



WINTER/SPRING
2020



PeachtreeGym.com





A NEW YEAR'S RESOLUTION THAT SHOULD BE ON YOUR LIST

CHANGE YOUR UNHEALTHIEST HABIT: NOT EXERCISING

BY EDITORIAL STAFF OF *TO YOUR HEALTH*



If the power of exercise isn't already common sense to you, consider that not exercising is worse for your health than smoking, heart disease and diabetes. According to a study published in JAMA Network Open, an open-access journal of the American Medical Association, being fit (measured in terms of cardiorespiratory fitness) was inversely related to all-cause mortality (death).

In other words, the more fit, the lower the risk of death; the less fit, the higher the risk.

Researchers evaluated more than 122,000 patients from the Cleveland Clinic (average age at the start of the study: 53-plus years) over a 14-year period. Compared with the fittest participants, the risk associated with death during the study period for the least fit was a whopping 500 percent higher. And comparing regular exercisers with those who rarely exercised, the risk of death in sedentary participants was nearly 400 percent higher. Overall, the risk of dying associated with not exercising sufficiently was comparable to traditional risk factors for death such as current smoking, cardiovascular disease and diabetes.

What's more, the researchers did not observe an upper limit in terms of benefit; in other words, the fitter, the better! And fitness benefits were seen even in older patients and those with high blood pressure, not just healthy patient populations.

A new year is right around the corner, which makes now a great time to review your 2019 resolutions (particularly how successful you've been at achieving them) and chart a course for an even better 2020 with a fresh set of resolutions designed to build a better you.

AS YOU DEBATE YOUR NEW YEAR'S RESOLUTIONS FOR 2020, CONSIDER ADDING EXERCISE TO YOUR LIST.

Why wouldn't *everyone*? Can't seem to stick with an exercise program — or get started in the first place? Ask Jan Smith or one of our certified trainers about how to set meaningful, achievable fitness goals you can succeed at in 2020 and beyond.

For more information about the benefits of consistent exercise and how to develop a routine that helps you enjoy a long, healthy life, meet with our Staff at Peachtree Gym. We are here to help you! We have many exercise options at Peachtree Gym, and we will be happy to introduce you to them.

Contact **Jan Smith** at JSmith@PeachtreeChurch.com or **404.842.2189** and mention this brochure to receive a **FREE** one-week pass to try the Gym as our guest.

**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–6:00 pm
Sunday | 12:30–6:00 pm

Group Exercise Classes

We offer over 60 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.

Pound (45)

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Lightly-weighted Ripstix are provided to increase the challenge & add to the fun. Abs/core work are offered after the jam session.

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 your 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 yoga for the average person in varied formats.

Ashtanga Yoga

Commonly known as power yoga.

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

Samuel Hines | 404.771.6063

Pam Leinmiller | 888.868.0879

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.



Miranda Reynolds | Director of Gymnastics & Cheerleading
404.842.5803 | MRyenolds@PeachtreeChurch.com



Winter 2020 Session

January 6–May 16 | No class Monday, January 20 (MLK holiday) | No classes March 2–7, April 6–10 (private/public school spring breaks)

Prorated Rolling Admissions

Only available for open classes and prorating starts the week of January 27. Unlimited make-up classes are available through May 8.

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

May 4–8 | Gymnastics Lunch Bunch
May 11–16 | All other regular classes and lessons

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

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 | **6:00–9:00**

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 | **SAT** | **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.

Creative Movement (Co-Ed Ages 1.5–3)

Creative Movement is an interactive experience for parents and/or caregivers and children ages 1.5 to 3 years old. Parent participation is required.

\$306

9:30–10:15

10:30–11:15

SAT

8:55–9:40

9:00–9:45

Tumble Cubs (Co-Ed Ages 3–4)

\$306

10:30–11:15

Bouncing Bears (Co-Ed Ages 3–5)

\$306

4:00–4:45

5:00–5:45

6:00–6:45

SAT

8:55–9:40

9:00–9:45

Flipping Friends (Co-Ed Ages 4–6)

\$306

3:00–3:45

4:00–4:45

5:00–5:45

6:00–6:45

SAT

8:55–9:40

9:00–9:45

MOPS Gymnastics & Fun Day Camp (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 plus gymnastics Toddler Time playdate

** Check online for daily availability

\$230 - FULL SEASON

2ND & 4TH TUESDAYS*

JAN–MAY

9:00–12:00

\$30 - DAILY DROP-IN**

Toddler Time (Co-Ed Ages 12 months–5 years)

Must be accompanied by an adult at all times. Toddlers are welcome to play and explore in the gymnastics center and toddler studios on obstacle courses, trampoline, bars, beams and more!

