtree Gym offers aerobic and strength training options for all levels of fitness-for beginners to elite athletes. Come walk or run on our new extra cushioned indoor track. We have a large variety of cardio and machines as well as free weights. We have over 35 group exercise classes we offer in person and many classes are offered virtually. Many of the classes include aerobic and strength exercise options. Look at PeachtreeGym.com to see our group fitness class schedule.

At Peachtree Gym, your health and safety are our top priority and we have protocols in place to fulfill that goal. Thorough cleaning throughout the day and numerous sanitizing stations are an integral part of this protocol.

We welcome you to come visit Peachtree Gym and see the Gym where our goal is to exceed your expectations. Contact [Jan Smith](mailto:JSmith@PeachtreeChurch.com) at JSmith@PeachtreeChurch.com or [404.842.2189](tel:404.842.2189) to discuss your fitness goals, schedule an appointment to tour the Gym. Mention this article to [receive a one week guest pass.](#)





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

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.

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 your soul is free to dance.

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.

Reb3l 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.

Reb3l Groove

Reb3l 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.

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.

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

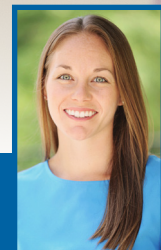
Nick Fiorello | 470.654.1383

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



Fall 2022 Session

August 15–December 17 | No class Monday, September 5 (Labor Day Holiday) | No classes November 21–26 (Thanksgiving break)

Gymnastics Fun Week

December 12–17

Prorated Rolling Admissions

Only available for open classes and Prorated rolling admissions starts September 5. Unlimited make-up classes are available through August 29–December 17.

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 Observation Week

We look forward to families joining us for parent observations and medal ceremonies in late April/early May of 2023.

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 administrative processing 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.

\$40-FIRST CHILD

\$30-SECOND CHILD

\$20-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.

\$340 | 9:00-9:45 | 10:00-10:45 | 11:00-11:45

Pre-Gym (Ages 2.5–4)

\$340 | 9:00-9:45 | 10:00-10:45 | 11:00-11:45

Pre-Gym (Ages 3–5)

\$340 | 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)

* 8 meetings

** Check online for daily availability

\$240-FALL SESSION | **\$30-DAILY DROP-IN**** | **SELECT TUESDAYS*** | 9:00-12:00
SEPT 6 | SEPT 20 | OCT 4 | OCT 18 | NOV 1 | NOV 15 | NOV 29 | DEC 13

PPC Preschool

September 6–December 17

No classes November 21–26 (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 1:30/2:30pm. 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

\$364-14 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.

\$336-14 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.

\$385-17 WEEKS

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.

\$385-17 WEEKS

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 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.

\$470-17 WEEKS

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.

\$521-17 WEEKS

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.

\$385-17 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.

\$385-17 WEEKS

5:00-5:55

Birthday Parties (Ages 2–12)

\$18 per child (\$180 party minimum. \$50 deposit due at booking) | 1.5 hours

\$20 per child (\$200 party minimum. \$50 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 and Front Walkover, a variety of Rolls, and preparing for intermediate tumbling skills.

\$375-17 WEEKS | **4:00-4:55**

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.

\$375-17 WEEKS | **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.

\$375-17 WEEKS | **6:00-6:55**

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.

Hotshots Gymnastics (Ages 5-8)

Invitation only. Students receive specialty leotard.

\$105 MONTHLY

USAG Competitive Team

\$175 MONTHLY

\$625 UNIFORM FEE

\$625 COMPETITION FEE

Power Puffs

\$125 MONTHLY



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.

\$425-17 WEEKS

45 MINUTE-1 HOUR CLASSES



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

Program Description

Peachtree Dance provides education for ages 18 months–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 2022–2023 season runs August 15, 2022–May 19, 2023.

Dress Code

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, 2022 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.

Holiday Concert

The holiday concert is on Saturday, December 17. This event features performances throughout the day by our students and pre-professional program, Peachtree Dance Company.

Spring Recitals

The spring recitals take place in May 2023. There is a nonrefundable recital and costume fee due November 2022. Students who wish to participate in the spring recitals must be registered on or before January 9, 2023.

Peachtree Dance Company

Peachtree Dance Company is a pre-professional program for dancers ages 8–18 years 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.

2022–2023 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 | WED | 12:00–1:30

Pre-Ballet (Ages 4–5)

MON | THU | 12:00–1:30

Pre-Ballet/Tap (Ages 4–5)

FRI | 12:00–1:30

NEW Preschool Extended Day Ballet 5–6 Years

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, 2022 to be eligible for this class.

TUE | 10:30-11:00

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/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, 2022 to be eligible for this class.

