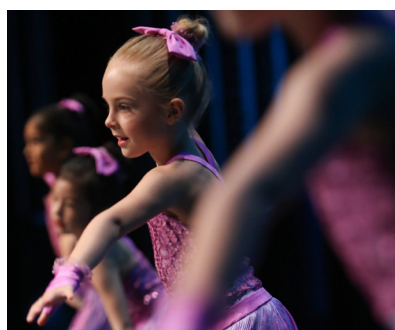




WINTER/SPRING  
2023



[PeachtreeGym.com](http://PeachtreeGym.com)







# CANCER AND EXERCISE

BY DEBORAH O. NORRIS



Does exercise play a role in recovery and coping during treatment for cancer? Medical science has long known that people who exercise are less likely to develop cancer, and the data for specific cancers such as colon cancer and breast cancer has been most encouraging. Recent years have also shed light on the role of exercise prescription in treating people with cancer once cancer has already been diagnosed.

According to the American Cancer Society, “Newer research has shown that exercise is not only safe and possible during cancer treatment, but it can improve physical functioning and quality of life” The American College of Sports Medicine’s new guidelines are urging cancer patients to exercise more, even hard as it may sound those who are undergoing treatment. Medical research is showing that physical activity improves quality of life and eases some cancer-related fatigue. Moreover, exercise can help fend off a serious decline in physical function that can last long after therapy is finished.

Recent research has shown a more powerful role of exercise in actually reversing the progression of cancer, specifically, tumorigenesis, angiogenesis and metastasis, as well reducing risk factors for cancer. For example, physical activity is inversely related to estrogen levels, a known risk factor for breast cancer. Obesity is also a known risk factor for cancer reduced by exercise. Perhaps the most intriguing risk factor for cancer, which is clearly impacted by exercise, is stress. Not only does stress impair the much-needed function of the immune system, but the stress of a cancer diagnosis itself has been shown to dramatically impair immune function just when it is needed the most. Individuals who exercise are much less impacted by the stress of a cancer diagnosis, and even those who begin an exercise regimen during their other medical treatment are showing significant benefits in recovery outcome and quality of life over those who do not exercise.

Research has shown beneficial effects for many different forms of exercise, including yoga, aerobics and other forms of dance, and strength training. Fitness level is also a factor in determining the appropriate exercise prescription. University of

Miami researcher, Jamie Stagle, has recently demonstrated the positive effects of following the ACSM exercise guidelines for individuals affected by cancer.

## PEACHTREE GYM IS HERE TO HELP YOU EXERCISE MORE AND MANAGE YOUR HEALTH.

Peachtree Gym offers aerobic and strength training options for all levels of fitness-for beginners to elite athletes. Come walk or run on our 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 and we offer Yoga and Pilates. Look at [PeachtreeGym.com](https://PeachtreeGym.com) to see our group fitness class schedule and the class descriptions.

We welcome you to come visit Peachtree Gym and see the Gym where we think you’ll fit in. Contact [Jan Smith](mailto:JSmith@PeachtreeChurch.com) at [JSmith@PeachtreeChurch.com](mailto:JSmith@PeachtreeChurch.com) or [404.842.2189](tel:404.842.2189) to discuss your fitness goals and membership options. Schedule an appointment to see the Gym. Mention this article to receive a **FREE One Week guest pass.**





# FITNESS

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



## Memberships

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

## Hours

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

## Group Exercise Classes

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

## Basketball Courts

We have two full-sized basketball courts when available.

## Cardio Weight Training Room

Cardio machines burn calories and help maintain weight loss:

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

## Strength Equipment

Workouts build lean muscle mass and strengthen bones:

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

## Track

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



## Cardio Exercise

### Barre, Strength, Yoga

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

### Cardio Plus

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

### Cardio Core Strength

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

### Zumba

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

### TBC: Total Body Conditioning

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

### Cycle 45

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

### 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

**Taisto Pitkonen** | 561.309.3847

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

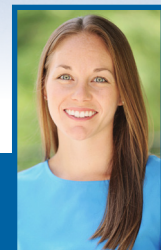






# GYMNASTICS & CHEER

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



## Winter/Spring 2023 Session

January 9–May 20 | No class Monday, January 16 (Martin Luther King, Jr. Holiday) | No classes March 6–11 (Private School Break)  
No classes April 3–8 (Public School Break)

## Gymnastics Fun Week

May 15–20

## Prorated Rolling Admissions

Only available for open classes and Prorated rolling admissions starts January 30. Unlimited make-up classes are available January 30–May 20.

