

CELEBRATING MORE THAN
A DECADE OF EXCELLENCE

WINTER 2012



FITNESS

Fully-Equipped
CARDIO/WEIGHT ROOM
Indoor TRACK
Group Exercise Classes Of All Types

RECREATION

**GYMNASTICS &
CHEERLEADING**
Come See Our Facility!

LITTLE KICKERS

YOUTH FLAG FOOTBALL

BASKETBALL

Register Now for Spring Leagues
Starting in March

YOUTH & ADULT DANCE

INLINE SKATING

YOUTH & ADULT SPANISH

BRIDGE

SAT & SSAT PREP

COMMUNITY OUTREACH

**SIGN UP NOW
FOR SUMMER CAMPS**

See details on pages 20-22



AT PEACHTREE
**THE
GYM**
PRESBYTERIAN

JOIN US AT PEACHTREE PRESBYTERIAN.

OPPORTUNITIES TO WORSHIP, GROW AND GIVE.

WORSHIP

Worship Services

Sunday 8:45, 10:00 and 11:15am—
Traditional Worship in the Sanctuary
Sunday 8:45 and 11:15am—
Contemporary Worship in The Lodge

GROW

Growing Opportunities

Sunday School Classes for all ages,
Bible Studies and Small Groups

GIVE

Giving Opportunities

Discover your spiritual talents
through the many local and global
outreach ministries.

HOLIDAY CAMPS

Fun & Games Camp

\$200 / week
9:00am–1:00pm
December 19–23
Ages 3–6

5-Star Sports Camp

\$235 / week
December 19–23
& Dec. 26–30
\$100 / 2 days
January 2–3

9:00am–4:00pm
Ages 5–12

Gymnastics & Cheer Camp

Week: \$250 full day
or \$200 half day
Monday–Friday:
9:00am–4:00pm
(full), 9:00am–
1:00pm (half)
Weeks of December
19-23 & 26-30

2 days: \$100 full
day or \$80 half day
January 2-3

Sports 101! Camp

\$200 / week
9:00am–1:00pm
December 26–30
Ages 3–6

BIRTHDAY PARTIES

Basketball

Ages 5–12
Matt Michaelides:
(404) 842-2576

Sports 101!

5 different sports!
Ages 4–12
Matt Michaelides:
(404) 842-2576

Fun & Games

Ages 3–8
Matt Michaelides:
(404) 842-2576

Gymnastics & Cheerleading

Ages 2–18
Sarah Wharton:
(404) 842-3165

Inline Skating

Ages 5 & older
Matt Michaelides:
(404) 842-2576

Youth Dance

Ages 3–12
Christie Bailey:
(404) 842-3156

IS YOUR WORKOUT LESS EFFECTIVE THAN YOU THINK IT SHOULD BE?

Why You Should Rethink the Traditional Gym Routine

Earlier this year a study from the School of Kinesiology at the University of Western Ontario compared the effects of short, intense strength/cardio training with those of longer bouts of moderate exercise. Both groups ran three times per week for six weeks. One group ran as hard as they could for 30 seconds and then rested for four minutes and repeated this three to five times for a total workout time of 18 to 27 minutes. The second group jogged for up to 60 minutes at a moderate pace. Those in the sprint group saw their total body fat decrease by 12.4 percent, while the other runners lost less than half that much.

Researchers from the University of New South Wales produced similar results. Participants who did eight-second sprints on a bike followed by 12-second rests for 20 minutes three times a week for 15 weeks lost an average of 5.5 pounds of fat. Those who cycled at a slower, steady pace for 40 minutes actually gained, on average, a pound.

So why do shorter, intense workouts boost fat loss? According to Nicole Pizzi, M.P.H. it's all about what happens inside the body after the workout is over. "Sprints—while cardio in nature—tear down muscle because you're taking your body to its upper limit," Pizzi says. "The body requires extra energy to repair and strengthen itself, and that means you'll continue to burn fat and calories for days after your workout." Those who jog for 45 minutes or knock out an hour on the elliptical, however, return to their normal calorie-burning state almost immediately after they've finished exercising. ***Focus on the intensity of your workout — not how long you work out.***

Get the Results You've been Seeking

Consider replacing your moderate workouts with intense classes that focus on full-body movements that quickly fatigue the entire body. Some of our most popular and results-oriented classes at **The Gym at Peachtree** offer intense workouts which combine cardio and weights.