TUE | 11:00-11:30

WED | 4:00-4:30

THUR | 11:00-11:30

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 | 12:15-1:00

THUR | 11:30-12:15

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 | 3:15-4:00

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

MON | 4:15-5:00

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

6–7 Years

TUE | 4:00-5:00

WED | 4:00-5:00

7–8 Years

WED | 5:00-6:00

THUR | 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

Ballet & Tap (Ages 5–6)

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.

TUE | 4:30-5:30

WED | 4:30-5:30

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

5–7 Years

TUE | 4:30-5:30

THU | 4:45-5:45

7–9 Years

MON | 5:00-6:00

TUE | 5:30-6:30

10–12 Years

WED | 6:45-7:45

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 6–12)

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.

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 | 7:30-8:30

Tap & Jazz

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

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)

TUE

8:00-9:00

Tap (13 Years-Adult)

TUE

7:00-8:00

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

Tap (Ages 13 Years-Adult)

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

7:00-8:00

Peachtree Dance Company

Peachtree Dance Company is a pre-professional program for dancers ages 8-18 years 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

Apprentice II Company Rehearsal

THU

6:30-7:45

Junior Company Rehearsal

THU

7:00-8:30

Senior Company Rehearsal

THU

7:00-8:30

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! Starting rate is \$18 per child, 10 child-minimum. \$180 deposit is due at booking. Any remaining balance is due on the day of the party.



YOUTH SPORTS

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



Little Sports MVP (Ages 3–6)

No classes November 21–26 (Thanksgiving Break)

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 15–DEC 18

Rookies (Age 2)

*Parent Participation

MON TUE THU FRI | 9:30–10:00

Minors (Ages 3–4)

MON | 10:30–11:15 | 1:45–2:30

TUE | 4:00–4:45

WED | 1:45–2:30

THU | 10:30–11:15 | 1:45–2:30

FRI | 10:30–11:15

Majors (Ages 5–6)

MON TUE WED THU | 3:15–4:00

Lunch Bunch (PPC Preschool Students Only)

No classes November 21–26 (Thanksgiving Break)

\$299 | SEP 6–DEC 16

Minors (Ages 3–5)

MON WED THU | 12:00–1:25

Majors (Ages 5–6)

Must be approved by director if under age 5.

WED FRI | 12:00–1:25

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 | 12:00–1:25

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.

Tommy Hope | 404.842.2167 | THope@PeachtreeChurch.com

Registration Deadline is Sunday, July 31.

Ages as of August 1, 2022.

\$265 | **AUG 15–OCT 30**

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 6** | **9:00–12:00**

AGES 9–12 | **AUG 6** | **9:00–12:00**

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.

\$144

OCT 17–DEC 12 | **MON** | **4:00–4:45**

OCT 21–DEC 16 | **FRI** | **1:45–2:30**

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.

\$144

AUG 15–OCT 10 | **MON** | **4:00–4:45**

AUG 19–OCT 7 | **FRI** | **1:45–2:30**

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**.

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

\$199 | **SEPT 8–OCT 8** | **10 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 | **SEP 12–OCT 3**

AGES 5–6 | **MON** | **5:00–6:00**

AGES 7–10 | **MON** | **6:10–7:10**

Winter League-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 ten players maximum, or your child will be assigned to a team by neighborhood and/or school.

\$265 | **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 ten players maximum, or your child will be assigned to a team by neighborhood and/or school.

\$265 | **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. Put your own team together with ten players maximum, or your child will be assigned to a team by neighborhood and/or school.

\$265 | **NOV–FEB**



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

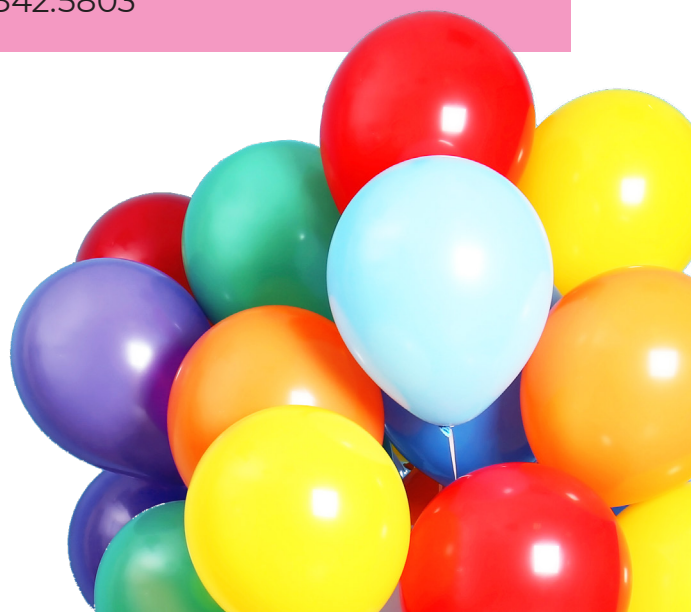
MReynolds@PeachtreeChurch.com
404.842.5803

DANCE PARTIES



Director of Dance
Esther Darden

EDarden@PeachtreeChurch.com
404.842.3156





COMING THIS FALL

PICKLEBALL

Come and play the fastest growing sport in America.
Pickleball combines elements of tennis, ping-pong and badminton.