\$125 - FULL SEASON

JAN 6–MAY 22

11:15–12:30

\$30 - MONTHLY

\$7 PER CHILD

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

PPC Preschool

We will pick up your child at Peachtree Presbyterian Preschool at noon. Kids will eat lunch and change into their leotards/athletic clothes for class. Parents are welcome to watch; children are picked up from the gymnastics center at 1:30 pm. Winter session Gymnastics Lunch Bunch and Extended Day Gymnastics have more weeks in the Winter than the Fall session. No classes on the dates the Preschool is closed. Spring break weeks are not included in the price, thus, no make-up classes for those weeks. All other dates are eligible for

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

\$376

MON–FRI

12:00–1:30

Extended Day Gymnastics (Co-Ed Ages 3–6)

\$344

MON–FRI

12:00–1:30

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.

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

3:30 – 4:25

4:00 – 4:55

5:00 – 5:55

5:30 – 6:25

6:00 – 6:55

SAT

8:55 – 9:50

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

4:00 – 4:55

5:00 – 5:55

6:00 – 6:55

7:00 – 7:55

Level 3 (Ages 6–14)

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.

\$425

4:30 – 6:00

5:00 – 6:30

6:00 – 7:30

6:30 – 8:00

Level 4/5 (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.

\$475 - ONE DAY

\$775 - TWO DAYS

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 5–14)

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

4:30 – 5:25

5:00 – 5:55

Level 2 (Ages 5–14)

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

5:30 – 6:25

Birthday Parties (Ages 2–12)

\$16 per child (\$160 minimum deposit due at booking) | 1.5 hours | Up to 30 kids

\$20 per child (\$200 minimum deposit due at booking) | 2 hours* | Up to 30 kids

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** | **5:00-5:55**

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 | **4:00-4:55** | **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

\$357 | **7:00-7:55**

Level 4 (Co-Ed Ages 10+)

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

Requirements: Back Handspring (solo), Running Round-Off to Back Handsprings, Standing Back Tuck (light spot) and Punch Front Tuck (light spot)

\$357 | **7:00-7:55**

Recreational Cheer Classes

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

Youth Cheer (Ages 4-8)

Consists of cheering at five games on either Saturday or Sunday in Peachtree Church's main gymnasium or at Garden Hills Elementary School. The class teaches basic cheerleading jumps, motions, and cheers. All students receive cheer uniform with class registration.

\$425 | **4:00-4:55**

High School Cheerleading Prep (Ages 12-18)

High School Tumbling and Cheerleading Tryout preparation teaches advanced skills necessary for high school cheerleading and gymnastics including strength, flexibility and balance through tumbling and jump skills.

\$357 | **7:00-7:55**

Competitive Programs

Mighty Mites and HotShots 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 | **MON** | **TUE** | **3:00-3:55** | **4:00-4:55**

Hotshots Gymnastics (Ages 5-8)

Invitation only. Students receive specialty leotard.

\$425
TUE | **THU** | **4:00-4:55**

USAG Competitive Girls Gymnastics Levels 3-7

Our Competitive Girls Gymnastics Program teaches strength, flexibility and balance using the USA Gymnastics (USAG) certified compulsory routines for levels 3-5 and certified optional curriculum for levels 6+ on the uneven bars, balance beam, vault, and floor exercise. The progressive gymnastics curriculum, for girls ages 6-18, introduces and continues the skill-building blocks for gymnastics development and competition all over the State of Georgia. Tryout Evaluation Required, contact Miranda Reynolds - 404.842.5803.

Practices & fee schedule vary based on competitive level. Annual fee schedule (payments accepted) includes all meet fees, team apparel, and practices.



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 2019–2020 season runs August 19–May 17.

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

Class Placement

Students must be the appropriate age by September 1, 2019 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

Dress rehearsal for the spring recitals is May 9, 2020. The spring recitals are May 16 & 17, 2020. A nonrefundable recital and costume fee is due November 2019. Students who wish to participate in the spring recitals must be registered on or before January 10, 2020.

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.

