



FALL 2017

# THE GYM

AT PEACHTREE PRESBYTERIAN

CELEBRATING MORE THAN A DECADE OF EXCELLENCE





# WIN WITH GOALS!

The importance of goals can't be understated. The Editorial Staff of *To Your Health* suggests that goals are absolutely crucial to getting or staying fit or achieving weight loss. You can't achieve a goal if you don't set one. What's more, without goals, it's too easy to get sidetracked by a "bad week" or a less-than-desirable weigh-in, and give up. We all have days that things come up & we can't workout or we over eat, but you don't want these days to become the 'new normal!'

Many of us have made goals and have started with a lot of enthusiasm and built up some great momentum. Maybe you were able to work out three times a week for an entire month. It feels great, and every day you stick with it you're resolved to continue tomorrow. Then something happens, you go away to a wedding, you go on vacation, someone in your family gets sick and you are forced to drop everything until they are well. Your momentum is broken, and when things settle down, you find yourself ordering takeout and skipping your workouts to watch the latest episode of your favorite shows. You might have fallen into 'lazy couch momentum'. Momentum can be both a blessing and a curse. When it's on your side, you feel amazing and it becomes a catalyst for even more positive behaviors. When it's against you, it somehow saps the motivation out of most anything you do.

The key is to not give up & let "lazy couch momentum" build. You need to muster up some willpower, to put on your sneakers & walk out the door. When you don't feel like working out at full intensity; you can go to the gym to walk on the track. You can take 20 minutes to stretch. Just do something physical. You won't regret it!

It's about momentum. For that reason it doesn't matter what activity you do. *How to Stop Skipping Workouts*, *By MY Fitness Pal* suggests that to not lose your momentum, you should follow the "not skip two in a row" rule. Your goal would be to avoid skipping 2 workouts in a row to keep your good habit of working out intact.

The Editorial Staff of *To Your Health* reminds us that Nike may have trademarked the phrase, *Just Do It*, but it's universally applicable to many aspects of life, not the least of which is maintaining fitness through consistent workouts. Getting fit, maintaining fitness and your ideal weight is a lifetime effort, which means every day, every week, every month and every year. Unfortunately life does rear its ugly head and try to sidetrack you. The people who meet their fitness and weight-loss goals; the people who make it to the gym in the pouring rain; the people who make smart food preparation decisions — they have the same frustrations, time constraints, stresses and hectic lives you do. The difference: they "just do it." They set their goals, they make time to exercise, they focus on eating right and they trust that their hard work will pay off. Do the same and you'll reach your fitness and weight-loss goals before you know it — and find yourself eager to set and achieve new goals in life you never dreamed possible.

Get the Gym at Peachtree's **Group Exercise Schedule** at [www.thegymatpeachtree.org](http://www.thegymatpeachtree.org) and put it where you can see it daily. Mark the workouts you intend to do each week on the schedule or add to a wall calendar and/or your smartphone, so motivation is at your fingertips. **Set tangible, meaningful goals you can achieve each week**, month, etc., in terms of the times you are committed to work out each week, the classes you will take as well as the amount of weight you want to lose — and exactly how you'll do it.

**The staff at the Gym at Peachtree is committed to helping you succeed in reaching your fitness goals.** New members receive a **complimentary orientation to our weight room** with one of our personal trainers. Call a trainer for an appointment to be introduced to the cardio/weight area and receive instruction to make your workouts successful.

For more information about **The Gym**, classes and membership and to receive a **Free One Week Pass**, call Jan Smith at 404-842-2189 or email [jsmith@peachtreepres.org](mailto:jsmith@peachtreepres.org).

Members, ask about our **REFER A FRIEND PROGRAM! Get a MONTH or MORE FREE!**

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## MEMBERSHIPS

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Public is Welcome! | Competitive Rates | **REFER A FRIEND PROGRAM**  
Monthly & Annual Memberships | Childcare Available | Men's & Women's  
Locker Room Facilities | Satisfaction Guaranteed | Corporate Rates are available  
**Contact Jan at (404) 842-2189 or [jsmith@peachtreepres.org](mailto:jsmith@peachtreepres.org)**

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## GYM HOURS

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**Mon – Fri:** 6:00 am – 9:00 pm | **Sat:** 8:00 am – 6:00 pm | **Sun:** 12:30 – 6:00 pm

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## GROUP EXERCISE CLASSES

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Over **60 classes a week** are included in your membership. We offer a unique diversity of challenging classes as well as gentle classes.

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## CARDIO EXERCISE

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**Cardio Sculpt:** Unique to The Gym: Basic movement on step or on the floor combined with light or heavy weights. This is an incredible 1-hour complete workout. WOW!

**Cardio Plus I & II:** 30 minute Low Impact aerobics PLUS 30 minute muscle conditioning (CP I is slower & gentler than CP II).

**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 or for beginners.

**Ultimate:** High Intensity Cardio, Strength, Core, and Flexibility.

**Cardio/Core Challenge:** A challenging workout including moves to strengthen your abs, back, glutes, and more as we focus on the core muscles.

**TBC:** Total Body Conditioning: Cardio using steps or floor, strength and core conditioning, balance & flexibility training.

**NEW!! Wheel Power:** Bursts of steady-state cardio using the Stationary Bike mixed with Strength & Core intervals using both bodyweight & free weights. **NEW Schwinn Performance Plus Bikes!**

**NEW!! HIIT Burst:** A class intended to rev up your metabolism and increase your strength through intervals of high intensity separated by complete rest or low intensity exercises. Progression & modification options are given for all fitness levels!

**Cardio Interval:** Cardio & strength intervals interspersed with **plyometrics** and **Tabata** moves

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## STRENGTH & FLEXIBILITY TRAINING

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**Body Sculpting:** Strengthen your major muscles using free weights or bands.

**BODYPUMP:** 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.

**Interval:** Interval classes have free weights added during class.

**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.

**Movement Improvement:** Based on T'ai Chi movements to improve balance and mobility.

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

**Yoga:** Basic Hatha yoga for the average person in varied formats.

**Astanga Yoga:** Commonly known as power yoga.

**NEW!! Power Flow Yoga:** An energetic 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.

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Directed by: Jan Smith (404) 842-2189 | [jsmith@peachtreepres.org](mailto:jsmith@peachtreepres.org)



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## CARDIO WEIGHT ROOM

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Included in your membership!

**Cardio Machines** burn calories and help maintain weight loss:

- AMTs
- Lateral X
- Arc Trainers
- Star Trac Treadmills
- Seated Octane Elliptical
- Precor Recumbent Bikes
- Concept II Rower
- Octane Ellipticals
- StepMill
- Precor Ellipticals
- Upright Bikes

**Strength Equipment** workouts build lean muscle mass and strengthen bones:

- Nautilus/Life Fitness/Hammer Strength Weight Equipment
- Free Weights
- Plate Loaded Equipment

**Track:** Indoor, extra wide, cushioned track suspended above our basketball courts.

**Basketball Courts:** when available.

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## PERSONAL TRAINERS

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Michael Beck	(678) 907-3539
Dickie Bilbro	(404) 518-0909
Nick Fiorello	(404) 291-1758
Pam Leinmiller	(888) 868-0879

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

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

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# GYMNASTICS, TUMBLING & CHEERLEADING



**Miranda Reynolds**  
Director of Gymnastics  
& Cheerleading  
[mreynolds@peachtreepres.org](mailto:mreynolds@peachtreepres.org)  
(404) 842-5803

## Fall 2017 Session

August 14–December 16

No class Monday, September 4 (Labor Day)

No classes during Thanksgiving break:

(November 20–25)

\$297 for 45 minute to one-hour class.