## Location

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

## Parent Performance Week

We look forward to families joining us for parent observations and medal ceremonies April 24–29.

## 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. No refunds provided after April 30.

Call **404.842.3165** or **Email** to schedule make-up classes.

## 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)

\* 9 meetings

\*\* Check online for daily availability

**\$ 270–WINTER/SPRING 2023 SESSION** | **\$30–DAILY DROP-IN\*\*** | **SELECT TUESDAYS\*** | 9:00-12:00  
 JAN 10 | JAN 24 | FEB 7 | FEB 28 | MAR 14 | MAR 28 | APR 11 | APR 25 | MAY 9

## PPC Preschool

January 9–May 20

**No classes when students are out of school.**

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

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

\* Leotard for girls only

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

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

\* Leotard for girls only

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

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

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

**\$408–17 WEEKS** | **WED** | 1:25-2:30





## Girls Recreational Gymnastics

This progressive recreational gymnastics program introduces and continues the skill-building blocks for gymnastics development.

**Peachtree Gym:** Gymnastics and Cheer follows USA Gymnastics skill progressions. All Girls Recreational Gymnastics registrants will receive a Peachtree Gym leotard.

### Level 1 (Ages 5–14)

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

#### \$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** | **AUG 22-MAY 23**

### USAG Competitive Team

**\$175 MONTHLY** | **JUN 22-MAY 23**

**\$625 UNIFORM FEE**

**\$625 COMPETITION FEE**

### Power Puffs

**\$125 MONTHLY** | **JUN 22-MAY 23**



## 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**





# YOUTH DANCE

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



## Preschool Extended Day Ballet

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.

### 5-6 Years

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

### 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.

WED | 3:30-4:00 | 4:00-4:30

## Pre-Ballet

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

### 3-4 Years

MON | 4:00-4:45 | 4:15-5:00

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

### 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 | 4:45-5:45

## 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

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.

### 7-9 Years

MON

4:00-5:00

### 10-12 Years

MON

6:00-7:00

### 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.





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

## Little Sports MVP (Ages 3–6)

No classes February 20–24 | March 6–10 | April 3–7

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.

JAN 9–MAY 15

## Rookies (Age 2)

\*Parent Participation

\$272–16 WEEKS

MON THU FRI 9:30–10:00

## Minors (Ages 3–4)

\$288–16 WEEKS

MON 10:30–11:15 1:45–2:30

WED 1:45–2:30

THU 10:30–11:15 1:45–2:30

FRI 10:30–11:15

## Majors (Ages 5–6)

\$288–16 WEEKS

MON TUE WED THU 3:15–4:00

TUE WED 4:00–4:45

## Lunch Bunch (Ages 3–6)

No classes on school holidays.

\$374 JAN 9–MAY 20

## Minors (Ages 3–5)

MON TUE WED THU FRI 12:00–1:25

## Majors (Ages 5–6)

Must be approved by director if under age 5.

THU FRI 12:00–1:25

## Fun & Sports Lunch Bunch (Ages 3–6)

Fun and Sports will introduce your child to the most popular youth sports programs: basketball, baseball, football, and soccer. The class will concentrate on developing the basic coordination skills required to give your child a head start when it comes to playing team sports. We will also play games that help create imagination and development skills, with games we have created here like Noodle Tag, Hula Hoop Races, Red Light Green Light etc. Class is taught by our staff of engaging and responsible instructors.

MON TUE WED THU FRI 12:00–1:25



## Flag Football League (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.

\$265

MAR–MAY

## Intro to Soccer (Ages 3–5)

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

\$160–8 WEEKS

MAR 13–MAY 8

(No class April 3)

MON

4:00–4:45

FRI

1:45–2:30

## T-Ball

### Intro T-Ball (Ages 3–5)

No class February 20.

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.

\$160–8 WEEKS

JAN 9–MAR 6

MON

4:00–4:45

FRI

1:45–2:30

### Spring T-Ball League (Ages 3–4)

Children will learn to play baseball through practice and games on Saturdays at the Garden Hills Elementary School or Buckhead Baptist Church Field. 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.

\$180

MAR 18–MAY 20

6-GAME SEASON

## 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 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. Groups will be divided by age.