Preschool Lunch Bunch

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

Hip Hop (Ages 3–5)

WED THU 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

Preschool Extended Day Ballet

Extended Day Ballet students are picked up by a parent or guardian at 1:15 and walked to the Dance Department. Dancers eat lunch prior to Ballet, change clothes upon arrival to class, and take a 1-hour dance class. Parents pack dance attire. Peachtree Dance staff cannot chaperone students from preschool to Ballet.

MON	1:30-2:30
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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, 2019 to be eligible for this class.

TUE	10:30-11:00
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THU	4:00-4:30
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FRI	10:00-10:30
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SAT	10:00-10:30
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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, 2019 to be eligible for this class.

TUE	4:00-4:30
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WED	4:00-4:30
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THU	4:00-4:30
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FRI	10:45-11:15
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SAT	10:30-11:00
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Pre-Ballet

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

3-4 Years

TUE	12:30-1:15	4:30-5:15
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THU	11:30-12:15	4:15-5:00
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FRI	11:15-12:00
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SAT	11:00-11:45
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4-5 Years

MON	1:30-2:15
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THU	1:30-2:15
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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
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4-5 Years

TUE	3:45-4:30
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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.

4-5 Years

MON	4:15-5:00
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TUE	1:30-2:15
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THU	3:15-4:00
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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
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WED	3:15-4:00
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5-7 Years

MON	5:00-6:00
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TUE	4:30-5:30
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7-9 Years

MON	6:00-7:00
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THU	4:30-5:30
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10-12 Years

WED	6:00-7:00
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13-17 Years

WED	7:30-8:30
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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're happy to work with you to build a custom class! Minimum of 5 students. Regular tuition rates apply. Inquire with the director for further information.

Ballet

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	4:30–5:30
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6–7 Years

MON	WED	4:00–5:00
TUE	4:30–5:30	

7–8 Years

TUE	THU	4:00–5:00
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8–9 Years

MON	WED	5:00–6:00
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Ballet I (0–2 years experience)

TUE	5:00–6:00
WED	5:30–6:30

Ballet II (3–4 years experience)

THU	5:00–6:15
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Ballet III (4–5 years experience)

TUE	5:30–7:00
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Ballet IV (5–6 years experience)

MON	5:15–6:45
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

WED	4:00–5:00
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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

TUE	5:30–6:30
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.

6–9 Years

THU	5:00–6:00
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10–17 Years

THU	6:00–7:00
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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	WED	7:00–8:00
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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)

MON	6:00–7:00
WED	4:00–5:00

Modern I (0–2 years experience)

MON	6:00–7:00
THU	5:30–6:30

Modern II (3–4 years experience)

TUE	6:45–8:00
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Modern III (4–5 years experience)

WED	5:00–6:30
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Modern IV (5–6 years experience)

THU	5:30–7:00
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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	7:00–7:30
THU	6:15–6:45

Pointe I

TUE	7:00–8:00
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Pointe II

MON	6:45–7:45
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, and timing. Jazz focuses on high energy choreography, isolations, jumps, and sharp, dynamic movement.

6–7 Years

MON	5:00–6:00
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7–9 Years

MON	4:00–5:00
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10–12 Years

WED	6:30–7:30
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Jazz (13–17 Years)

TUE	8:00–9:00
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Tap (13 Years–Adult)

MON	7:00–8:00
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Irish Dance

Directed by Jesse O'Sullivan, certified Irish Dance Instructor – jacinta@bellsouth.net.

Pre-Irish

TUE	2:45–3:25
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Beginner

TUE	3:30–4:25
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Intermediate

TUE	4:30–5:25
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Advanced

TUE	5:30–6:45
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Homeschool

THU	11:15–12:00
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Peachtree Dance Company

Peachtree Dance Company is a pre-professional program for dancers ages 7–18 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	6:30–7:30
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Junior Company Rehearsal

THU	7:00–8:30
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Senior Company Rehearsal

THU	7:00–8:30
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Adult Classes

Ballet

WED	10:30–12:00
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Tap

MON	7:00–8:00
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Father Daughter Dance

Join us for Timeless & True, Peachtree Dance's fifth annual Father Daughter Dance in the Peachtree Church Fellowship Hall! There will be catered dinner, raffles, a photo booth, and fancy candy bar where you can fill up a bag of treats to take home. Attire is a suit or tuxedo for dad and a fancy dress for daughter. Photo booth tickets will be available for purchase at the event. Event tickets are nontransferable. Get your tickets early! This event sells out every year!