\$350 for Tumbling and Cheer classes.

\$425 for two-hour classes or two one-hour gymnastics classes.

\$650 for two-hour classes twice a week.

Prorated Rolling Admissions

ONLY in Open Classes

Starting September 11, 2017

**Parent Observation Week: December 11–15**

**Lunch Bunch Parent Observation Week:  
December 4–8**

**CHECK OUT OUR  
5,000 SQUARE FOOT  
GYMNASTICS AND  
CHEERLEADING CENTER!**

All classes will be held in the  
GYMNASTICS and CHEERLEADING  
CENTER on the North End of the Church!  
Entrance is in the rear of the building  
shared with the nursery.



## REQUIRED ATTIRE

**Girls Gymnastics:** Leotard, Bare Feet, Hair Up (Micro Mini Bikers Accepted).

**Boys:** T-Shirt & Cotton Shorts (No Buckles or Zippers Please).

**Preferred Student/Teacher ratio 7:1**

**Cheerleading:** Fitted Shirt, Sports Bra, Shorts, Cheer Shoes, Hair Up.

**Preferred Student/Teacher ratio 10:1**

## 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. 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**

**\$297 | 9:30–10:15 am and 10:30–11:15 am**

**Check online for space and availability**

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

### **Tumble Cubs | Co-ed Ages 3–4**

**\$297 | 10:30–11:15 am**

**Check online for space and availability**

Tumble Cubs teaches strength, flexibility, balance, and following directions by jumping, running, rolling, skipping, stretching, and turning on the balance beam, uneven bars, trampoline, and floor exercise using incline mats, tunnels and various games. Preschool gymnastics is open to boys and girls ages 3 through 4 years and it serves as a physically appropriate introduction to skill progressive gymnastics and is designed to enhance body awareness, balance, coordination, core strength and self-confidence. Classes are divided into groups.

### **Bouncing Bears | Co-ed Ages 3–5**

**\$297 | 2:00–2:45 pm | 4:00–4:45 pm | 5:00–5:45 pm**

**Check online for space and availability**

Bouncing Bears teaches strength, flexibility, balance, and following directions by jumping, running, skipping, stretching, turning, rolling, cartwheels, backbends, handstands, casts, and tap swings on the uneven bars, balance beam, trampoline, and floor exercise using incline mats, octagons, tunnels and various games. Preschool gymnastics is open to boys and girls ages 3 through 5 years. It serves as a physically appropriate introduction to skill progressive gymnastics and is designed to enhance body awareness, balance, coordination, core strength and self-confidence. Classes are divided into groups.



### **Flipping Friends | Co-Ed Ages 4–6**

**\$297 | 3:00–3:45 pm | 5:00–5:45 pm**

***Check online for space and availability***

Flipping Friends teaches strength, flexibility and balance by jumping, running, skipping, stretching, turning, rolling, cartwheels, backbends, handstands, casts, back hip circles, and tap swings on the uneven bars, balance beam, trampoline, and floor exercise using incline mats, octagons, and various games. Flipping Friends gymnastics is open to boys and girls ages 4.5 through 6 years and it serves as a physically appropriate introduction to skill progressive gymnastics and is designed to enhance body awareness, balance, coordination, core strength and self-confidence. Classes are divided into groups.

### **PPC Pre-School Lunch Bunch**

**(Open to PPC Preschool Co-ed Ages 3–5)**

**\$297 | 11:45 am–1:15 pm**

***Check online for space and availability***

We will pick up your child, ages 3 to 5 years old, at Peachtree Presbyterian Preschool at 11:45 am on Mondays, Wednesdays, Thursdays, or Fridays. We will eat lunch with them and change them into their leotards for class. Parents are welcome to watch; children are picked-up from the gymnastics center at 1:15 pm. Gymnastics Lunch Bunch teaches skill progressive gymnastics and is designed to enhance body awareness, balance, coordination, core strength, self-confidence, and social interaction with others.

### **Commuter Pre-School Lunch Bunch**

**(Open to all local preschools including:**

**Cathedral, Trinity, NUMC, St. Philips & Second**

**Ponce | Co-ed Ages 3–5)**

**\$297 | Tuesday | 12:00–1:30 pm**

Carpool parents can drop the children off at Peachtree Presbyterian Church Room 1133 at 12:00 pm on Tuesdays. The coaches will eat lunch with the children and change them into their leotards for class. Parents are welcome to watch; children are picked-up from the gymnastics center at 1:30 pm. Lunch Bunch teaches skill progressive gymnastics and is designed to enhance body awareness, balance, coordination, core strength, self-confidence, and social interaction with others.

### **MOPS Gymnastics & Fun Day Camp**

**Co-Ed Ages 3–6**

**\$175 | 9:00 am–12:00 pm**

**September–December MOPS, 2nd & 4th Tuesdays**

**\$30 | 9:00 am–12:00 pm**

**One Day Drop-In MOPS Tuesdays**

***Check online for daily availability***

Children will learn gymnastics, and dance choreography taught by professional gymnastics and tumbling teachers! We teach strength, balance and locomotor skills through gymnastics, tumbling and innovative games. 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.**

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

### **Toddler Time | Ages 12 mos.– 5 years**

**\$5 per child | Weekdays | 11:15 am – 12:30 pm**

**Twice per month on Saturdays | 8:30–9:55 am**

**MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES**

**\$100 per child | UNLIMITED visits for Fall 2017 session**

**(August 14–December 16)**

Toddlers **MUST** be accompanied by an adult at all times.

Toddlers are welcome to play in the gymnastics center and toddler studios on an obstacle course, trampolines, bars, beams, parachutes and more!

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## **RECREATIONAL GYMNASTICS**

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This progressive recreational gymnastics program introduces and continues the skill-building blocks for gymnastics development. The Gym at Peachtree: Gymnastics and Cheer follows USA Gymnastics skill progressions.

### **Girls Level 1 | Ages 5–14**

**\$297 | 3:30–4:25 pm | Ages 5–8**

**\$297 | 4:30–5:25 pm | Ages 6–12**

**\$297 | 5:30–6:25 pm | Ages 10+**

***Check online for space and availability***

### **Girls Level 2 | Ages 6–14**

**\$297 | 4:00–4:55 pm | Ages 5–8**

**\$297 | 5:00–5:55 pm | Ages 6–14**

***Check online for space and availability***

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

# GYMNASTICS, TUMBLING & CHEERLEADING

## Girls Level 3 | Ages 6–14

EVALUATION REQUIRED FOR REGISTRATION

\$425 One Day | \$650 Two Day

4:00–6:00 pm, 5:00–7:00 pm, or 6:00–8:00 pm

*Check online for space and availability*

Requirements: Pullover and Back Hip Circle on bars, Backbend Kickerover and Round-off on floor, and Tip-up on beam.