YOU know you need to exercise so if you only have 30 minutes to work out, you can get excellent results when you lift enough weight so you burn out at about 10 reps during each set. Try combining lunges with medial flies or squats with bicep curls. An intense 30-minute workout has shown that participants continued to burn fat and build muscle much faster than they had before the routine. Pizzi says. "If your goal is fat loss and muscle growth, it's best to stick with short-duration, high-intensity cardio and strength training."

We invite you to try some of the excellent classes **The Gym at Peachtree** offers. **Contact Jan Smith at 404-842-2189** or at jsmith@peachtreepres.org to discuss options to maximize the results of your workouts. Mention this brochure to receive a **FREE trial week and a complimentary orientation to our weight room with one of our certified personal trainers.**



MEMBERSHIPS

Public is Welcome! | Competitive Rates | Buddy Plan
Monthly & Annual Memberships | Special Rates for PPC Church Members
Childcare Available | Men's and Women's Locker Room Facilities
Satisfaction Guaranteed | **Corporate Rates—call Jan at (404) 842-2189**

GYM HOURS

Monday—Friday	6:00 am—9:00 pm
Saturday	8:00 am—6:00 pm
Sunday	12:30 pm—6:00 pm

GROUP EXERCISE CLASSES - INCLUDED IN YOUR MEMBERSHIP!

We offer over **50 classes a week** designed to improve cardio, strength and flexibility. Directed by Gilda Morris (404) 842-2163; gmorris@peachtreepres.org

CARDIO EXERCISE

Boot Camp – 6:30 am for ALL fitness levels! High Intensity! Worth getting up for!

Cardio Sculpt – **UNIQUE to The Gym at PPC:** High Intensity basic movement combined with low weights and heavy weight intervals

Cardio Blast – a cardio class, high intensity, combining spinning, floor drills and more

Hi/Low Impact Aerobics –high intensity, lots of choreography; a great workout

Low Impact Aerobics (LIA) /BS – for beginners or those who prefer a total workout in one hour

Gentle Low Impact (LIA) /BS Aerobics – for those who prefer a slower, more gentle workout

Spinning - you will sweat calories and the music is AWESOME! High Intensity!

Step - intense choreography as one steps up and down on adjustable platform

Step Interval – easy choreography with intervals of weights

ZUMBA – EASY-to-FOLLOW dance and fitness moves to create a DYNAMIC cardio class. Great class for beginners!

20/20/20 – 20/Cardio, 20/Strength, 20/Stretch

STRENGTH & FLEXIBILITY TRAINING

Body Sculpting – strengthen all your major muscles using free weights

BODYPUMP – Plate loaded barbells to strengthen all your major muscles.
Men and women love this class

Pilates – core work designed by Joseph Pilates for dancers and now for all of us!

Movement Improvement – similar to T'ai Chi, to improve balance and mobility

Angel Yoga – spiritual yoga connecting with God through our breathing

Ashtanga Yoga – commonly called Power Yoga

Yoga – Hatha Yoga which is the basic original yoga; straight forward yoga for the average person

Directed by:

Gilda Morris (404) 842-2163 | gmorris@peachtreepres.org

Jan Savage Smith (404) 842-2189 | jsmith@peachtreepres.org



CARDIO WEIGHT ROOM

Included in your membership!

Cardio Machines burn calories and help maintain weight loss.

We have the following:

Arc Trainers

Octane Ellipticals

Treadmills

StepMill

Stairmaster

Precor Ellipticals

Upright and Recumbent Bikes

Strength Equipment workouts build lean muscle mass and strengthen bones.

We have the following:

Cybex, Bodymasters & Hoist

Weight Equipment

Free Weights

Track – *included in your membership!*

Indoor, extra wide, cushioned track suspended above our two full-sized basketball courts –when available.

PERSONAL TRAINERS

Michael Beck (678) 907-3539

Dickie Bilbro (404) 518-0909

Steve Jones (423) 802-2153

Elaine Solomon-Falkner (404) 932-1669

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

DANCE & MOVEMENT FOR ADULTS & TEENS



YOGA PRAYER RETREAT BENEFITTING STREET GRACE

Led by Tony Cochran & Gilda Morris

Date: Saturday, March 10, 2012 | Time: 9:00 a.m.–1:00 p.m.

Cost: Donation to street GRACE

Location: St. Dunstan's Episcopal Church – a little church located in the woods in NW Atlanta

What about an opportunity to get away from the work-a-day world to relax, re-fresh and recharge as we strengthen, stretch and release in body, mind and spirit in a totally serene place?