\$40 PER COUPLE

\$20 PER ADDITIONAL CHILD

FEB 1

3:00–5:00

6:00–8:00



EDUCATION

We need to exercise **BOTH** our brains and our bodies and feed ourselves properly. We feel younger whenever we learn something new because we are exercising our brain. This can be playing bridge, learning Spanish or learning choreography and beginning to eat well. If we want to feel younger, we need six days a week of physical exercise, even into our 80s. We do not need six days of hard exercise, but we do need to do something, even a walk or a yoga class. Six days a week, do something for your body and your brain!

Argentine Tango

While new sessions begin every seven weeks, one can begin at any lesson. This class focuses on the fundamentals of Argentine Tango, including posture, embrace, walking steps, and rhythmic movements. Drop-in fee for part or all of the evening. Taught by April Parker (atlantatango.com).

\$70 / 6 WEEKS

\$15 - DROP-IN

Drills/Technique/Practice

THU | 7:00–8:00

Focused Work

THU | 8:00–9:00

Guided Practica

THU | 9:00–9:40

Basic Ballroom Dance

Getting ready for an upcoming event and want to learn or refresh your dance steps? This class is a wonderful introduction to the most popular and useful dances. You will learn the basic steps for Foxtrot, Swing, Disco, and Salsa and the basic principles of partnering, so you can move with confidence on the dance floor. Another benefit, dance is clinically proven to improve memory and mood, plus tone your body to improve balance coordination, mobility and endurance. Taught by Roy Porter, a professional ballroom dance teacher. Roy has taught professionally since the 60s, and he can teach anyone to dance. You do NOT need a partner.

Winter Session

\$96 / 8 WEEKS | **BEGINS JAN 9**
THU | **7:45-8:40**

Spring Session

\$96 / 8 WEEKS | **BEGINS MAR 12**
THU | **7:45-8:40**

Carolina Shag

Come learn or refresh this six count step danced in a slot. You do not need a partner. Taught by Roy Porter, a professional ballroom dance teacher. Roy has taught professionally since the 60s and can teach anyone to dance.

Winter Session

\$96 / 8 WEEKS | **BEGINS JAN 9**
THU | **8:45-9:40**

Spring Session

\$96 / 8 WEEKS | **BEGINS MAR 12**
THU | **8:45-9:40**

T'ai Chi

Taught by Harvey Meisner, certified T'ai Chi and Qi Gong instructor. T'ai Chi and Qi Gong are ancient series' of exercises and movements that are designed to help develop balance, strength and flexibility, and improve cardiovascular health. These are gentle, easy, yet effective moves that anyone can do, and all special needs are taken into consideration. T'ai Chi and Qi Gong have helped reduce blood pressure, stress, tension, and the pain and stiffness of arthritis and other similar disorders. They also help increase general health and well-being.

Winter Session

\$162 / 12 WEEKS | **BEGINS JAN 9**
THU | **10:30**

Spring Session

\$162 / 12 WEEKS | **BEGINS APR 2**
THU | **10:30**





YOUTH SPORTS

Winter Session

\$128 | JAN 6–FEB 28 (8 WEEKS)

Spring Session

\$144 | MAR 9–MAY 15 (9 WEEKS)

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.

Rookies (Age 2)

Parent Participation Required

MON | TUE | THU | FRI | 9:30–10:00

Minors (Ages 3–4)

MON | WED | THU | 10:30–11:15 | 1:30–2:15

TUE | 10:30–11:15 | 4:00–4:45

FRI | 10:30–11:15

Majors (Ages 4–6)

TUE | WED | 3:15–4:00

Lunch Bunch (PPC Preschool Students Only)

\$280 | JAN 6–MAY 8

Minors (Ages 3–5)

MON | WED | THU | 12:00–1:15

Majors (Ages 4–6)

Must be approved by director if under age 5.

WED | FRI | 12:00–1:15

MON | WED | THU | 1:30–2:15

Majors (Ages 5–6)

Must be approved by director if under age 5.

MON | WED | 1:30–2:15

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

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.

\$210 | **MAR 9–MAY 21**

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.

\$78 / SESSION

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

Spring Basketball League (Ages 12–14)

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.

Evaluation: Thursday, March 12, 5:30 pm

\$128 | **MAR–MAY** | **7 GAMES + TOURNAMENT**

Intro to Soccer (Ages 4–5)

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

WED	3:15–4:00
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THU	4:00–4:45
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T-Ball

Intro 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.