## Level 4/5 Rec | Ages 7–14

EVALUATION REQUIRED FOR REGISTRATION

\$425 One Day | \$650 Two Day | 6:00–8:00 pm

*Check online for space and availability*

Requirements: Shoot Through and Mill Circle on bars, Spotted Back Handspring and Front Handspring on floor and Spotted Cartwheel and Side Handstand Dismount on beam.

## Boys Recreational Gymnastics & Ninja Ages 6–12

\$297 | 4:00–4:55 pm | Beginner Ages 5–8

\$297 | 5:00–5:55 pm | Intermediate/Advanced Ages 9–14

*Check online for space and availability*

Our Boys Gymnastics Program is a progressive recreational gymnastics program, for boys ages 6 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 hip hop. This is a high energy and exciting class.

**Note:** Classes stretch out altogether then are divided into boys and girls classes.

## Boys Strength & Tumbling | Ages 7–12

\$297 | 4:00–4:55 pm

*Check online for space and availability*

Our Boys Strength and Tumbling Program is a progressive recreational tumbling class for boys ages 7 years and up. The class introduces and continues the skill building blocks for strength and beginner and intermediate tumbling development. Boys will learn elements tumbling focusing on basic skills such as Handstand, Cartwheels, Round-offs, Bridge Kick-overs, in addition to a variety of Rolls and preparing for intermediate tumbling skills such as back handspring and back tuck. Half the class will focus on muscle flexibility and strength training (push-ups, pull-ups, block jumps, speed and agility training).

**Note:** Classes stretch out altogether then are divided into boys and girls classes.

## TUMBLING & CHEER

### Beginner Tumbling | Ages 5+

\$350 | 3:00–3:55 pm | Ages 4–6

\$350 | 4:00–4:55 pm | Ages 6–11

\$350 | 6:00–6:55 pm | Ages 10+

*Check online for space and availability*

Beginner Tumbling focuses on basic tumbling skills such as Handstand, Cartwheels, Round-offs, Bridge Kick-overs, a variety of Rolls and preparing for intermediate tumbling skills.

### Intermediate Tumbling | Ages 7+

\$350 | 5:00–5:55 pm

*Check online for space and availability*

Requirements: Back Walkover, Cartwheels, Handstands.

### Advanced Tumbling | Ages 11–18

\$350 | 7:00 pm–7:55 pm

*Check online for space and availability*

Requirements: Back Handspring (solo), Round-off Back Handspring with a spot.

### Youth Cheer | Ages 4–8

\$350 | 3:00–3:55 pm

*Check online for space and availability*

Youth Cheer consist of cheering at five games on either Saturday or Sunday in the PPC Gym or at Garden Hills Elementary School. The class teaches basic cheerleading jumps, motions, and cheers. *All students receive cheer uniform with class registration.*

### Middle School Cheerleading Prep | Ages 8–12

\$350 | 5:00–5:55 pm

Middle School Tumbling and Cheerleading preparation teaches advanced skills necessary for high school cheerleading and gymnastics including strength, flexibility and balance through tumbling and jump skills. *All students receive cheer uniform with class registration.*

### High School Cheerleading Prep | Ages 12–18

\$350 | 6:00–6:55 pm

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. *All students receive cheer uniform with class registration.*



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## COMPETITIVE PROGRAMS

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### **Mighty Mites Gymnastics | Ages 3–5**

**INVITATION ONLY**

**\$330 | One Practice Weekly | 3:00–4:00 pm**

**Two semester designed curriculum**

**Students receive specialty leotard**

### **Hotshots Gymnastics | Ages 5–8**

**INVITATION ONLY**

**\$450 | One Practice Weekly | 3:00–4:30 pm**

**Two semester designed curriculum**

**Students receive specialty leotard**

Our Mighty Mites and HotShots program teaches gymnasts strength, flexibility, and balance using the USA Gymnastics (USAG) certified compulsory skills and conditioning. This progressive class prepares gymnast for the competitive environment by maintaining a focused, skill specific and competitive structured class. Attendance to practices is required and highly recommended.

Contact Miranda Reynolds at 404-842-5803.

### **Competitive Team Prep | Ages 6–12**

**INVITATION ONLY**

**\$650 | Two Practices Weekly | 5:00–7:00 pm**

**Two semester designed curriculum**

**Students receive specialty leotard**

Our Competitive Team Prep program teaches gymnasts strength, flexibility and balance using the USA Gymnastics (USAG) certified compulsory skills and competitive routines for level 3. This progressive class prepares gymnast for the competitive environment by maintaining a focused, skill specific and competitive structured class. Attendance to practices is required and strictly enforced. Gymnast must express mature desire to compete, self-motivation, and ability to maintain concentration. Tryout Evaluation Required.

Contact Miranda Reynolds at 404-842-5803.

### **USAG Competitive Girls Gymnastics Team Levels 3, 4, and 5 | Ages 6–14**

**Annual Fee Schedule (Payments Accepted)**

**Includes All Meet Fees, Team Apparel, and Practices**

**Practices and Fee Schedule Vary based on Competitive Level**

Our Competitive Girls Gymnastics Program teaches strength, flexibility and balance using the USA Gymnastics (USAG) certified compulsory routines levels 3–5 on the uneven bars, balance beam, vault, and floor exercise. This progressive gymnastics curriculum, for girls ages 6–18, introduces and continues the skill-building blocks for gymnastics development and competition. Tryout Evaluation Required.

Contact Miranda Reynolds at (404) 842-5803.

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## OTHER GYMNASTICS OPPORTUNITIES

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### **Private Lessons**

**\$60/hour for 1–2 individuals**

**\$35/half hour for one individual only**

**\$75/hour for week of School Cheer Try-outs for 1–2 individuals**

Private Lessons are available for gymnastics or cheerleading. Based on availability.

All lessons are booked & managed through Miranda Reynolds (404)-842-5803, [mreynolds@peachtreepres.org](mailto:mreynolds@peachtreepres.org).

### **Custom Curriculum Classes | Ages 1.5–Adult**

**\$330 | 45-minute to one-hour classes**

Don't see a class on the schedule that works for you? Pick a time that works best for you and invite five or more of your closest friend to create a custom class. The students will enjoy an hour long progressive recreational gymnastics class that introduces and continues the skill-building blocks for gymnastics development.

### **Birthday Parties | Ages 2–12**

**\$15 per child (\$150 minimum deposit due at booking)**

**1.5 hours | Up to 30 kids**

Taught by Qualified Gymnastics Instructors. One full hour of instructional gymnastics and/or cheerleading taught by a trained instructor. Then we head to the party room for up to 30 minutes of cake and ice cream! Parents are responsible for decorations, plates, napkins, cutlery, drinks, cake, ice cream and any other refreshments.

### **Gymnastics Fun Nights | Ages 3–12**

**\$30 for first child | \$20 siblings**

**Monthly on Friday evenings 6:00–9:00 pm**

Gymnastics Fun Night is a fun evening of gymnastics, tumbling, games, pizza, and dancing. Children co-ed ages 3–12 years old are welcome to join in the fun!

All children must be fully potty-trained to attend.

### **Back Handspring Clinics | Ages 5+**

**\$35 | Offered Monthly on Saturday Afternoons | 1.5 hour**

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! Requirements: Handstand, Cartwheel, and Backbend from standing up.

