



WINTER/SPRING 2018

# THE GYM

AT PEACHTREE PRESBYTERIAN

CELEBRATING MORE THAN A DECADE OF EXCELLENCE





# LET'S GET HEALTHIER IN 2018!

## SETTING GOALS: SECRETS TO SUCCESS

**Ready to reach your fitness goals?** Do you want to get fit, stay fit, or become fitter? **Set tangible, meaningful goals you can achieve** each week, each month.

*Emily Duval Ledger*, a certified personal trainer though the American Council on Exercise (ACE), shares a few tactics to help you achieve and maintain the body you want.

**Write it down!** The easiest goals to achieve are those that are clearly defined. Start by setting a goal that is challenging to meet, but not impossible, and answer these questions:

1. What is your goal? When do you want to reach it? Setting a realistic time frame is a positive motivator.
2. What are you willing to do to achieve it? What are you willing to give up?
3. Who can help you? Who may be a challenge?

**Be specific!** Writing it down helps clarify what you are really after, and keeping it in a visible place can be great motivation to stick with it. For example, if you are looking to slim down and lose fat, build some lean muscle, take your measurements, record your goals.

Often, it is ourselves—not outside obstacles—that stand in the way of our goals. To combat these personal “roadblocks,” create a plan for yourself that encourages positive behavior and keeps you on track.

**Schedule an appointment!** The staff at the Gym at Peachtree is committed to helping you be a healthier you! We would love to meet with you to discuss your fitness goals and help you make a plan of action to accomplish them. Contact Jan Smith at 404-842-2189 or [jsmith@peachtreepres.org](mailto:jsmith@peachtreepres.org). **Call one of our five certified personal trainers** at The Gym at Peachtree to receive a **complimentary orientation** to our cardio/weight room and to receive suggestions to make your workouts successful.

**Add group fitness classes** to your calendar each week at the times best for you; we have over 60 a week. Put the Group Exercise Schedule where you can see it daily. We have cutting edge, challenging classes with a variety of class formats for every fitness level as well as yoga every day of the week. Having a specific time to work out, helps keep you accountable. Ask a friend to come to the Gym at Peachtree to walk with you on our extra wide, cushioned track or to join you in a class.

**Check In!** About a month in, measure your progress in a way appropriate to your goal, take new circumference measurements, etc. Then ask yourself:

1. How am I doing? Is this where I thought I'd be at this point?
1. Was my time line realistic for the size of my goal? What small things can I do daily to help my progress?
1. Do I need professional help? If so, **call one of our trainers and set an appointment** to meet with them.

**Variation is key, so change it up, try new things, vary the classes you take and hopefully you'll find surprising solutions for getting to where you want to be.**

## MEMBERSHIPS

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)

## GYM HOURS

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

## GROUP EXERCISE CLASSES

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

### CARDIO EXERCISE

- NEW!! BODYATTACK by LES MILLS:** This high energy, interval training class combines athletic, aerobic movements with strength & stabilization exercises. Burn lots of calories and raise your overall fitness & stamina. Low impact options and moves are simple so regardless of your fitness level or coordination, you can enjoy the class!
- Cardio Sculpt:** 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.
- NEW!! Fit Fusion:** Work all muscles fusing cardio and strength components to music with playlists to keep you moving. Each class is uniquely created so you can choose your level and pace. Get ready to go beyond traditional cardio and strength to a class that has something for everyone!
- 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.
- 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!**
- 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. Modifications are given for all fitness levels!
- Cardio Interval:** Cardio & strength intervals interspersed with plyometrics and Tabata moves.

### STRENGTH & FLEXIBILITY TRAINING

- 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.
- NEW!! Cardio Barre:** Utilizing ballet and strength moves, this class is designed to increase both flexibility & tone.
- 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.
- Power Flow Yoga:** An energetic class that links each movement to a breath using Vinyasa flows as well as standing poses and stretches. Increase strength, endurance, balance, and flexibility. All levels welcome, modifications shown.



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

## CARDIO WEIGHT TRAINING ROOM

### Included in your membership!

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

- AMTs
- Lateral X
- Arc Trainers
- NEW!!** • Star Trac Treadmills
- Seated Octane Elliptical
- Precor Recumbent Bikes
- NEW!!** • Concept II Rower

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

- NEW!!** • 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.