MON	3:15–4:00
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FRI	1:30–2:15
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Spring T-Ball League (Ages 3–4)

Children will learn to play baseball through one afternoon practice a week and games on Saturdays at the Garden Hills Elementary School Field or Buckhead Baptist Church. We keep the fun in fundamentals. Emphasis on learning to hit, field, throw, and run the bases. Most of all, kids will experience the joy of playing baseball. Fee includes jersey, pants, cap and player award. No draft. Create your own team with friends and classmates or your child will be assigned to a team by neighborhood and/or school. Enrollment is limited.

Coaches: If you are interested in coaching, please indicate on the registration form.

\$155 | **BEGINS MAR 16** | **7-GAME SEASON**

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.



All ages as of 8/1/2019



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.

Gymnastics & Cheer Camps

Gymnastics & Ninja Camp (Ages 5–12)

Come experience our co-ed Gymnastics and Ninja camp where campers will learn skills on the bars, balance techniques on beam, vault table, Tumble Trak trampoline, floor exercise, and obstacle courses. Campers will learn a variety of obstacle challenges and strength training combinations. Campers will do group games and cooperative activities for team building. They will enjoy strength building, flexibility, and balance activities by jumping, running, stretching, rolling, flipping, twisting, and circling. The camp introduces and continues the skill building blocks for full body strength and gymnastics development. Ninja training including speed obstacle coordination, wall flips and balance challenges. This is a high energy, cooperative learning, exciting camp. Campers need to bring a sack lunch, snack, and athletic shoes. [Required attire for girls: leotard and hair pulled back. Fitted T-shirt and athletic shorts is acceptable too.](#) [Required attire for boys: T-shirt and comfortable athletic shorts.](#)

\$159 - 3 FULL DAY

\$129 - 3 HALF DAY

\$60 - DAILY

NOV 25–27

DEC 23, 26–27

DEC 30, JAN 2–3

Tiny Tumblers Camp (Ages 3–6)

Children will learn gymnastics, tumbling, acro elements and dance skills in a fun energetic environment. We teach strength, balance, and locomotor skills through basic gymnastics, tumbling, and innovative group games. Gymnastics includes skills on the balance beam, uneven bars, Tumble Trak trampoline, vault, and spring floor. Children need to bring a sack lunch and athletic shoes.

[Required attire for girls: leotard and hair pulled back. Fitted T-shirt and athletic shorts is acceptable too.](#)

[Required attire for boys: T-shirt and comfortable athletic shorts.](#)

\$129 - 3 HALF DAY

\$60 - DAILY

NOV 25–27

DEC 23, 26–27

DEC 30, JAN 2–3

Co-Ed Gymnastics Camp (Ages 3–12*)

Co-ed gymnastics 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.](#) *3- and 4-year-olds eligible for half day camp only.

\$275 - FULL DAY

\$225 - HALF DAY

\$60 - DAILY

JAN 20

MAR 2–6

APR 6–10

Youth Dance Camps

Nutcracker Dance Camps (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 Friday. **Required attire:** leotard, tights, ballet shoes, hair in a bun or ponytail. Please pack a snack, sack lunch, and water bottle. **Dancers must be fully potty trained and turn 3 within 30 days of the camps start date.**

\$159 - 3 HALF DAY | **\$60 - DAILY** | **DEC 23, 26-27**

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! Parent performance is 12:45 on Friday. **Required attire:** leotard, tights, ballet shoes, hair in a bun or ponytail. Please pack a snack, sack lunch, and water bottle. **Dancers must be fully potty trained and turn 3 within 30 days of the camp's start date.**

\$159 - 3 HALF DAY | **\$60 - DAILY** | **DEC 30, JAN 2-3**

Swan Lake Spring Break Camp (Ages 3–12)

Tendu and jeté like Odette and the ballerinas of Swan Lake! We will dance to the music of Swan Lake and watch the famous ballet. Dancers are invited to wear their favorite ballerina costume to the final day of camp. Dancers will perform pieces inspired by Swan Lake at Friday Parent Performance at 12:45 (Half Day) and 3:45 (Full Day). **Required attire:** leotard, tights, ballet shoes, and hair pulled back in a bun. Please pack a snack, a sack lunch, water bottle, and comfortable warm clothing to wear over dance attire during lunch and afternoon activities.

\$265 - FULL DAY | **\$215 - HALF DAY** | **\$60 - DAILY** | **MAR 2-6** | **APR 6-10**



Youth Sports Camps

5-Star Sports Camp (Ages 3–12)

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.