"It is easy to get into a spirit of passive resignation of being victims of a world we cannot change. The answer to this feeling is to pray.

Prayer becomes more and more a way to listen to the blessing.

The real work of prayer is to become silent and listen..." Henry Nouwen



street GRACE

Help End Childhood Sexual Exploitation.

Street GRACE is an alliance of churches, community partners, and volunteers dedicated to supporting, enlarging, and allying with those individuals and organizations working toward eliminating the commercial sexual exploitation of children (CSEC).

Street GRACE mobilizes the resources within the community – financial, human and material – toward those organizations and individuals who have demonstrated effectiveness in battling CSEC in the areas of advocacy, aftercare and mentoring.

Our ultimate goal is the elimination of this problem in the city of Atlanta and duplication of these efforts in other cities across the United States.

T'AI CHI

Tuesdays 7:00pm OR Thursdays 10:30am

\$144 / 12 Weeks January 10 or 12 – March 27 or 29

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

Fend off old age with T'ai Chi!! The benefits of T'ai Chi practice are many, and are especially applicable to those over 50, or those with balance issues, but all adults are welcome. Balance, strength, flexibility, mobility, breathing, and confidence all generally improve with practice. Easy moves are performed at a pace all can follow. *T'ai Chi can change your life.*

GOTTA DANCE AT A WEDDING!

Thursdays 7:30–8:30pm | \$96 / 8 Weeks | January 12–March 8

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

You too can dance at the next wedding! 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.

ARGENTINE TANGO

\$70 / 7 Weeks (6 lessons and 1 recap) or \$12 per night
College and high school students: **\$40 for the series or \$8 per night**
Every Wednesday — different focus for 6 weeks, plus recap on 7th week
New Fundamentals Series begins Dec. 7, 2011 and Jan. 25, 2012
7:30pm | Fun with Fundamentals (Beginners and Intermediate)
8:30pm | Intermediate/Advanced Class
9:30–10:00pm | Guided Practica

Atlanta Tango aims to get students on the social dance floor as quickly as possible. This six-week class (plus recap on 7th week) focuses on the fundamentals of Argentine tango.

We emphasize connection between partners, and cover crucial social dance floor etiquette (such as cabeceo, and line of dance). The fundamentals of this class are the building blocks for good dancing, and more experienced dancers frequently return to polish their basics. Experienced dancers can take the classes on a pay-as-you-go basis (**\$12 per night / \$8 for students**).

Our **Fun with Fundamentals** class (7:30) is shaped to give you the basic movement vocabulary quickly. You will have the experience of dancing with a variety of dancers, which facilitates learning and adds some social fun. Our **Intermediate/Advanced** class (8:30pm) is open to all those who have completed a Fun with Fundamentals session or who already have tango experience. **Guided Practica** (9:30) is your opportunity to take advantage of our teaching staff's knowledge. Ask any question that comes to mind, either about the class you just took or any aspect of the dance. Come for all or any part. Beginners are encouraged to sign up for the whole series, but you may begin in the middle as each week has a different focus.

ADULT CLASSES

BALLET

Drop in class. \$15/class or \$225 for a 17 week session
Monday 6:45–8:00pm | Beginner/Level 1 class

Tone and strengthen your arms, legs and core with this classical ballet class. Class begins with a barre warm-up targeting the inner thighs and core muscles before moving to center work and across the floor.

TAP

Drop in class. \$15/class or \$225 for a 17 week session
Tuesday 6:15-7:15pm | Beginner/Level 1-2

Tap away the pounds in this fun Broadway styled tap class. Class begins with tap technique and rhythm exercises, ending with choreography to some of your favorites from Frank Sinatra, Nancy Wilson, Dean Martin and more!

DANCE & MOVEMENT FOR ADULTS & TEENS



EDUCATION FOR ALL AGES



BRIDGE

BRIDGE AT PEACHTREE | FRED SAYS...

\$120/ 10 Weeks | Classes begin January 9 or 10 – March 19 or 20
(No class on January 16 or 17 – MLK holiday)

Meets in Room 2303; 2nd floor Main Church building

Enter double elevators under porte-cochere to 2nd floor.

Taught by Fred Strickland, ACBL LIFE MASTER | fstrick604@mindspring.com

BEGINNER BRIDGE

Mondays, 1:15–2:40pm OR Tuesdays 7:30–8:55pm

For those who have never played bridge or played a little, years ago.