TUESDAY | 10:30AM-12:30PM

WEDNESDAY | 10AM-12PM

\$10.00/person (non-member)
FREE for Gym Members

For more information, contact Jeff Hardwick at JHardwick@PeachtreeChurch.com
or Tommy Hope at THope@PeachtreeGym.com



HOLIDAY CAMPS

Holiday Gymnastics Camp

(Co-Ed Ages 3–12)

November 21–23 (Half-day only on Wednesday, November 23)

December 19–23 and 26–30

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 9:00–1:00pm camp only.

\$60 / DAILY	9:00–1:00
\$75 / DAILY	9:00–4:00
\$250 / FULL WEEK	9:00–1:00
\$300 / FULL WEEK	9:00–4:00

Peachtree Dance Holiday Camps

Princess Ballerina Camp (Ages 3–6)

Twirl and dance like a Ballerina Princess! Dancers will learn the basics of ballet technique while dancing to their favorite Disney princess songs, as well as music from a few of the ballet classics such as Sleeping Beauty, Swan Lake, and more. Dancers will learn a dance inspired by their favorite fairy tales, which will be recorded and emailed to parents the following week.

\$180–HALF DAY | \$60–DAILY | NOV 21–23

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 dance, which will be recorded and emailed to parents the following week.

\$250–HALF DAY | \$60–DAILY | DEC 19–23

Winter Wonderland Dance Camp

Tendu and jete 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 learn a dance which will be recorded and emailed to parents the following week.

\$250–HALF DAY | \$60–DAILY | DEC 19–23

Hip Hopping New Year's Dance Camp

Come join the fun of hip hopping into the New Year! This co-ed camp offers the opportunity for young dancers to learn the basics of hip hop, along with gaining strength, flexibility, and memory skills in an upbeat environment. In addition to learning fun combinations to popular songs, dancers will also play games and explore their creativity by enjoying daily arts and crafts. Dancers will learn a dance which will be recorded and emailed to parents the following week.

\$250-HALF DAY | \$60-DAILY | JAN 2-6

Fall Break Camp

5 Star Camp (Ages 5-12)

\$300-FULL DAY | OCT 10-14

Fun and Sports Camp (Ages 3-6)

\$250-HALF DAY | OCT 10-14

Winter Holiday Camps

5 Star Camp (Ages 5-12)

5 Star is a camp focused on the learning of sports and the fun of games. Join us for drills, games and more, as we teach your child the skills and knowledge necessary to excel in early sports. As well play classic and new camp games to teach them teamwork and creative learning. The 5 Star sports include: baseball, basketball, soccer, flag football, and floor hockey. Campers will experience games such as: Capture the Flag, Dodge Ball, Gladiator, Scooter Ball, Ga-Ga Ball, and more.

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

\$300-FULL DAY | \$250-HALF DAY

\$75-DROP-IN FULL DAY | \$60-DROP-IN HALF DAY

DEC 19-23 | DEC 26-30 | JAN 2-6

Fun and Sports Camp (Ages 3-6)

Fun and Sports MVP Camp will introduce your child to the most popular youth sports programs: basketball, baseball, football, and soccer. As well as Children will play games such as freeze tag, parachute games, duck duck goose and red light green light with some new twists geared to young attention spans. The giant obstacle course is always a camp favorite.

All necessary equipment will be provided. 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. Your child will learn throwing, catching, hitting, dribbling, shooting, passing, and running. Fun and Sports MVP Camp will also build confidence, self-esteem, and hand-eye coordination.

**Half day camp only.*

\$250-HALF DAY | \$60-DROP-IN

DEC 19-23 | DEC 26-30 | JAN 2-6

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. 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.

HOLIDAY CAMPS NOVEMBER AND DECEMBER

PRICING INFORMATION

9:00AM–4:00PM

FULL DAY CAMP FOR FULL WEEK IS **\$300**
\$75 DAILY RATE

9:00AM–1:00PM

HALF DAY CAMP FOR FULL WEEK IS **\$250**
\$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.