\$120 - 2 DAY | **DEC 26-27** | **JAN 2-3**

\$60 - DAILY | **DEC 23** | **DEC 30** | **JAN 20** | **FEB 15**

\$275 - WEEK | **\$60 - DAILY** | **MAR 2-6** | **APR 6-10**

Little Sports & Games (Ages 3–6")

Give your youngster a head start when it comes to playing team sports. This class is designed to teach young children the basic ball-handling skills they will need to tryout and compete in popular youth sports programs: soccer, basketball, football, hockey and baseball. Children learn throwing, catching, hitting, dribbling, shooting, passing and running. 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. Children need to bring a sack lunch and wear socks and athletic shoes.

***All children need to be fully potty trained.**

\$120 - 2 DAY | **DEC 26-27** | **JAN 2-3**

\$60 - DAILY | **DEC 23** | **DEC 30** | **9:00-1:00**





SUMMER 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. A \$15 administration fee will be deducted. Refunds requests less than one week prior to the start of camp will incur a \$50 administration fee.

Before & After Care

Available every week for camps that end at 4:00.

\$50 - WEEK

\$15 - DAY

7:30-9:00

4:00-6:00

Youth Sports Camps

5-Star Sports Camp (Ages 3-12)

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.

\$275 - FULL DAY

\$225 - HALF DAY

\$60 - DAILY

MAY 26-29

JUN 8-12

JUN 22-26

JUN 29-JUL 3

JUL 6-10

JUL 20-24

JUL 27-31

AUG 3-7

Fun & Sports Camp

Fun and Sports MVP 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. Little Sports MVP will also build confidence, self-esteem and hand-eye coordination.

\$225 - HALF DAY

\$60 - DAILY

JUN 15-19

JUL 13-17

9:00-1:00

Flag Football Camp (Ages 5-10)

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

\$200 - WEEK

JUN 15-19

JUL 13-17

1:30-4:30

Gymnastics & Cheer Camps

Tiny Tumblers Camp (Ages 3–5)

Children will learn gymnastics, tumbling, acro elements and dance skills in a fun energetic environment. We teach strength, balance and loco motor skills through basic gymnastics, tumbling and innovative group games. Gymnastics includes skills on the balance beam, uneven bars, Tumble Trak trampoline, vault, and spring floor. Children need to bring a sack lunch and athletic shoes. Required attire: leotard and hair pulled back.

\$225 - FULL WEEK (9–1)	\$60 - DAILY	JUN 15–19	JUN 29–JUL 3	JUL 13–17	JUL 27–31	AUG 3–7
\$180 - 4 DAYS (9–1)	\$60 - DAILY	MAY 26–29				
\$60 - DAILY	MAY 21–22					

Gymnastics & Cheer Camp (Ages 5–12')

Gymnastics and Cheer Camp is a high energy interactive camp where campers learn skills on the uneven bars, balance beam, vault table, Tumble Trak trampoline and floor exercise. Kids will experience a variety of acrobatic gymnastics skills, group stunts (designed for all ages and levels), cheers 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.

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

\$275 - FULL DAY (9–4)	\$225 - HALF DAY (9–1)	\$60 - DAILY	JUN 8–12	JUN 22–26	JUL 6–10	JUL 20–24
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Mini Gym & Cheer (Ages 3–5')

Mini Gym & Cheer Camp will encompass most of the same activities as Gymnastics & Ninja Camp, but on a less intense scale. All campers will perform on Friday! Required attire for girls: leotard and hair pulled back. Required attire for boys: T-shirt and comfortable athletic shorts. *3- and 4-year-olds eligible for half day camp only.

\$225 - HALF DAY (9–1)	\$60 - DAILY	JUN 8–12	JUN 22–26	JUL 6–10	JUL 20–24
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Boys Gymnastics & Ninja Camp (Ages 4–12')

Boys Gymnastics and Ninja camp include skills on the bars, balance techniques on beam, vault table, Tumble Trak trampoline, floor exercise and obstacle courses. Boys will learn a variety of acrobatic gymnastics, strength training, and ninja skills and combinations. They will enjoy strength building, flexibility, and balance activities by jumping, running, stretching, rolling, flipping, twisting and circling. The camp introduces and continues the skill building blocks for full body strength and gymnastics development. Boys will learn elements of “Ninja” training including speed obstacle coordination, wall flips and balance challenges. This is a high energy and exciting camp. Campers need to bring a sack lunch, snack and athletic shoes. Required attire for boys: T-shirt and comfortable athletic shorts.