## PERSONAL TRAINERS

<b>Michael Beck</b>	(678) 907-3539
<b>Dickie Bilbro</b>	(404) 518-0909
<b>Nick Fiorello</b>	(404) 291-1758
<b>Samuel Hines</b>	(404) 771-6063
<b>Pam Leinmiller</b>	(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.

# GYMNASICS, TUMBLING & CHEERLEADING



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

**Winter 2018 Session**  
**January 8–May 19**  
No class Monday, January 15 (MLK Holiday)  
No classes during Private or Public School Spring break (March 12–17, April 2–7)  
**\$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 available for open classes and starts the week of January 29  
*Unlimited make-up classes are available through May 12*

**Parent Observation Week: May 14–19**

**Lunch Bunch Parent Observation Week:  
May 8–12**

## CHECK OUT OUR 5,000 SQUARE FOOT GYMNASICS AND CHEERLEADING CENTER!

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



## 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 | 10:30 – 11:15 am | 5:00–5:45 pm**

**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, back-bends, 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.

Gymnastics Lunch Bunch projected schedule:

January 8–May 12

## 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 | 12:00–1:15 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 1:15 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.

Gymnastics Lunch Bunch projected schedule:

January 8–May 12

## MOPS Gymnastics & Fun Day Camp

Co-Ed Ages 3–6

\$225 | January–May (9meetings at \$25 each)

MOPS 2nd & 4th Tuesdays | 9:00 am–12:00 pm

\$30 | Single Day MOPS Drop-In

*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.

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)

## Toddler Time | Co-Ed Ages 12 mos.–5 years

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

Saturdays | 8:30–9:55 am

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

\$75 per child | UNLIMITED visits for Winter 2018 session

(January 8–May 20)

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!

## RECREATIONAL GYMNASTICS

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.

### 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 Kickover and Round-off on floor, and Tip-up on beam.

# GYMNASICS, TUMBLING & CHEERLEADING

## 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 5–14

\$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 Cheer 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 Cheer 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.

## COMPETITIVE PROGRAMS

## 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

\$330 | One Practice Weekly | 3:30–4:30 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 | 5:30–7:30 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.

## USASF Competitive Cheerleading | 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

All-Star Cheerleading is comprised of well-rounded athletes who have the minimum tumbling requirement for USASF competitive levels and who possess a passion for cheerleading performance in dancing, cheering, stunting, tumbling & jumping. Tryout Evaluation Required. Mandatory practices and signed commitment contract. Try-out dates and times to be announced in spring of 2018 for the competitive season 2018–2019.

## OTHER GYMNASTICS OPPORTUNITIES

### 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.

## 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

One full hour of instructional gymnastics 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. Afterwards, kids proceed to the party room for up to 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.

## 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 Walkover & Handspring Clinics | Ages 5+

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

Clinics are designed to help athletes acquire and maintain their back walkover, 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**  
**(404) 842-3156**

Peachtree Dance provides education for ages 18 months–adult 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. Spring Semester begins January 8, 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 and semester 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.

Class Length	5 Monthly Payments	Single Payment	
30 minute	\$56	\$280	Monthly tuition due 15 <sup>th</sup> of the month January–May
45 minute	\$58	\$290	
1 hour	\$60	\$300	
1.25–1.5 hour	\$63	\$315	
Lunch Bunch	\$66	\$330	
<b>Additional Classes</b>			Semester tuition due at registration and January 1, 2018
30 minute	\$34	\$168	Single payment tuition due at registration
45 minute	\$35	\$174	
1 hour	\$36	\$180	
1.25–1.5 hour	\$38	\$189	
Lunch Bunch	\$41	\$204	

## 2017–2018 CLASSES

### PPC PRESCHOOL LUNCH BUNCH

**Preballet (3 years):** Wednesday

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

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

**Co-Ed Hip Hop (3–5 years):** Monday

Students are picked up from Peachtree Presbyterian Preschool by Peachtree Dance staff at 11:45am and walked to the Dance Department. Dancers change clothes, eat lunch, and take a 45-minute dance class. Parents pack a lunch and dance attire. Pickup is 1:15pm in the Dance Department.