INTERMEDIATE BRIDGE PART 1 (BIDDING & DECLARER PLAY)

Mondays 10:30–11:55am

Mondays 8:15–9:40pm OR Tuesday 1:15–2:40pm

For those who have played, but want to improve their skills.

ADVANCED BRIDGE

Mondays, 6:45–8:10pm or Tuesdays 10:30–11:55am

Topic: Winning Declarer Play

NEW YEAR'S RESOLUTION: LOSE WEIGHT

\$50 / 4 weeks | Tuesdays | 10:30–11:30am | January 10, 17, 24 and 31
or **\$50 / Saturday, January 21** | 10:00am–1:00 pm

Participants begin equipping for the physical, social, and emotional components of losing weight. Emphasis will be on small permanent and healthy changes to reach an optimal weight. Topics include losing fat while maintaining muscle and other lean tissue, how to stay motivated, eating to banish belly fat, and many other steps to insure a leaner and lighter body. Menus and recipes provided.

Dr. Jo Ditzel has her PhD in Nutrition. She can teach us to make healthy lifelong changes without suffering!
This year this New Year's resolution will LAST!

PAINTING WITH WATERCOLOR

\$195 / 8 Weeks | Thursdays | 10:00am – 12:30pm | Classes begin on January 9

Know how to paint with watercolor? Want to learn how to paint with watercolor? Whatever level you are, this is the class for you! Class is taught by **Daniel Hobbs**, a highest honors graduate of THE RINGLING COLLEGE OF ART AND DESIGN, who has taught Drawing, Advanced Design Theory and Visual Communication at THE LOUISVILLE SCHOOL OF ART. His work has been published in three Graphics Coffee table books in Switzerland. He has had numerous group shows in NYC and Atlanta, and his work has appeared in a number of Art Annuals nationally. He was invited have a one-man show of his ink and water-color drawings at The J.B. Speed Art Museum in Louisville, Kentucky.

DRIVER SAFETY CLASS FOR TEENS AND ADULTS

Taught by Barbara Harris | Please register as class is limited to 25

One Day Class: Saturday, January 21, 2012 | 9:00am–4:00pm

Two Evening Class: Tuesday & Thursday, February 7th & 9th | 5:30–8:30pm

This course is geared to the safety needs of the older driver but is appropriate for all drivers! Topics will include:

- Defensive driving techniques
- New traffic laws and rules of the road
- How to deal with aggressive drivers
- How to safely use anti-lock brakes, air bags and safety belts

Most insurance companies offer a three-year discount on your premium for those who complete the course successfully.

Cost: Cash or check made out to AARP when you attend class (not when registering)

\$14 (to AARP) – bring your driver's license

\$12 for current AARP members (to AARP) – bring your driver's license & AARP card!

The world seems small when one travels or works all around the world. Is it time to learn another language? Exercise keeps us young – anything that makes your brain work will decrease chances of dementia and increase your memory! Feel younger and learn another language at the same time! Our classes are on a semester basis – just like being back in school, but without the tests! Learn at your own speed. Dates are the same for Spanish and French classes.

2nd Semester: January 9–April 30 (*no classes spring holidays: weeks of March 5 and April 9*)

All foreign language classes meet in The Lodge, Room 4201; convenient parking

DAYTIME SPANISH CLASSES

BEGINNER SPANISH – 2ND SEMESTER

Session I: \$392 / 14 Weeks | Meets TWICE A WEEK: Tuesday & Thursday | 1:15–2:45pm

Learn the basics as well as how to make yourself understood when you travel to a Spanish speaking country. **Are you going to be ready for Level 2 or no?** Books: online: [Warren Hardy Level 2: www.warrenhardy.com](http://www.warrenhardy.com); please order books and CDs

We begin Level 2 in the 2nd Semester. (winter/spring). **Beginner Spanish taught by Harriett Swennes**, a retired teacher who has studied the **Warren Hardy Method** extensively with Susan Roberson, other tutors and traveled extensively.

INTERMEDIATE SPANISH

Session I: \$392 / 14 Weeks | Meets TWICE A WEEK: Tuesday & Thursday | 11:30am–1:00pm

For students who are functional in Spanish. Semester will begin with study of the subjunctive. Focus will be on proficiency in speaking.