# YOUTH DANCE



**Jessie Matheson**  
**Director of Dance**  
[jmatheson@peachtreepres.org](mailto:jmatheson@peachtreepres.org)  
**(404) 842-3156**

Peachtree Dance provides education for ages 18 months through 18 years in Ballet, Modern, Tap, Jazz, Hip Hop, Contemporary, Irish, and Musical Theatre. 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 2017–2018 Season runs August 14, 2017–May 18, 2018.

**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. To purchase online, visit: [www.curtaincallforclass.com/my-studio/49555](http://www.curtaincallforclass.com/my-studio/49555)

**Class Placement:** Students must be the appropriate age by September 1, 2017 for class placement. Students may wear pullups for Mommy & Me Ballet, but must be potty trained to progress to Itty Bitty Ballet. We offer two tracks in Ballet starting at age 10: Recreation and Preparatory. Recreation track is open level and teaches technique in a warm, fun, and creative environment. Preparatory track provides training for dancers interested in pursuing dance more seriously.

**Holiday Open House:** The holiday open house is the Saturday after the final day of classes in December. This free event features cookie decorating, family and dancer portrait sessions, games, and performances throughout the day. Peachtree Dance Company and classes for ages 3–6 perform in the holiday open house.

**Spring Recitals:** The spring recitals take place in May 2018 at The Galloway School Chaddick Center for the Arts. There is a nonrefundable \$50 recital fee and \$75 costume fee per class due in November 2017. Students who wish to participate in the 2018 recitals must be registered on or before January 1, 2018.

## TUITION & FEES

We offer monthly, semester, and year-in-full tuition plans. Students who take more than one class per week and those who pay in full for the year at registration are eligible for discounts. Monthly tuition requires a credit card be put on file with the director for automatic billing. We offer open registration and prorated tuition. Please make checks payable to The Gym at Peachtree Pres.

Class Length	10 Monthly Payments	2 Semester Payments	Single Payment	
30 minute	\$56	\$280	\$533	Monthly tuition due 15 <sup>th</sup> of the month August–May
45 minute	\$58	\$290	\$550	
1 hour	\$60	\$300	\$570	
1.25–1.5 hour	\$63	\$315	\$598	
Lunch Bunch	\$66	\$330	\$627	
<b>Additional Classes</b>				Semester tuition due at registration and January 1, 2018
30 minute	\$34	\$168	\$320	
45 minute	\$35	\$174	\$330	
1 hour	\$36	\$180	\$342	
1.25–1.5 hour	\$38	\$189	\$359	
Lunch Bunch	\$41	\$204	\$388	Single payment tuition due at registration

## 2017–2018 CLASSES

Please visit [thegymatpeachtree.org](http://thegymatpeachtree.org) for class times and availability.

## PPC PRESCHOOL LUNCH BUNCH

**Preballet (3 years):** Wednesday

**Preballet (3–4 years):** Monday or Thursday

**Preballet (4–5 years):** Wednesday or Friday

**Co-Ed Hip Hop (3–5 years):** Monday

## 18 MOS.–2 YEARS

### Mommy & Me Ballet

**Monday, Tuesday, Wednesday, Thursday | 10:00–10:30 am**

**Thursday | 3:30–4:00 pm**

Dancers explore creative movement and Preballet 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, 2017 in order to be eligible for this class.**



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## 2.5–3 YEARS

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### Itty Bitty Ballet

**Monday, Tuesday | 10:45–11:15 am**

**Thursday | 4:00–4:30 pm**

Dancers explore creative movement and Preballet in a nurturing environment with the use of props, play, and imagination. Parents do not participate in class. Instead of performing in the spring recital, Itty Bitty Ballet does an in-class performance in May.

Dancers must be potty trained and 2.5 by September 1, 2017 in order to be eligible for this class.

### Itty Bitty Hip Hop **NEW!!**

**Wednesday, Thursday | 10:45–11:15 am**

Dancers explore creative movement and introductory Hip Hop in a nurturing environment with the use of props, play, and imagination. Parents do not participate in class. Instead of performing in the spring recital, Itty Bitty Hip Hop does an in-class performance in May.

Dancers must be potty trained and 2.5 by September 1, 2017 in order to be eligible for this class.

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## 3–4 YEARS

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### Preballet

**Tuesday | 1:00–1:45 pm**

**Wednesday | 3:00–3:45 pm**

**Thursday | 11:30 am–12:15 pm**

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

### Preballet & Jazz

**Tuesday | 11:30 am–**NEW!!** 1 pm**

Preballet & Jazz is a great way to introduce your child to two different dance forms in one class. Preballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. Dancers also receive an introduction to Jazz, where they work on rhythm, coordination, high energy choreography and dynamic movement.

### Preballet & Tap

**Thursday | 12:30–1:15 pm**

Preballet & Tap is a great way to introduce your child to two different dance forms in one class. Preballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. Dancers also receive an introduction to tap, where they work on rhythm, coordination, sound, and timing.

### Hip Hop (3–5 years)

**Tuesday | 3:45–4:30 pm**

**Thursday | 2:00 pm–2:45 pm**

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

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## 4–5 YEARS

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### Preballet

**Tuesday | 3:00–3:45 pm**

**Thursday | 2:45–3:30 pm**

**Friday | 3:45–4:30 pm**

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

### Preballet & Jazz **NEW!!**

**Monday | 3:15–4:00 pm**

Preballet & Jazz is a great way to introduce your child to two different dance forms in one class. Preballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. Dancers also receive an introduction to Jazz, where they work on rhythm, coordination, high energy choreography and dynamic movement.

### Preballet & Tap

**Wednesday | 3:15–4:00 pm**

Preballet & Tap is a great way to introduce your child to two different dance forms in one class. Preballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. Dancers also receive an introduction to tap, where they work on rhythm, coordination, sound, and timing.

### Hip Hop (3–5 years)

**Tuesday | 3:45–4:30 pm**

**Thursday | 2:00 pm–2:45 pm**

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

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## 5–6 YEARS

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### Ballet

**Monday | 11:30 am–12:30 pm**

**Thursday | 4:00–5:00 pm**

**Friday | 4:30–5:30 pm**

Dancers progress in technique training with the use of barre, centre, and floor work. Ballet provides a strong foundation for other forms of dance and explores graceful and controlled movement.

# YOUTH DANCE

## Ballet & Tap

**Wednesday | 4:30–5:30 pm**

Ballet & Tap is a great way to introduce your child to two different dance forms in one class. Ballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. Tap works on rhythm, coordination, sound, and timing.

## Ballet & Jazz

**Monday | 4:00–5:00 pm**

Ballet & Jazz is a great way to introduce your child to two different dance forms in one class. Ballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. Jazz focuses on high energy choreography, isolations, jumps, turns, and sharp, dynamic movements.

## Hip Hop (5–7 years)

**Tuesday | 10:30–11:30 am, 4:30–5:30 pm**

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

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## 6–7 YEARS

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### Ballet

**Monday | 11:30 am–12:30 pm**

**Monday, Wednesday | 4:00–5:00 pm**

**Friday | 5:30–6:30 pm**

Dancers progress in technique training with the use of barre, centre, and floor work. Ballet provides a strong foundation for other forms of dance and explores graceful and controlled movement.