## 18 MONTHS–2 YEARS

### Mommy & Me Ballet

**Monday | 10:00–10:30 am, 3:00–3:30 pm**

**Tuesday | 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 January 1, 2018 in order to be eligible for this class.**



## 2.5–3 YEARS

### Itty Bitty Ballet

**Monday | 10:45–11:15 am, 3:30–4:00 pm**

**Tuesday | 10:45–11:15 am, 4:00–4:30 pm**

**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 January 1, 2018 in order to be eligible for this class.**

### Itty Bitty Hip Hop

**Thursday | 10:00–10:30 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 January 1, 2018 in order to be eligible for this class.**

## 3–4 YEARS

### Preballet

**Tuesday | 1:00–1:45 pm, 4:30–5:15 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–12:15 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

**Monday | 11:30–12:15 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**

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.

## 4–5 YEARS

### Preballet

**Monday | 4:00–4:45 pm**

**Tuesday | 5:15–6:00 pm**

**Thursday | 2:45–3:30 pm**

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

### Preballet & Jazz

**Friday | 4:30–5:15 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**

**Thursday | 1:30–2:15 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**

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.

## 5–6 YEARS

### Ballet

**Tuesday | 6:00–7:00 pm**

**Thursday | 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.

# YOUTH DANCE

## Ballet & Tap

**Wednesday | 4:00–5:00 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)

**Monday | 5:00–6:00 pm**

**Tuesday | 4:15–5:15 pm**

**Tuesday | 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.

## 6–7 YEARS

### Ballet

**Monday | 4:00–5:00 pm**

**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 | 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)

**Monday | 5:00–6:00 pm**

**Tuesday | 4:15–5:15 pm**

**Tuesday | 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.

## 7–9 YEARS

### Ballet

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

**Tuesday | 4:00–5:00 pm**

**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

**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.

## 10–12 YEARS

### Ballet: Recreation Track

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

**Wednesday | 5:00–6:00 pm**



## 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

**Monday** | 6:00–7:00 pm

**Wednesday** | 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

**Wednesday** | 6:00–7:00 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.

## Contemporary

**Monday** | 7:00–8:00 pm (10+ years)

**Tuesday** | 7:00–8:00 pm (10+ years)

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

**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** | 10:30–11:30 am, 5:00–6:00 pm

**Wednesday** | 5:00–6:00 pm

### 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

**Monday** | 6:00–7:00 pm

**Wednesday** | 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.

# YOUTH DANCE



## 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 | 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.

## Contemporary

**Monday | 7:00–8:00 pm (10+ years)**

**Tuesday | 7:00–8:00 pm (10+ years)**

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.

## FATHER DAUGHTER DANCE

**Saturday, February 3 | 3:00–5:00 pm OR 6:30–8:30 pm**

**Peachtree Presbyterian Fellowship Hall**

**\$40 per couple**

**\$20 per additional child**

Join us for Timeless & True, Peachtree Dance's third annual Father Daughter Dance! Fathers and daughters will learn dances like the Bop, the Twist, and Swing. There will be catered dinner, raffles, a Valentine's photo booth, and a fancy candy bar where you can fill up a bag of treats to take home. Attire is a suit or tuxedo for dad and a fancy dress for daughter. Photo booth tickets will be available for purchase at the event. Event tickets are non-transferable. Get your tickets early! This event sells out every year!

## IRISH

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

**\$255 | 17 weeks | Begins January 8**

### 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**

## BUILD YOUR OWN CLASS

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 Grand Life Master.

[www.bridgewithpatty.com](http://www.bridgewithpatty.com) | [patty@bridgewithpatty.com](mailto:patty@bridgewithpatty.com).

Patty teaches the game of bridge and its conventions in a logical way. When you finish her class, you'll understand the "why" behind each bridge lesson. Each class begins with a lesson; then several practice hands are played duplicate style with four students bidding and playing the hands to reinforce the concepts Patty presented that day.

One big benefit of learning and playing bridge is that the game exercises your brain. Besides being fun, you'll see playing bridge helps with your memory, plus, developing new planning, and strategy skills. We find bridge players see these benefits translate well in life!

Register online at [www.thegymatpeachtree.org](http://www.thegymatpeachtree.org). We meet in Room 3313; 3rd floor, Main Church building. It's easiest to park behind the church and enter at double elevators.