\$80 / SESSION

AGES 5–13

MAR 4

9:00–12:00

## Basketball

### Spring Basketball League (Ages 9–11 and Ages 12–14)

No games or practices April 3 and 8.

Keep your skills sharp with our spring league. Players will meet twice a week, having one practice and one game a week. Practice on Thursdays will focus on drills and skills with the group as we hone your child's skills and help them develop traits to focus on for Games on Saturdays when we will divide the group onto two teams and do a live scrimmage.

\$200

MAR 16–MAY 6

7 PRACTICES / 7 GAMES

(Ages 9–11)

THU

5:00–5:55

SAT

9:00

(Ages 12–14)

THU

6:00–6:55

SAT

10:00

## Birthday Parties

Have your next Sports/Fun & Games/Fun & Sports Combo Party with us at Peachtree Gym. Contact **Jeff Hardwick** at [JHardwick@PeachtreeChurch.com](mailto: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](mailto:JHardwick@PeachtreeChurch.com) or call **404.842.2576**, and we can see about creating a custom class just for you.



## Gymnastics & Tumbling Camp

(Co-Ed Ages 3-12)

March 6-10 (Private School Break)

April 3-7 (Public School Break)

Gymnastics & Tumbling 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 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.

\$250-FULL WEEK	\$60-DAILY	MAR 6-10	9:00-1:00
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### Angelina Ballerina Camp (Ages 3-6)

Leap and twirl like Angelina and her friends! Dancers will dance to the music of famous ballets like Sleeping Beauty, Coppelia, and Giselle, and watch Angelina's fun filled time taking ballet class and performing on stage. Dancers are invited to wear their favorite ballerina costume or princess outfit on the final day of camp. Dancers will learn a dance inspired by a famous ballet which will be recorded on the final day of camp. The recorded dance will be emailed to parents the following week.

\$250-FULL WEEK	\$60-DAILY	APR 3-7	9:00-1:00
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## Spring Break Camp

### 5 Star Camp (Ages 5-12)

\$300-FULL DAY				
FEB 20-24	MAR 6-10	APR 3-7	9:00-1:00	9:00-4:00

### Fun and Sports Camp (Ages 3-6)

\$250-HALF DAY	FEB 20-24	9:00-1:00
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## 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.





# BIRTHDAY PARTIES



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



## SPORTS OR FUN & GAMES PARTIES

**Director of Sports**  
**Jeff Hardwick**

JHardwick@PeachtreeChurch.com  
404.842.2576

## GYMNASTICS OR CHEER PARTIES



**Director of Gymnastics & Cheer**  
**Miranda Reynolds**

MReynolds@PeachtreeChurch.com  
404.842.5803

## DANCE PARTIES



**Director of Dance**  
**Esther Darden**

EDarden@PeachtreeChurch.com  
404.842.3156



# PEACHTREE



# GYM

MAY 22-26	MAY 30-JUNE 2	JUNE 5-9	JUNE 12-16	JUNE 19-23	JUNE 26-JUNE 30
		<b>VACATION BIBLE SCHOOL</b> 9 AM-12 PM	<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM
<b>YOUTH SPORTS CAMPS</b>	<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM		<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM <b>FLAG FOOTBALL TRAINING CAMP (AGES 7-12)</b> 1 PM-4 PM <b>FUN &amp; SPORTS (AGES 3-6)</b> 9 AM-1 PM	<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM
<b>FUN &amp; SPORTS (AGES 3-6)</b> MAY 25 & 26 9 AM-1 PM	<b>FUN &amp; SPORTS (AGES 3-6)</b> 9 AM-1 PM				
<b>GYMNASTICS &amp; CHEER CAMPS</b>	<b>TINY TUMBLERS (AGES 3-5)</b> 9 AM-1 PM		<b>MINI GYM &amp; CHEER (AGES 3-5)</b> 9 AM-1 PM	<b>MINI GYM &amp; CHEER (AGES 3-5)</b> 9 AM-1 PM	<b>BOYS GYMNASTICS &amp; NINJA (AGES 3-12)</b> 9 AM-4 PM 9 AM-1 PM
<b>TINY TUMBLERS (AGES 3-5)</b> 9 AM-1 PM	<b>GYMNASTICS &amp; TUMBLING (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM		<b>GYMNASTICS &amp; CHEER (AGES 5-12)</b> 9 AM-4 PM 9 AM-1 PM	<b>GYMNASTICS &amp; CHEER (AGES 5-12)</b> 9 AM-4 PM 9 AM-1 PM	
<b>YOUTH DANCE CAMPS</b>	<b>PRINCESS BALLERINA (AGES 3-6)</b> 9 AM-1 PM		<b>ITTY BITTY HIP HOP (AGES 3-6)</b> 9 AM-1 PM	<b>ITTY BITTY BALLET TINY TAPPERS (AGES 3-6)</b> 9 AM-1 PM	<b>PRINCESS BALLERINA (AGES 3-6)</b> 9 AM-1 PM
<b>PRINCESS BALLERINA (AGES 3-6)</b> 9 AM-1 PM			<b>TRY-IT-ALL DANCE (AGES 6-12)</b> 9 AM-4 PM	<b>CO-ED HIP HOP (AGES 5-12)</b> 9 AM-4 PM <b>DANCE INTENSIVE (INTERM / ADV) (AGES 10-17)</b> 9 AM-4 PM	<b>MUSICAL THEATER (AGES 5-12)</b> 9 AM-4 PM