### Tap & Jazz

**Monday | 5:00–6:00 pm**

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

### Hip Hop (5–7 years)

**Tuesday | 10:30–11:30 am, 4:30–5:30 pm**

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

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## 7–9 YEARS

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### Ballet

**Monday | 10:30–11:30 am, 5:00–6:00 pm**

**Tuesday, Wednesday | 4:00–5:00 pm**

Dancers progress in technique training with the use of barre, centre, and floor work. Ballet provides a strong foundation for other forms of dance and explores graceful and controlled movement.

## Tap & Jazz

**Monday | 4:00–5:00 pm**

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

## Intro to Modern

**Monday | 6:00–7:00 pm**

**Thursday | 4:00–5:00 pm**

Modern is a dynamic and athletic genre of dance that is about experimentation and pushing the limits. This style of dance is about discovering new ways of using music and sound in relation to movement. Within Modern, there are different techniques developed by famous dancers like Martha Graham, Lester Horton, Merce Cunningham, and Paul Taylor. Dancers receive introduction to all of these techniques.

## Hip Hop

**Monday | 11:30 am–12:30 pm**

**Thursday | 4:30–5:30 pm**

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

## Musical Theater (7–12 years)

**Thursday | 5:30–6:30 pm**

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

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## 10–12 YEARS

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### Ballet: Recreation Track

**Monday, Wednesday | 5:00–6:00 pm**

**Friday | 10:30–11:30 am**

### Ballet: Preparatory Track

**Level I (Ballet Only) | Tuesday | 5:15–6:30 pm**

**Level II (Ballet) | Tuesday | 5:00–6:30 pm**

**Level II (Pre-pointe) | Tuesday, Wednesday | 6:30–7:00 pm**

**Level III (Ballet) | Monday | 6:00–7:30 pm**

**Level III (Pointe) | Monday | 7:30–8:15 pm**

**Level III (Pointe & Partnering) | Wednesday | 7:00–8:00 pm**

Dancers progress in technique training with the use of barre, centre, and floor work. Ballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. As dancers progress in training, they will be invited to progress to Pre-pointe and Pointe.



## Modern I

**Wednesday | 10:30–11:30 am, 6:00–7:00 pm**

Modern is a dynamic and athletic genre of dance that is about experimentation and pushing the limits. This style of dance is about discovering new ways of using music and sound in relation to movement. Within Modern, there are different techniques developed by famous dancers like Martha Graham, Lester Horton, Merce Cunningham, and Paul Taylor. Modern I introduces a broad range of techniques.

## Modern II

**Thursday | 5:00–6:30 pm**

**Friday | 5:30–7:00 pm**

Modern is a dynamic and athletic genre of dance that is about experimentation and pushing the limits. This style of dance is about discovering new ways of using music and sound in relation to movement. Modern II teaches Advanced Beginner Horton Technique.

## Jazz

**Tuesday | 12:30–1:30 pm**

**Wednesday | 6:00–7:00 pm**

Jazz focuses on high energy choreography, isolations, jumps, turns, and sharp, dynamic movements.

## Tap

**Monday | 6:00–7:00 pm**

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.

## Contemporary

**Monday, Tuesday | 7:00–8:00 pm**

**Tuesday | 11:30 am–12:30 pm**

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

## Hip Hop

**Monday | 11:30 am–12:30 pm**

**Tuesday | 6:30–7:30 pm**

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

## Musical Theater (7–12 years)

**Thursday | 5:30–6:30 pm**

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

## 13–18 YEARS

### Ballet: Recreation Track

**Monday, Wednesday | 5:00–6:00 pm**

**Friday | 10:30–11:30 am**

### Ballet: Preparatory Track

**Level I (Ballet Only) | Tuesday | 5:15–6:30 pm**

**Level II (Ballet) | Tuesday | 5:00–6:30 pm**

**Level II (Pre-pointe) | Tuesday, Wednesday | 6:30–7:00 pm**

**Level III (Ballet) | Monday | 6:00–7:30 pm**

**Level III (Pointe) | Monday | 7:30–8:15 pm**

**Level III (Pointe & Partnering) | Wednesday | 7:00–8:00 pm**

Dancers progress in technique training with the use of barre, centre, and floor work. Ballet provides a strong foundation for other forms of dance and explores graceful and controlled movement. As dancers progress in training, they will be invited to progress to Pre-pointe and Pointe.

### Modern I

**Wednesday | 10:30–11:30 am, 6:00–7:00 pm**

Modern is a dynamic and athletic genre of dance that is about experimentation and pushing the limits. This style of dance is about discovering new ways of using music and sound in relation to movement. Within Modern, there are different techniques developed by famous dancers like Martha Graham, Lester Horton, Merce Cunningham, and Paul Taylor. Modern I introduces a broad range of techniques.

### Modern II

**Thursday | 5:00–6:30 pm**

**Friday | 5:30–7:00 pm**

Modern is a dynamic and athletic genre of dance that is about experimentation and pushing the limits. This style of dance is about discovering new ways of using music and sound in relation to movement. Modern II teaches Advanced Beginner Horton Technique.

### Modern III

**Thursday | 5:00–6:30 pm**

Modern is a dynamic and athletic genre of dance that is about experimentation and pushing the limits. This style of dance is about discovering new ways of using music and sound in relation to movement. Modern III teaches Intermediate/Advanced Horton Technique.

### Jazz

**Tuesday | 12:30–1:30 pm, 7:30–8:30 pm**

Jazz focuses on high energy choreography, isolations, jumps, turns, and sharp, dynamic movements.

### Tap

**Monday | 7:00–8:00 pm (Adult Open Level)**

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.

# YOUTH DANCE



## Contemporary

**Monday | 7:00–8:00 pm**

**Tuesday | 11:30 am–12:30 pm, 7:00–8:00 pm**

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

## Hip Hop

**Wednesday | 7:00–8:30 pm**

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

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## ADULT CLASSES

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### Tap

**Wednesday | 7:00–8:00 pm**

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.

### Modern

**Wednesday | 10:30–11:30 am**

Modern is a dynamic and athletic genre of dance that is about experimentation and pushing the limits. This style of dance is about discovering new ways of using music and sound in relation to movement. Within Modern, there are different techniques developed by famous dancers like Martha Graham, Lester Horton, Merce Cunningham, and Paul Taylor. This open level class introduces a broad range of techniques.

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## PEACHTREE DANCE COMPANY

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Peachtree Dance Company is a youth performance troupe for dancers ages 7–18 that provides dancers with training, performance opportunities, and outlets for creativity and comradeship, with the intention of preparing dancers for opportunities in high school and beyond. In addition to annual holiday and spring recitals, Peachtree Dance Company performs in the Metro Atlanta area several times per season. Peachtree Dance Company is by audition only.

### Apprentice Technique & Rehearsal

**Wednesday | 5:00–6:00 pm**

### Junior Company Technique & Rehearsal

**Thursday | 6:30–8:00 pm**

## Senior Company Technique

**Wednesday | 5:00–6:30 pm**

## Senior Company Rehearsal

**Thursday | 6:30–8:00 pm**

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## IRISH

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Beginner, Intermediate, Advanced, Homeschool, and 4 year-old classes are available.