Note: Classes of less than 8 students may be canceled.

## WINTER 2018

### Play of the Hand for Beginners

**January 10–February 28 | Wednesdays | 4:30–6:00 pm**

**\$130 | \$20 Drop-In | \$10 Book Fee**

Your first steps in learning the techniques and mechanics of playing a bridge hand. Trumping, finessing, cross-trumping and establishing a long suit are some of the techniques you will learn.

### Competitive Bidding

**January 10–February 28 | Wednesdays | 6:30–8:00 pm**

**\$130 | \$20 Drop-In | \$10 Book Fee | No class Feb. 7**

Learn some of the conventions used to overcall after an opening bid in a suit and some of the tools used to more accurately describe your hand to your partner. Includes Cuebidding in a Competitive Auction, Support Doubles, Maximal Doubles, Michaels and Unusual 2NT.

### Bridge from the Beginning, Part 1

**January 11–March 1 | Thursdays | 12:00–1:30 pm**

**\$130 | \$20 Drop-In | \$10 Book Fee | No class Feb. 8**

Bridge for the complete novice or the returning player who needs a comprehensive review.



## SPRING 2018

### Defense for Beginning Players

**March 28–May 9 | Wednesdays | 4:30–6:00 pm**

**\$110 | \$20 Drop-In | \$10 Book Fee | No class Apr. 18**

Learn your basic defensive signals; count, attitude and suit preference.

### Tools for Major Suit Bidding

**March 28–May 9 | Wednesdays | 6:30–8:00 pm**

**\$110 | \$20 Drop-In | \$10 Book Fee | No class Apr. 18**

Splinter Bids, Jacoby 2NT, Bergen, Drury and Serious 3NT

### Bridge from the Beginning, Part 2

**March 29–May 10 | Thursdays | 12:00–1:30 pm**

**\$110 | \$20 Drop-In | \$10 Book Fee | No class Apr. 19**

Stayman and Jacoby Transfers

## 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.

### Semester begins January 9

**\$240 | 16 weeks**

### Spanish Level 1

**Tuesdays | 10:00–11:15 am**

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.

**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 January 9 & April 3**  
**Thursdays | 10:30 am | Beginning January 11 & April 5**  
**\$144 | 12 weeks**

Tai 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.

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

## DANCING

### Open Level Tap

**Mondays | 7:00–8:00 pm**  
**\$120 | 8 weeks | Begins January 8**

Have you always wanted to try a tap class? Would you like to burn calories and have fun in the process? Let go and dance! 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. Tap shoes are required. Drop-in for \$15 per class.

### Open Level Modern

**Wednesdays | 10:30–11:30 am**  
**\$120 | 8 weeks | Begins January 10**

Modern is a dynamic and athletic dance genre that discovers new ways of using music and sound in relation to movement. Open Level Modern focuses on the fundamental aspects of Horton Modern Technique, including core strength, flexibility, balance, coordination, body alignment, and spatial awareness. This class is an excellent workout for all levels. Wear comfortable athletic clothing that allows full range of motion. Drop-in for \$15 per class.

### Dance for Life

**Thursdays | 7:45–8:40 pm**  
**\$96 | 8 weeks | Begins January 11 & March 15**

Learn the 5 most popular social dances enjoyed world wide. A wonderful prescription for mind, body, and soul. Clinically proven to improve memory and mood, plus tone your body to improve balance, coordination, mobility, and endurance. Besides lowering your blood sugar and minimizing bone density loss, it's a great preventive for dangerous falls and traumatic immobility. But if you want to learn to dance just because it's pure fun, that's also a great reason.

**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 January 11 & March 15**  
**\$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

**Tuesdays | 7:30–9:30 pm | Beginning January 9**

Join us and bring friends to an Open House on Tuesday, January 9 in the 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.