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

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



# 2023 SUMMER CAMP SCHEDULE

JULY 3, 5-7	JULY 10-14	JULY 17-21	JULY 24-28	JULY 31-AUGUST 4	AUGUST 7-11
<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE (AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	
<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM  <b>BASKETBALL TRAINING CAMP (AGES 7-12)</b> 1 PM-4 PM  <b>FUN &amp; SPORTS (AGES 3-6)</b> 9 AM-1 PM	<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>5 STAR SPORTS (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM  <b>FLAG FOOTBALL TRAINING CAMP (AGES 7-12)</b> 1 PM-4 PM  <b>FUN &amp; SPORTS (AGES 3-6)</b> 9 AM-1 PM	
<b>TINY TUMBLERS (AGES 3-5)</b> 9 AM-1 PM	<b>MINI GYM &amp; CHEER (AGES 3-5)</b> 9 AM-1 PM	<b>MINI GYM &amp; CHEER (AGES 3-5)</b> 9 AM-1 PM	<b>MINI GYM &amp; CHEER (AGES 3-5)</b> 9 AM-1 PM	<b>TINY TUMBLERS (AGES 3-5)</b> 9 AM-1 PM	<b>TINY TUMBLERS (AGES 3-5)</b> 9 AM-1 PM
<b>GYMNASTICS &amp; TUMBLING (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>GYMNASTICS &amp; CHEER (AGES 5-12)</b> 9 AM-4 PM 9 AM-1 PM	<b>GYMNASTICS &amp; CHEER (AGES 5-12)</b> 9 AM-4 PM 9 AM-1 PM	<b>GYMNASTICS &amp; CHEER (AGES 5-12)</b> 9 AM-4 PM 9 AM-1 PM	<b>GYMNASTICS &amp; TUMBLING (AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	
<b>ITTY BITTY BALLET TINY TAPPERS (AGES 3-6)</b> 9 AM-1 PM	<b>ITTY BITTY HIP HOP (AGES 3-6)</b> 9 AM-1 PM	<b>PRINCESS BALLERINA (AGES 3-6)</b> 9 AM-1 PM	<b>ITTY BITTY HIP HOP (AGES 3-6)</b> 9 AM-1 PM	<b>PRINCESS BALLERINA (AGES 3-6)</b> 9 AM-1 PM	<b>PRINCESS BALLERINA (AGES 3-6)</b> 9 AM-1 PM
<b>TRY-IT-ALL DANCE (AGES 6-12)</b> 9 AM-4 PM	<b>MUSICAL THEATER (AGES 5-12)</b> 9 AM-4 PM	<b>CO-ED HIP HOP (AGES 5-12)</b> 9 AM-4 PM  <b>DANCE INTENSIVE (INTERM / ADV) (AGES 10-17)</b> 9 AM-4 PM	<b>TRY-IT-ALL DANCE (AGES 6-12)</b> 9 AM-4 PM		

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



3434 Roswell Rd NW | Atlanta, Georgia 30305  
404.842.5852 | [PeachtreeGym.com](http://PeachtreeGym.com)

## REGISTER ONLINE OR IN PERSON

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

**ONLINE**  
[PeachtreeGym.com](http://PeachtreeGym.com)

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

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

## SPRING BREAK CAMPS MARCH 6-10 AND APRIL 3-7

## 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.