Book: [Spanish Now Third Edition Level 2](http://www.barrons.com) (Barron's, ISBN 13: 978-0-7641-9549-5, ISBN: 10-7641-9549-2)

Taught by Susan Roberson who has a BA in Spanish and trained with Warren Hardy, then developed her own unique and effective approach of teaching Spanish to all ages. She has worked and studied throughout Latin America. (Susan Roberson: susanaroberson@gmail.com)

ADVANCED SPANISH

\$294 / 14 Weeks | Drop-in: \$25

Meets ONCE A WEEK: Wednesday 12:30–2:30pm

Immersion Class for those who know Spanish but want to improve speaking and reading skills.

Book: TBA; contact gmmorris@peachtreepres.org or susanaroberson@gmail.com.

Intermediate and Advanced Spanish taught by Susan Roberson who has a BA in Spanish and trained with Warren Hardy, then developed her own unique and effective approach of teaching Spanish to all ages. She has worked and studied throughout Latin America. (Susan Roberson: susanaroberson@gmail.com)

EVENING SPANISH CLASSES

BEGINNER SPANISH – SECOND SEMESTER

\$294 / 14 Weeks | ONCE A WEEK | Mondays 5:30–7:00pm

Warren Hardy Level 1 | Books: online: www.warrenhardy.com; please order book & CD and verb cards

EVERYDAY SPANISH CONVERSATION CLASS

\$294 / 14 Weeks | ONCE A WEEK | \$25 drop-in rate | Mondays 7:00–8:00pm

Increase vocabulary, polish and practice speaking Spanish. Taking Spanish in school? Come practice what you learn!

Evening Spanish taught by Elizabeth Tennes, a native Spanish speaker from Lima, Peru. She attended the Universidad Inca Garcilaso de la Vega. Elizabeth enjoys teaching adults and children, and has a bilingual 11 year-old child. (Elizabeth Tennes: dorislita@yahoo.com)

INTERMEDIATE SPANISH

\$294 / 14 Weeks | ONCE A WEEK | Thursdays 7:00–8:00pm

Warren Hardy Level 3: 1st semester, Level 4: 2nd semester | Books: online: www.warrenhardy.com; please order book & CD

FRENCH – THE LANGUAGE OF PARIS, THE “CITY OF LOVE”

EVERYDAY FRENCH CONVERSATION CLASS

Know how to speak French just a bit, or perhaps well, but want practice. This class is for you!

\$294 / 14 Weeks | ONCE A WEEK | \$392 / 14 Weeks TWICE A WEEK

Daytime class: Tuesday &/or Thursday from 10:15 to 11.25 am. | Increase vocabulary, polish and practice speaking French.

Evening class: Tuesday from 5:30 to 7:00 pm | Taking French in school? Come practice what you learn!

French Classes taught by Martine Pages, a native French speaker with an international background. Martine studied and worked in Paris for 20 years before moving to Atlanta 6 years ago. (allelypages@yahoo.com)

YOUTH SPORTS



T-BALL LEAGUE

Directed by Terry Massar (404) 842-2166

\$130 / 7-game season | Begins March 19 | Ages: 3-4 years

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

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

SPORTS 101!

Directed by Tommy Hope & Matt Michaelides

\$110 / 8 weeks | January 9–March 1

Sports 101! is an introduction to popular youth sports programs: basketball, baseball, football, soccer, and hockey. The class will concentrate on developing the basic coordination skills required to give your child a head start when it comes to playing team sports. Children will learn throwing, catching, hitting, dribbling, shooting, passing and running. **Sports 101!** will also build confidence, self-esteem and hand-eye coordination.

2-3 year olds*

**Parent Participation*

Mondays 9:25–9:55am

Tuesdays 9:25–9:55am

Wednesdays 9:25–9:55am

***Thursdays 9:25–9:55am**

3-5 year olds

Mondays 10:00–10:40am

Wednesdays 10:00–10:40am

Wednesdays 10:50–11:30am

3-4 year olds

Tuesdays 10:00–10:40am

Tuesdays 10:50–11:30am

Tuesdays 1:10–1:50pm

***Thursdays 10:00–10:40am**

***Thursdays 1:10–1:50pm**

4-6 year olds

***Thursdays 3:20–4:00pm**

LUNCH BUNCH – PPC Preschool Students Only

\$198 / Session | September 19–December 9

Monday 11:45am–1:00pm | Wednesday 11:45am–1:00pm

***Thursday 11:45am–1:00pm**

SPORTS 201!