**Taught by professional caller, Dan Mitchell.**

For more information, visit [peachtreesquares.com](http://peachtreesquares.com) or email [peachtreesquares@gmail.com](mailto:peachtreesquares@gmail.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

\$210 | 15 weeks | January 8–May 11

(no classes week of February 9, March 12 & April 2)

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, 1:15–2:00 pm

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

Wednesdays | 10:30–11:15 am, 1:15–2:00 pm

Thursdays | 10:30–11:15 am, 1:15–2:00 pm

Fridays | 10:30–11:15 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

\$264 | January 8–May 11

(No class on PPC Preschool Holidays)

### Minors | Ages 3–5

Mondays | 12:00–1:10 pm

Wednesdays | 12:00–1:10 pm

Thursdays | 12:00–1:10 pm

### Majors | Ages 5–6\*\*

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

Wednesdays | 12:00–1:10 pm

Fridays | 12:00–1:10 pm

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

\$264 | January 8–May 11

(No classes on PPC Preschool Holidays)

Mondays | 12:00–1:10 pm

Thursdays | 12:00–1:10 pm

Fridays | 12:00–1:10 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

\$210 | 15 weeks | January 8–May 11

(no classes week of February 9, March 12 & April 2)

Mondays | 4:00–4:45 pm

Fridays | 1:15–2:00 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

\$210 | 15 weeks | January 8–May 11

(no classes week of February 9, March 12 & April 2)

Wednesdays | 4:00–4:45 pm

Thursdays | 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

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

\$150 | 7-Game Season | Begins the week of March 19

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

# YOUTH SPORTS

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

\$190 | Begins the week of March 19

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

## Football Training Camp | Ages 5–13

\$75 per session

March 17 | 9:00 am–12:00 pm | ages 5–8

March 17 | 1:00–4:00 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

## Junior Golf | Ages 4–11

\$100 | 4 weeks | Students divide by age

Wednesdays | 4:30–5:10 pm

Session I: January 10–31

Session II: February 7–28

Session III: March 14–April 11 (no class on 4/2)

Session IV: April 18–May 10

4 person minimum, 10 person maximum

Directed by Elementary Golf

## BIRTHDAY PARTIES | AGES 3–14

Have your sports, fun & games, or inline skating party with us! Contact Jeff Hardwick at (404) 842-2576 or [jhardwick@peachtreepres.org](mailto:jhardwick@peachtreepres.org).

## Intro to Baton Twirling | Ages 5–10

\$224 | 16 weeks | January 8–May 11

(no classes week of March 12 & April 2)

Thursdays | 6:15–7:00 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

\$224 | 16 weeks | January 8–May 11

(no classes week of March 12 & April 2)

Thursdays | 7:00–8:00 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

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

\$150 | 8 games + tournament | March–May

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, March 14 | 5:30 pm

Ages 12–14 | Thursday, March 15 | 5:30 pm

#### 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.



# CAMPS

## WINTER HOLIDAY CAMPS

### 5-Star Sports Camp | Ages 4–12 (Grouped by Age)

December 18–22 | January 2–5

January 15 | February 19–23

\$250 / week | 9:00 am–4:00 pm

\$60 / day | 9:00 am–4:00 pm

\$50 / day | 9:00–1:00 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\* (Grouped by Age)

December 18–22

\$200 / week | 9:00 am–1:00 pm

\$50 / day | 9:00 am–1:00 pm

Give your youngster a head start when it comes to playing team sports. This class is designed to teach young children the basic ball-handling skills they will need to tryout and compete in popular youth sports programs: soccer, basketball, football, hockey and baseball. Children learn throwing, catching, hitting, dribbling, shooting, passing and running. Little Sports MVP will 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\* (Grouped by Age)

January 2–5

\$200 / 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.

## SPRING BREAK CAMPS

### 5-Star Sports Camp | Ages 4–12

March 12–16 | April 2–6

\$250 / week | 9:00 am–4:00 pm

\$60 / day | 9:00 am–4:00 pm

\$50 / half-day | 9:00 am–1:00 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\*

March 12–16

\$200 / week | 9:00 am–1:00 pm

\$50 / day | 9:00 am–1:00 pm

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

April 2–6

\$200 / 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.