\$275 - FULL DAY (9–4)	\$225 - HALF DAY (9–1)	\$60 - DAILY	JUL 13–17
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Co-Ed Gymnastics & Ninja Camp (Ages 5–12)

Come experience our new co-ed Gymnastics and Ninja camp where campers will learn skills on the bars, balance techniques on beam, vault table, Tumble Trak trampoline, floor exercise and obstacle courses. Campers will learn a variety of acrobatic stunts and strength training combinations. Campers will do group acro stunts and cooperative activities for team building. They will enjoy strength building, flexibility, and balance activities by jumping, running, stretching, rolling, flipping, twisting and circling. The camp introduces and continues the skill building blocks for full body strength and gymnastics development. “Ninja” training including speed obstacle coordination, wall flips and balance challenges. This is a high energy, cooperative learning, exciting camp. Campers need to bring a sack lunch, snack and athletic shoes. Required attire for girls: leotard and hair pulled back. Fitted T-shirt and athletic shorts is acceptable too. Required attire for boys: T-shirt and comfortable athletic shorts.

\$275 - FULL DAY (9–4)	\$225 - HALF DAY (9–1)	\$60 - DAILY	JUN 29–JUL 3	JUN 15–19	JUL 27–31
\$220 - FULL DAY (9–4)	\$180 - HALF DAY (9–1)	\$60 - DAILY	MAY 26–29		



Youth Dance Camps

Contemporary, Ballet, Modern Camp (Ages 10–18)

This camp explored the world of Contemporary, Ballet, and Modern dance, which has seen a surge in popularity due to shows like *So You Think You Can Dance*. Dancers will take Ballet and Modern classes to gain strength, flexibility and technique. Dancers will also learn Contemporary-style dances from various instructors, which they will perform at the end of the week.

Required attire: leotard, tights, ballet shoes, hair in a bun or ponytail. Please pack a snack, sack lunch, and water bottle.

\$265 - FULL WEEK | **\$60 - DAILY** | **9:00–4:00**

JUN 15–19 | **JUL 13–17**

Co-Ed Hip Hop Camp (Ages 6–12)

Come explore different styles of Hip Hop! Dancers will learn to pop, break dance, and freestyle, and gain strength, flexibility, and memory skills. In addition to learning fun combinations to popular songs, dancers will also participate in afternoon activities like pony rides, petting zoo, storytelling, clowns, and field day.

Required attire: hair pulled back and loose comfortable clothing that allows a full range of motion. Please pack a snack, sack lunch, and water bottle.

\$265 - FULL WEEK | **\$60 - DAILY** | **9:00–4:00**

JUN 22–26 | **JUL 20–24**

Dance Intensive (Ages 10–18)

Dancers study Ballet, Jazz, Modern, Hip Hop, Yoga, Pilates, repertoire, conditioning, nutrition, and injury prevention. On Friday, dancers perform several pieces from various dance styles.

Required attire: leotard, tights, appropriate dance shoes, with hair in a bun. Please pack a snack, sack lunch, and water bottle.

\$265 - FULL WEEK | **\$60 - DAILY** | **9:00–4:00**

JUN 22–26 | **JUL 20–24**

Itty Bitty Hip Hop Camp (Ages 3–6)

Explore different styles of Hip Hop! In this co-ed camp, young dancers will learn the basics of hip hop and gain strength, flexibility, and memory skills in an upbeat environment. In addition to learning fun combinations to popular songs, dancers will also play games and participate in entertainment like storytelling, petting zoo, indoor playground, and clowns. **Required attire:** hair pulled back and loose comfortable clothing that allows a full range of motion. Please pack a snack, sack lunch, and water bottle. **Dancers must be fully potty trained and turn 3 within 30 days of the camps start date.**

\$265 - FULL WEEK	\$60 - DAILY	9:00–1:00
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JUN 22–26	JUL 20–24
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Musical Theater Camp (Ages 6–12)

Learn to sing, dance, and act! Students will participate in vocal and physical warm-ups, engage in drama games, learn theatre terminology, and prepare a group performance. In addition to learning songs and dances from various Broadway plays and musicals, students will also play games and participate in afternoon activities like pony rides, petting zoo, storytelling, clowns and field day. **Required attire:** hair pulled back and loose comfortable clothing that allows a full range of motion. Please pack a snack, a sack lunch, water bottle, and sneakers for recreation activities.