Directed by Jesse O'Sullivan, certified Irish Dance Instructor:  
[reelez@bellsouth.net](mailto:reelez@bellsouth.net)

**\$255 | 17 weeks | Begins August 14**

### Beginner

**Tuesday | 3:30–4:25 pm**

### Intermediate

**Tuesday | 4:30–5:25 pm**

### Advanced

**Tuesday | 5:40–6:45 pm**

### Homeschool

**Thursday | 11:15 am–12:15 pm**

### 4-year-olds

**Tuesday | 2:45–3:25 pm**

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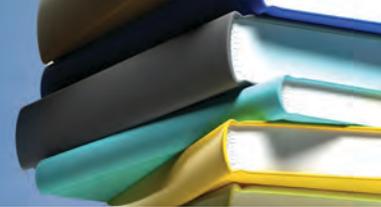
## BUILD YOUR OWN CLASS

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Don't see a class on the schedule that works for you? Would your child like to take dance with his or her classmates and 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.



# EXERCISE YOUR BRAIN AND BODY



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 6 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!



## BRIDGE

Taught by Patty Tucker, ACBL Accredited Teacher, ABTA Master Teacher and Emerald Life Master. [www.bridgewithpatty.com](http://www.bridgewithpatty.com)

Classes of less than 8 students may be canceled. Book fee of \$10 applies to all classes.

**September 11–November 13 | Mondays | 2:00–3:30 pm**  
**\$180 | 10 weeks | \$20 Drop-In**

Description: 3 & 5 Level Decisions

**September 13–November 15 | Wednesdays | 4:00–5:30 pm**  
**\$180 | 10 weeks | \$20 Drop-In**

Description: Overcalls, Takeout Doubles, Negative Doubles, Weak 2 bids, Preempts and the Strong 2C bid

**September 13–November 15 | Wednesdays | 6:30–8:00 pm**  
**\$180 | 10 weeks | \$20 Drop-In**

Description: Endplays & Simple Square

**September 14–November 16 | Thursdays | 12:00–1:30 pm**  
**\$180 | 10 weeks | \$20 Drop-In**

Description: 2/1 Game Force

## SPANISH CLASSES

Learning and studying another language can exercise the brain enough to make children smarter and adult improvement in memory skills. Taught by Carla Heard, a Native Atlantan, and a part time Spanish teacher who grew up bilingual with parents from Spain.

**Fall Semester begins September 12**  
**\$180 | 12 weeks**

### Spanish Level 1

**Tuesdays | 10:00–11:15 am | 1:15–2:45 pm**

If you are an adult learner, our Spanish courses are designed specifically for you. The Warren Hardy Home Study Courses combine workbooks, flashcards, and audios for optimum learning so one can be talking in basic Spanish right away! We have used his system for over 10 years and LOVE it! Order online: [warrenhardy.com](http://warrenhardy.com).

**A minimum of 5 students is necessary to make a class. Please register before class start to make sure class is meeting.**

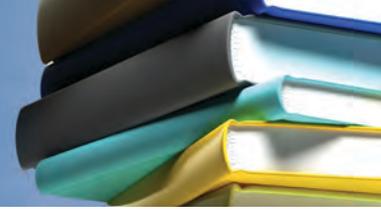
### Spanish Conversations

**Tuesdays | 1:15–2:45 pm**

**Drop-In: \$20 per class**

We will converse **ONLY** in Spanish, learning and perfecting as we go.

# EXERCISE YOUR BRAIN AND BODY



## T'AI CHI

**Tuesdays | 7:00 pm | Beginning October 3**  
**Thursdays | 10:30 am | Beginning October 5**  
**\$120 | 10 weeks**

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.

**Taught by Harvey Meisner, certified T'ai Chi and Qi Gong instructor.**

## DANCING

### Gotta Dance at a Wedding or Party!

**Thursdays | 7:45–8:40 pm**  
**\$96 | 8 weeks | Begins September 14**

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. You do not need a partner.

**Taught by Roy Porter, a professional ballroom dance teacher. Roy has taught professionally since the 60s, and he can teach anyone to dance.**

### Carolina Shag

**Thursdays | 8:45–9:40 pm | Begins September 14**  
**\$96 | 8 weeks**

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 he can teach anyone to dance.**



## Square Dance Lessons

**Begins Tuesday, September 12 | 7:30–9:30 pm**  
**1<sup>st</sup> & 3<sup>rd</sup> Fridays | 7:30–9:30 pm**

Join us and bring friends to an Open House on Tuesday, September 12 in Fellowship Hall to experience the wonderful world of Square Dancing with the Peachtree Squares. **THE FIRST LESSON IS FREE!**

The club was founded by Jim Young in 1975. Dress is casual and you will learn many new moves. After you complete the lessons the club dances the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of each month. We also visit other clubs in the area. If you do not have a partner our club angels will help you learn. Join us for fun, fellowship and wonderful exercise. If you are not able to join us on September 13, please come on the following Tuesday, September 20.

**For more information, visit [peachtreesquares.com](http://peachtreesquares.com).**

## Argentine Tango

**Wednesdays | 7:30 or 8:30 pm**  
**\$80 | 7 weeks (6 lessons, 1 recap)**  
**\$50 for full time students with valid ID**  
**\$15 per night (for part or all of the evening)**

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. We get students on the social dance floor as quickly as possible.

**Taught by Angel Montero & April Parker ([atlantatango.com](http://atlantatango.com))**

### Fun with Fundamentals: 7:30–8:25 pm

Gives you the ability to acquire a basic movement vocabulary quickly. We change partners frequently so you have the experience of dancing with a variety of dancers, which facilitates learning and adds social fun.

### Intermediate/Advanced Class: 8:30–9:25 pm

Open to all those who have completed a Fun with Fundamentals session or who already have tango experience. Here we focus on helping students develop individual expression in choreography and musicality and on perfecting technique.

### Guided Practica: 9:30–10:00 pm

Your opportunity to take advantage of our teaching staff's knowledge. Ask any question about the class you just took or any aspect of Argentine Tango.

# YOUTH SPORTS



## YOUTH SPORTS

### Little Sports MVP | Ages 3–6

\$174 | 12 weeks | September 11–December 8  
(no classes week of Thanksgiving)

Little Sports MVP 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. 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.

Directed by Jeff Hardwick | (404) 842-2576

### Rookies | Age 2\*

\*Parent Participation

Mondays | 9:30–10:00 am

Tuesdays | 9:30–10:00 am

Thursdays | 9:30–10:00 am

Fridays | 9:30–10:00 am

### Minors | Ages 3–4

Mondays | 10:30–11:15 am, 1:10–1:55 am

Tuesdays | 10:30–11:15 am, 1:10–1:55 am, 4:00–4:45 pm

Wednesdays | 10:30–11:15 am, 1:10–1:55 am

Thursdays | 10:30–11:15 am, 1:10–1:55 am

Fridays | 10:30–11:15 am, 1:10–1:55 am

### Majors | Ages 4–6

Mondays | 3:15–4:00 pm

Tuesdays | 3:15–4:00 pm

Wednesdays | 3:15–4:00 pm

Thursdays | 3:15–4:00 pm

### Lunch Bunch | PPC Preschool Students Only

\$204 | 12 weeks | September 11–December 8  
(No class on PPC Preschool Holidays)

### Minors | Ages 3–5

Mondays | 11:45 am–1:00 pm

Wednesdays | 11:45 am–1:00 pm

Thursdays | 11:45 am–1:00 pm

### Majors | Ages 5–6\*\*

\*\*Must be approved by director if under age 5

Wednesdays | 11:45 am–1:00 pm

Fridays | 11:45 am–1:00 pm

### Fun & Games Lunch Bunch | Ages 3–6 PPC Preschool Students Only

\$204 | 12 weeks | September 11–December 8  
(No classes on PPC Preschool Holidays)

Mondays | 11:45 am–1:00 pm

Thursdays | 11:45 am–1:00 pm

Fridays | 11:45 am–1:00 pm

Give your young child the best experience possible with Fun & Games! Children will 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.