## SUMMER CAMPS

### 5-Star Sports Camp | Ages 4–12 (Grouped by Age)

Weeks of June 11, June 18, June 25, July 2 (no camp 7/4)  
\$200 4-day camp), July 9, July 16, July 23, July 30, August 6  
\$250 / week | Monday–Friday | 9:00 am–4:00 pm  
\$200 / week | Monday–Friday | 9:00 am–1:00 pm  
\$60 / day | 9:00 am–4:00 pm  
\$50 / day | 9:00 am–1:00 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\* (Grouped by Age)

Weeks of May 21, May 28, August 13, August 20  
\$200 / week | Monday–Friday | 9:00 am–1:00 pm  
\$50 / day | 9:00 am–1:00 pm

Give your youngster a head start when it comes to playing team sports. This class is designed to teach young children the basic ball-handling skills they will need to tryout and compete in popular youth sports programs: soccer, basketball, football, hockey and baseball. Children learn throwing, catching, hitting, dribbling, shooting, passing and running. Little Sports MVP will 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\* (Grouped by Age)

Weeks of May 21, May 28, August 13, August 20  
\$200 / week | Monday–Friday | 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.

### Abrakadoodle Art Camps | Ages 3–12

\$200 / week | Monday–Friday | 9:00 am–1:00 pm (Ages 3–5)  
\$250 / week | Monday–Friday | 9:00 am–4:00 pm (Ages 6–12)

**Week of June 11:** Abrakadoodle Art: It's a Jungle Out There! Art Camp (Ages 3–12)

**Week of June 25:** Abrakadoodle Art: (All New) Extreme! Steam Art Camp! (Ages 3–12)

**Week of July 9:** Abrakadoodle Art: Camp Build It! (Ages 3–12)

**Week of July 23:** Abrakadoodle Art: Really Big, Gigantic and Teeny Tiny Art! (Ages 3–12)

**Week of July 30:** Abrakadoodle Art: BIG Abrakadoodle® CIRCUS CAMP! (Ages 3–12)

**Week of August 6:** Abrakadoodle Art: The Artsy Crafty WOW Camp! (Ages 3–12)

**Week of August 13:** Under the Sea Art Camp! (Ages 3–5)

Join Abrakadoodle this summer for an action packed art camp that your kids will love. Why Kids Love Abrakadoodle Art Camps... Abrakadoodle Art Camps inspire kids to reach beyond and create art that is unique to them. By doing so, kids feel empowered to be creative and expressive. It's amazing to see just what kids design when given the freedom to explore and to express themselves creatively! Imaginations soar! About Abrakadoodle—Abrakadoodle is the most comprehensive creativity and art education company of its kind, offering extensive visual arts classes, camps, and parties for children ages 20 months–12 years old.

**Directed by Tommy Hope | (404) 842-2167**

\*All children need to be fully potty trained.



# CAMPS

## GYMNASTICS SPRING BREAK CAMPS

### Co-Ed Gymnastics Camp | Ages 5–12

Monday–Friday | March 12–16 | April 2–6

\$250 - Full Day | 9:00 am–4:00 pm

\$200 - Half Day | 9:00 am–1:00 pm

\$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.

Campers will be grouped by age and ability.

Directed by Miranda Reynolds.

### Tiny Tumblers | Ages 3–6

Monday–Friday | March 12–16 | April 2–6

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

\$60 - Daily Rate

Children will learn gymnastics, tumbling and dance choreography taught by professional gymnastics and tumbling teachers! We teach strength, balance and loco mo–tor 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 sack lunch and athletic shoes.

Required attire: leotard and hair pulled back.

Directed by Miranda Reynolds.

## GYMNASTICS SUMMER CAMPS

### Co-Ed Gymnastics Camp | Ages 5–12

Monday–Friday | May 29–June 1 | July 30–August 3

\$250 - Full Day | 9:00 am–4:00 pm

\$200 - Half Day | 9:00 am–1:00 pm

\$60 - Drop-in for Full or Half Day

Monday–Tuesday, Thursday–Friday | July 2–3, 5–6

\$200 - Full Day | 9:00 am–4:00 pm

\$160 - Half Day | 9:00 am–1:00 pm

\$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.

Campers will be grouped by age and ability.

Directed by Miranda Reynolds.

### Tiny Tumblers | Ages 3–6

May 22–26 | May 31–June 3 | August 7–11

\$200 - Full Day | 9:00 am–4:00 pm

\$160 - Half Day | 9:00 am–1:00 pm

\$60 - Drop-in for Full or Half Day

Children will learn gymnastics, tumbling and dance choreography taught by professional gymnastics and tumbling teachers! We teach strength, balance and loco mo–tor 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 sack lunch and athletic shoes.