\$265 - FULL WEEK	\$60 - DAILY	9:00–4:00
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JUN 15–19	JUN 29–JUL 3	JUL 13–17
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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, from *The Little Mermaid* to *Beauty and the Beast*. Dancers will learn dances inspired by their favorite fairy tales. **Required attire:** leotard, tights, ballet shoes, and hair pulled back. Please pack a snack, sack lunch, and water bottle. **Dancers must be fully potty trained and turn 3 within 30 days of the camps start date.**

\$172 - FULL WEEK	\$60 - DAILY	9:00–1:00
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MAY 26–29	JUN 8–12	JUN 15–19	JUN 29–JUL 3
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JUL 20–24	AUG 3–7	AUG 10–14
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Try-It-All Dance Camp (Ages 6–12)

Does your dancer want to try a little bit of every dance style? If so, this is your camp! Dancers will take Ballet, Jazz, Modern, and Hip Hop classes, plus learn dances to perform for their parents on Friday. Dancers also participate in afternoon activities like pony rides, storytelling, petting zoo, clowns, and field day throughout the week. **Required attire:** Ballet shoes are required. Hair in a bun, leotard, tights, and loose comfortable over-clothing that allows a full range of motion. Tap, jazz, and shoes are strongly encouraged but not required. Please pack a snack, a sack lunch, water bottle, and sneakers for recreation activities.

\$265 - FULL WEEK	\$60 - DAILY	9:00–4:00
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JUN 8–12	JUL 6–10	JUL 27–31
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3434 Roswell Rd NW | Atlanta, Georgia 30305
404.842.5852 | PeachtreeGym.com

It is necessary to register **in advance** for all classes.

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

REGISTRATION FORM

IN PERSON

Drop form at Gym Front Desk
3434 Roswell Rd NW
Atlanta, Georgia 30305

BY MAIL

Peachtree Gym
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 class carefully. Limited Enrollment, so please Register Early to assure a place in the class of your choice. You will **ONLY** be notified if a class is already FULL.

REFUND POLICY

Classes: Refunds may be given if the request is received in writing at least 1 week before the start of the class. Under certain circumstances, a pro-rated refund may be given after the class begins. A \$15 administration fee will be deducted from all refunds. Refunds/credits are not given for missed classes.

Camps: 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.

Birthday Parties and Private Lessons: Party deposits are non-refundable. Payment for private lessons are due at booking. Private lessons are subject to a 50% refund only.

Class or activity (one per form)	Day	Time	Fee
Participant's Name	Gender	DOB (if child)	Age
Address	City/State/Zip		
Home Phone	Cell/Work Phone (for emergency)		
Parent's Name (if for child)	Email		
VISA or MasterCard # (if using credit card)	Expiration Date		

Please register my child for
Youth Basketball League as
indicated below (as of 9/1/2019):

Gender

☐ Male ☐ Female

Age

☐ 4 ☐ 5-6
☐ 7-8 ☐ 9-10
☐ 11-12 ☐ 13-14

I, the undersigned parent or legal guardian, do hereby grant permission for myself/my child/my ward to participate with Peachtree Gym. I further acknowledge and understand and agree that by participating with Peachtree Gym, there is the possibility of physical illness or injury (minimal, serious, and catastrophic-including death) and that myself/my child/my ward is assuming the risk of such injury by participating. I authorize any representative of Peachtree Gym or the event party to consent and authorize any medical attention, treatment, surgery or administration of drugs by qualified and licensed medical personnel for myself/my child/my ward which may become necessary. I understand I will be notified as soon as possible in the event of an emergency. All expenses of such treatment will be assumed by me or my insurance company. I agree to protect, defend, indemnify and hold harmless Peachtree Gym, including its owners, directors, officers, employees and sponsors from and against any and all claims, demands, losses, suits, liabilities, costs, or other damages including court costs and attorneys fees, arising from any injury to, or death of myself/my child/ my ward, the undersigned, or any other persons or damage to or destruction of property arising out of or in connection with any damage to third parties occasioned by, incident to, arising out of, or connection with myself/my child/my ward's participation. In addition, I understand that Peachtree Gym produces promotional material about their program. I understand that myself/my child/my ward may be included in video tape or photography taken during the event. I hereby grant Peachtree Gym to use myself/ my child/my ward's photos and/or video in promotional materials regarding Peachtree Gym. I understand that Peachtree Gym is under no obligation to exercise any of its rights, licenses and privileges herein granted.

☐ Check here if interested
in coaching any sport.

Cell Phone

Email

Signature of Parent/ Guardian