Directed by Jeff Hardwick | (404) 842-2576

### Intro to T-Ball | Ages 3–5

\$174 | 12 weeks | September 11–December 8  
(no classes week of Thanksgiving)

Mondays | 4:00–4:45 pm

Fridays | 1:10–1:55 pm

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.

Directed by Jeff Hardwick | (404) 842-2576

### Intro to Soccer | Ages 4–5

\$174 | 12 weeks | September 11–December 8  
(no classes week of Thanksgiving)

Mondays | 4:00–4:45 pm

Fridays | 4:00–4:45 pm

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

Directed by Jeff Hardwick | (404) 842-2576

### Junior Golf | Ages 4–11

\$100 | 4 weeks | Students divide by age  
Wednesdays | 4:30–5:10 pm

Session I: September 6–27

Session II: October 4–25

4 person minimum, 10 person maximum

Directed by Elementary Golf

# YOUTH SPORTS

## Youth Flag Football | Ages 5–13 (as of 8/1/17)

\$185 | August 14–October 29

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.

Directed by Tommy Hope | (404) 842-2167

## Youth Flag Football Training Camp | Ages 5–13

\$70 per session

August 5 | 9:00 am–12:00 pm | ages 5–8

August 12 | 9:00 am–12:00 pm | ages 9–13

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. Fee includes t-shirt and water bottle.

Directed by Tommy Hope | (404) 842-2167

## T-Ball League | Ages 3–4 (as of 8/1/17)

\$150 | 7-Game Season | Begins the week of August 7

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.

Directed by Terry Massar | (404) 842-2166

## BIRTHDAY PARTIES | AGES 3–14

Have your sports, fun & games, or inline skating party with us! Contact Tommy Hope at (404) 842-2167 or [thope@peachtreepres.org](mailto:thope@peachtreepres.org).

## Intro to Baton Twirling | Ages 5–10

\$174 | 12 weeks | September 11–December 8

Thursdays | 4:30–5:30 pm

In this introductory class, students will learn baton terminology and basic twirling skills while developing hand-eye coordination. Students will also learn how to stretch and elementary dance techniques with emphasis on proper form and technique. This class is upbeat and fun, while educating students about the sport of baton twirling. The last class will feature a performance for parents. Batons are provided for use during class and individual batons may be purchased at an additional cost from the instructor.

Instructed by Colleen Murphy | (301) 580-1474  
[cpmurphy2012@gmail.com](mailto:cpmurphy2012@gmail.com)

## Baton Twirling I | Ages 5–10

\$174 | 12 weeks | September 11–December 8

Thursdays | 5:30–6:30 pm

Whether you want to learn how to skate In this class, students will begin to master twirls and execute basic tosses. Twirlers will learn how to incorporate baton twirls into dance moves, work on rolls, finger twirls, partner exchanges and more. Students in this class will be taught a parade routine and a dance twirl routine. The last class will feature a performance for parents and there will be an additional performance opportunity at a youth sports event at The Gym at Peachtree Presbyterian. More details about that performance will be shared at the first class. Batons are provided for use during class and individual batons may be purchased at an additional cost from the instructor.

**Proper Attire:** T-shirt and shorts or dance apparel/leotard; Sneakers or dance shoes (Bloch jazz shoes, Instep cougars, Venturelli twirling shoes), no bare feet or open-toed shoes; hair pulled back.

**Prerequisite:** Intro to Baton Twirling or previous twirling experience (teacher's discretion)

Instructed by Colleen Murphy | (301) 580-1474  
[cpmurphy2012@gmail.com](mailto:cpmurphy2012@gmail.com)





## BASKETBALL

### Fall Basketball League | Ages 9–11, 12–14

\$150 | 7 games + tournament | September–October

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.

Directed by Terry Massar | (404) 842-2166

#### Evaluation:

Ages 9–11 | Wednesday, August 30 | 5:30 pm

Ages 12–14 | Thursday, August 31 | 5:30 pm

### Night Court | Ages 5–10

\$95 | 4 weeks

Mondays | 5:00–6:00 pm | 5–6 years

Mondays | 6:10 pm | 7–10 years

Session I: August 28–September 25

Session II: October 2–23

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

Directed by Terry Massar | (404) 842-2166

Taught by Mike Cavanah

## COACHES:

Coaching youth basketball is a lot of fun. We provide training and work closely with our coaches throughout the season. If you would like to be involved as a youth coach, please indicate such on the registration form or call Terry Massar at 404-842-2166.

## WINTER BASKETBALL

### Little Hoopsters | Age 4

\$170 | November–February

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

Directed by Terry Massar | (404) 842-2166

### 5 & 6 Year Winter League

\$170 | November–February

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

Directed by Terry Massar | (404) 842-2166

### 7–14 Year Winter League

\$170 | November–February

Boys' and girls' teams are formed in 2-year age groupings: 7–8, 9–10, 11–12 and 13–14. Teams practice on a weekday evening (and on Saturday for the first half of the season) and play games on Saturdays. Games will begin after the New Year. Fee includes jersey. Please REGISTER EARLY!

ALL players MUST attend the evaluation.

\*We do not guarantee requests.

\*\*The only protected players are the children of the head coach and assistant coach of a team.

Directed by Terry Massar | (404) 842-2166

#### Evaluation:

Your child MUST be evaluated. If he or she cannot attend the date listed below, call at least two weeks prior to date to schedule an alternate time. Evaluations are for boys and girls. Ages as of 9/1/17.

Ages 5–6 | Friday, November 3 | 5:30 pm | Boys & Girls

Ages 7–8 | Saturday, November 4 | 9:00 am | Boys & Girls

Ages 9–10 | Saturday, November 4 | 11:00 am | Boys & Girls

Ages 11–12 | Saturday, November 4 | 1:00 pm | Boys & Girls

Ages 13–14 | Saturday, November 4 | 3:00 pm | Boys & Girls

# CAMPS

## SPORTS CAMPS

### 5-Star Sports Camp | Ages 5–12

October 9–13 | November 7

December 26–29 | January 2–5

\$250 / week | 9:00 am–4:00 pm

\$200 / week | 9:00 am–4:00 pm

\$60 / day | 9:00 am–4:00 pm

**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, and flag pulling.

**Floor Hockey:** Shooting and passing drills and stick handling.

Fee includes T-shirt. Children need to bring a sack lunch and athletic shoes. Before and After Camp Care will be offered.