Required attire: leotard and hair pulled back.

Campers will be grouped by age and ability.

Directed by Miranda Reynolds.



### Gymnastics & Cheer Camp | Ages 4–12

June 11–15 | June 18–22 | June 25–29 | July 9–13

July 16–20 | July 23–27 | July 30–August 3

\$250 - Full Day | 9:00 am–4:00 pm

\$200 - Half Day\* | 9:00 am–1:00 pm

**\$60 - Drop-in 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.**

Campers will be grouped by age and ability.

\*4-year-old children half day only.

Directed by Miranda Reynolds.

### Boys Gymnastic and Ninja Camp | Ages 4–12

June 18–22 | June 25–29 | July 16–20 | July 30–August 3

\$250 - Full Day | 9:00 am–4:00 pm

\$200 - Half Day\* | 9:00 am–1:00 pm

\$60 - Drop-in for Full or Half Day

Boys gymnastics, hip hop and ninja includes skills on the bars, balance techniques on beam, vault table, Tumble Trak trampoline, floor exercise and boy apparatuses along with dance studio time. Boys will learn a variety of acrobatic gymnastics, hip hop and ninja skills and combinations. They will enjoy strength training, flexibility, and balance activities by jumping, running, stretching, rolling, flipping, twisting and circling. The camp 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 camp.

**Campers need to bring a sack lunch, snack and athletic shoes.**

**Required attire: T-shirt and comfortable athletic shorts.**

\*4-year-old children half day only.

Directed by Miranda Reynolds.

# CAMPS

## DANCE SPRING BREAK CAMPS

### **Swan Lake Spring Break Camp | Ages 3–6**

March 12–16 | April 2–6

Monday–Friday | 9:00 am–1:00 pm

**\$200 - Full Week | \$60 - Drop in**

Tendue and jeté like Odette and the ballerinas of Swan Lake! We will dance to the music of Swan Lake and watch the famous ballet. Dancers are invited to wear their favorite ballerina costume to the final day of camp.

**Required attire: leotard, tights, ballet shoes, and hair pulled back in a bun. Please pack a snack, a sack lunch, water bottle, and comfortable, warm clothing to wear over dance attire during lunch and afternoon activities.**

Directed by Jessie Matheson | 404-842-3156

### **Swan Lake Spring Break Camp | Ages 6–12**

March 12–16 | April 2–6

Monday–Friday | 9:00 am–4:00 pm

**\$250 - Full Week | \$60 - Drop in**

Tendue and jeté like Odette and the ballerinas of Swan Lake! We will dance to the music of Swan Lake and watch the famous ballet. Dancers are invited to wear their favorite ballerina costume to the final day of camp. Dancers will perform pieces inspired by Swan Lake at Friday Parent Performance at 3:45!

**Required attire: leotard, tights, ballet shoes, and hair pulled back in a bun. Please pack a snack, a sack lunch, water bottle, and comfortable, warm clothing to wear over dance attire during lunch and afternoon activities.**

Directed by Jessie Matheson | 404-842-3156

### **Swan Lake Repertoire Intensive | Ages 12–17**

March 12–16 | April 2–6

Monday–Friday | 1:00–4:00 pm

**\$200 - Full Week | \$40 - Drop in**

Advanced dancers will take Ballet Technique followed by Repertoire, where they will learn original Swan Lake choreography. Dancers will perform at Friday Parent Performance at 3:45.

**Required attire: leotard, tights, ballet shoes, and hair pulled back in a bun. Please eat lunch prior to intensive. Pack a snack and water bottle.**

Directed by Jessie Matheson | 404-842-3156

## DANCE SUMMER CAMPS

### **Contemporary, Ballet & Modern Camp**

**Ages 10–18**

Weeks of June 11 & July 16

Monday–Friday | 9:00 am–4:00 pm

**\$250 - Full Week | \$60 - Drop in**

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

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

Directed by Jessie Matheson | 404-842-3156

### **Co-Ed Hip Hop Camp | Ages 6–12**

Weeks of June 18 & July 23

Monday–Friday | 9:00 am–4:00 pm

**\$250 - Full Week | \$60 - Drop in**

Come explore different styles of hip hop! Dancers will learn to pop, break dance, and freestyle, and gain strength, flexibility, and memory skills. In addition to learning fun combinations to popular songs, dancers will also participate in afternoon activities like pony rides, storytelling, and Carnival Day.