Directed by Jeff Hardwick | (404) 842-2576

### Little Sports MVP | Ages 3–6\*

December 26–29

\$175 / week | 9:00 am–1:00 pm

\$50 / day | 9:00 am–1:00 pm

Little Sports MVP will introduce your child to the most popular youth sports programs: Basketball, Baseball, Football, and Soccer, as well as other fun games to help increase coordination and balance. 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. Bring lunch with a drink and wear athletic shoes.

Directed by Jeff Hardwick | (404) 842-2576

\*All children need to be fully potty trained.

### Fun & Games Camp | Ages 3–6\*

January 2–5

\$175 / week | 9:00–1:00

\$50 / day | 9:00–1:00

Give your young child the best camp experience possible with Fun & Games! 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. They will receive fun stickers throughout the day when demonstrating good behavior and receive a prize before they leave. 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.

Directed by Jeff Hardwick | (404) 842-2576

\*All children need to be fully potty trained.

## GYMNASTICS CAMPS

### Thanksgiving Co-Ed Camp | Ages 3–12

Monday–Wednesday | November 20–22

\$150 - Full Day | 9:00 am–4:00 pm | (5–12 only)

\$120 - Half Day | 9:00 am–1:00 pm | (3–12 only)

\$60 - Daily Rate for Full or Half Day

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.

Directed by Miranda Reynolds.

### Christmas & New Years Co-Ed Camp | Ages 3–12

December 18–22

\$250 - Full Day | 9:00 am–4:00 pm | (5–12 only)

\$200 - Half Day | 9:00 am–1:00 pm | (3–12 only)

\$60 - Daily Rate for Full or Half Day

December 26–29 | January 2–5

\$200 - Full Day | 9:00 am–4:00 pm | (5–12 only)

\$160 - Half Day | 9:00 am–1:00 pm | (3–12 only)

\$60 - Daily Rate for Full or Half Day

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.

Directed by Miranda Reynolds.



## DANCE CAMPS

### Thanksgiving Prima Ballerina Camp | Ages 3–12

November 20–22

\$120 - Full 3 Days | 9:00 am – 1:00 pm | Ages 3–6

\$150 - Full 3 Days | 9:00 am – 4:00 pm | Ages 6–12

\$60 - Drop in

Learn to leap and twirl like a prima ballerina! Dancers will learn the basics of ballet while dancing to music from famous ballets like *Swan Lake*, *The Nutcracker*, *Coppelia*, and *Sleeping Beauty*. Dancers in full-day camp will perform for their parents at the end of the day on Friday.

Directed by Jessie Matheson | 404-842-3156

### Nutcracker Holiday Dance Camps | Ages 3–12

December 18–22

\$200 - Full Week | 9:00 am – 1:00 pm | Ages 3–6

\$250 - Full Week | 9:00 am – 4:00 pm | Ages 6–12

\$60 - Drop in

Come waltz and spin just like Clara and the Sugar Plum Fairy! We will dance to Christmas music, watch *The Nutcracker* ballet, and do holiday crafts. Dancers in the full-day camp up will do a *Nutcracker*-inspired dance for their parents at the end of the day on Friday.

Directed by Jessie Matheson | 404-842-3156

### Nutcracker Holiday Dance Intensive | Ages 12–18

December 18–22 | 1:00 – 4:00 pm

\$200 - Full Week | \$50 - Drop in

Intermediate and Advanced-level dancers begin each day with Ballet Technique followed by Variations class, where they will learn original choreography from *The Nutcracker*. Dancers will perform Nutcracker Variations at the end of the day on Friday.

Directed by Jessie Matheson | 404-842-3156

### Winter Wonderland Dance Camp | Ages 3–6

December 26–29 | 9:00 am – 1:00 pm

\$160 - Full Week | \$60 - Drop in

Tendu and jeté through a winter wonderland! Dancers will learn the basics of ballet while dancing to their favorite songs from *Frozen*. Dancers will also create crafts and play games inspired by the winter season. On the final day of camp, dancers may wear their favorite *Frozen* or winter-inspired outfit!

Directed by Jessie Matheson | 404-842-3156

### New Years Prima Ballerina Camp | Ages 3–12

January 2–5

\$160 - Full 4 Days | 9:00 am – 1:00 pm | Ages 3–6

\$200 - Full 4 Days | 9:00 am – 4:00 pm | Ages 6–12

\$60 - Drop in

Learn to leap and twirl like a prima ballerina! Dancers will learn the basics of ballet while dancing to music from famous ballets like *Swan Lake*, *The Nutcracker*, *Coppelia*, and *Sleeping Beauty*. Dancers in full-day camp will perform for their parents at the end of the day on Friday.

Directed by Jessie Matheson | 404-842-3156





3434 Roswell Road NW | Atlanta, GA 30305  
 www.peachtreechurch.org/thegym | (404) 842-5852  
 A DECADE OF EXCELLENCE

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.

**You may register for classes in person** | at the Front Desk | **by fax:** (404) 261-5682  
**by mail:** The Gym at PPC 3434 Roswell Rd., NW, Atlanta, GA 30305,  
**OR online:** www.thegymatpeachtree.org

**PAYMENT:** Cash, Checks (payable to PPC), Visa or Master Card Accepted.

**Mark Your Calendar**

Please make note of the starting day and time of your class; you will NOT be contacted prior to the beginning of the class.

**Refund Policy**

Refunds may be given if the request is received in writing 24 hours **before the start** of the class or camp. Under certain circumstances, a pro-rated refund **may** be given after class begins . A \$10.00 administration fee will be deducted from all refunds. Refunds/credits not given for missed classes. Birthday Party deposits are non-refundable. Payment for private lessons are due at booking. Private lessons are subject to a 50% refund only.

**Recreation Ministry Registration Form**

Please read information above before mailing this form. You may register in person, or by mail: Check to The GYM at PPC. by FAX: (404) 261-5682 or Online: www.peachtreechurch.org/thegym

Class or activity (one per form)	Day(s)	Time	Fee
Participant's Name	Gender	Age & birthdate (if child)	
Address		City & Zip	
Home Phone		Cell &/or Work Phone (for emergency)	
Parent's Name (if for child)		Email Address:	
Visa or Master Card Number (if charging)		Expiration Date	

I, the undersigned parent or legal guardian, do hereby grant permission for myself/my child/my ward to participate with The Gym at Peachtree. I further acknowledge and understand and agree that by participating with The Gym at Peachtree, 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 The Gym at Peachtree 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 The Gym at Peachtree, 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 The Gym at Peachtree 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 The Gym at Peachtree to use myself/my child/my ward's photos and/or video in promotional materials regarding The Gym at Peachtree. I understand that The Gym at Peachtree is under no obligation to exercise any of its rights, licenses and privileges herein granted.

Please register my child for **Youth Basketball League** as indicated below:

- Age as of September 1, 2017
- 4 Year Boys & Girls
- 5 & 6 Year Boys & Girls
- 7 & 8 Year Boys
- 7 & 8 Year Girls
- 9 & 10 Year Boys
- 9 & 10 Year Girls
- 11 & 12 Year Boys
- 11 & 12 Year Girls
- 13 & 14 Year Boys
- 13 & 14 Year Girls

 **Check here if interested in coaching any sport.**

**Coaches cell phone:**

**Email Address:**

Signature of Parent or Guardian

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. For more information, call (404) 842-5852 or go to www.thegymatpeachtree.org