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

Directed by Jessie Matheson | 404-842-3156

### **Dance Intensive | Ages 10–18**

Weeks of June 25 & July 23

Monday–Friday | 9:00 am–4:00 pm

**\$250 - Full Week | \$60 - Drop in**

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

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

Directed by Jessie Matheson | 404-842-3156



## Itty Bitty Hip Hop Camp | Ages 3–6

Weeks of June 25, July 9 & July 30

Monday–Friday | 9:00 am–1:00 pm

\$200 - Full Week | \$60 - Drop in

Explore different styles of hip hop! In this co-ed camp, young dancers will learn the basics of hip hop and gain strength, flexibility, and memory skills in an upbeat environment. In addition to learning fun combinations to popular songs, dancers will also play games and make crafts.

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

Directed by Jessie Matheson | 404-842-3156

\*All children need to be fully potty trained.

## Musical Theater Camp | Ages 6–12

Weeks of June 25 & July 9

Monday–Friday | 9:00 am–4:00 pm

\$200 - Full Week | \$60 - Drop in

Learn to sing, dance, and act! Students will participate in vocal and physical warm-ups, engage in drama games, learn theatre terminology, and prepare a group in-class performance. In addition to learning songs and dances from various Broadway plays and musicals, students will also play games and participate in afternoon activities like pony rides, storytelling, and Carnival Day.

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

Directed by Jessie Matheson | 404-842-3156

## Prima Ballerina Camp | Ages 6–12

Weeks of June 18 & July 2 (4-day camp)

Monday–Friday | 9:00 am–4:00 pm

\$250 - Full Week | \$60 - Drop in

Learn to dance just like a prima ballerina! Through the use of ballet technique, structured play, and games, dancers will learn about the art of dance as a means of storytelling, as well as the rehearsal process that helps prepare dancers for performances onstage. Dancers will learn excerpts from famous ballets like *Swan Lake*, *The Nutcracker*, *Don Quixote* and *Giselle*. At the end of the week, parents will be invited to the studio for their ballerinas' big debut! Dancers also participate in afternoon activities like pony rides, storytelling, and Carnival Day.

**Required attire:** leotard, tights, ballet shoes, and hair pulled back in a bun. Please pack a snack, a sack lunch, water bottle, plus comfortable clothing and outside shoes to wear over dance attire for afternoon activities.

Directed by Jessie Matheson | 404-842-3156

## Princess Ballerina Camp | Ages 3–6

Weeks of May 29 (4-day camp), June 11,

July 2 (4-day camp), July 16, July 23, August 6

Monday–Friday | 9:00 am–1:00 pm

\$200 - Full Week | \$60 - Drop in

Come dance and twirl like a fairy princess! Dancers will learn the basics of ballet while dancing to their favorite princess songs, from *The Little Mermaid* to *Beauty and the Beast*. Dancers will learn dances inspired by their favorite fairy tales.

**Required attire:** leotard, tights, ballet shoes, and hair pulled back. Please pack a snack, sack lunch, and water bottle.

Directed by Jessie Matheson | 404-842-3156

## Try-It-All Dance Camp | Ages 6–12

Weeks of June 11 & July 16

Monday–Friday | 9:00 am–4:00 pm

\$250 - Full Week | \$60 - Drop in

Does your dancer want to try a little bit of every dance style? If so, this is your camp! Dancers will take Ballet, Jazz, Modern, and Hip Hop classes, plus learn dances to perform for their parents on Friday. Dancers also participate in afternoon activities like pony rides, storytelling, and Carnival Day throughout the week.

**Required attire:** Ballet shoes are required. Tap, jazz, and hip hop shoes are strongly encouraged but not required. Hair pulled back, leotard, and loose comfortable over-clothing that allows a full range of motion. Please pack a snack, a sack lunch, water bottle, and sneakers for recreation activities.

Directed by Jessie Matheson | 404-842-3156





AT PEACHTREE PRESBYTERIAN

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.

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](http://www.thegymatpeachtree.org)

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:**