Directed by Tommy Hope & Matt Michaelides

\$110 / 8 Weeks | January 9–March 1

This class is a continuation of Sports 101. Students will concentrate on mastering the proper techniques and advancing the skills taught in Sports 101. The class will also introduce concepts and rules that pertain to basketball, baseball, football, soccer, and hockey. **Only for children who have previously taken Sports 101!**

3-5 year olds | Mondays 10:50–11:30am

3-5 year olds | Thursdays 10:50–11:30am

4-6 year olds | Thursdays 4:00–4:40pm

LUNCH BUNCH – PPC Preschool Students Only

\$265 / Session | January 9–May 11

Wednesdays, Thursdays or Fridays 11:45am–1:00pm

SPORTS 301!

Directed by Tommy Hope /Matt Michaelides
\$110 / 8 Weeks | January 10–February 28
5-8 year olds | Tuesdays 4:00–5:00pm

This class will focus on one sport each week. Students will concentrate on mastering skills for baseball, basketball, soccer, and football. Students will be introduced to game concepts, rules, and play games. Students will continue to improve skills learned from Sports 101 and Sports 201.

PEE WEE TENNIS

Directed by Matt Michaelides
\$110 / 8 Weeks | January 9–February 27
3-4 year olds | Mondays 1:10–1:50pm
4-5 year olds | Mondays 1:55–2:25pm

Endorsed by Pete Sampras, the Wilson Pee Wee and Tennis Carnival equipment, coupled with their step-bystep teaching techniques, have introduced tennis to thousands of kids. Using their unique “tower,” “tether,” “tree,” and “target” teaching aides, along with special racquets and foam balls, children find quick success.

SPRING BASKETBALL LEAGUE

Directed by Terry Massar
9-11 Year Olds or 12-14 Year Olds
\$135 / 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 your playing skills and to get into shape for team tryouts. Teams formed through an evaluation process. You **MUST** attend evaluation.

Evaluation:

9–11 year olds: Wednesday, March 14 | 5:30pm
12-14 year olds: Thursday, March 15 | 5:30pm

PRIVATE BASKETBALL COACHING

\$50 / Hour | Individual or group | 3-lesson minimum \$150

If your child wants to become a better player (regardless of age or ability level), one-on-one coaching can help. Coaching enables players to learn to “think” while they’re playing—to learn to play smart. Call Matt Michaelides at (404) 842-2576 or Mike Cavanagh at (678) 851-2136

JUNIOR GOLF

Directed by George Sigeti
\$100 / 4 Weeks | Wednesdays
Session I: January 11–February 1 | Session II: February 8–29
4-6 year olds | Wednesdays 4:10–5:00pm
7-11 year olds | Wednesdays 4:10–5:00pm

Location: The Gym at Peachtree Presbyterian Church
4 person minimum; 10 person maximum

YOUTH SPORTS





YOUTH SOCCER

Directed by Tommy Hope (404) 842-2167

LITTLE KICKERS – 4 YEAR OLDS

\$140.00 | March 17–May 19

This is an in-house, coed league for 4 year olds. Put your own team together or your child will be assigned to a team by neighborhood and/or school. Children will learn the game of soccer in low-key game situations where the score will not be kept. This league will take place on Saturdays with a 30-minute practice followed by a 30-minute game. Fee includes uniform (jersey and socks).

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

YOUTH FLAG FOOTBALL (AGES 5-13)

Directed by Tommy Hope (404) 842-2167

\$140.00 | March 12–May 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.

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

FUN & GAMES DAY CAMP! (AGES 3 AND UP)

Directed by Matt Michaelides mmichaelides@peachtreepres.org

Begins the week of January 9 | Tuesdays or Thursdays 9:00am–1:00pm

\$400 / 10-Visit Punch Card, good for the school year

Drop-in Rate available at \$50/day

Give your little one lots of fun and entertainment all morning and mommy a morning out! Your children will play a variety of games such as Freeze Tag, Parachute games, Duck Duck Goose and Red Light Green Light with some new twists geared to young attention spans. The GIANT Obstacle Course and trampoline are some of our favorite activities. All necessary equipment will be provided. Children need to bring a sack lunch and wear socks and athletic shoes. All children need to be fully potty trained.

FUN & GAMES LUNCH BUNCH! (AGES 3–6)

Directed by Matt Michaelides (404) 842-2576
\$265 Session | Begins the week of January 9
Monday 11:45am–1:00pm | Friday 11:45am–1:00pm
PPC Preschool Students Only

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

Children will learn how to skate in a safe and non-threatening atmosphere, and 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, your child won't want to leave!

PEE WEE INLINE SKATING

Directed by Matt Michaelides: (404) 842-2576
\$110 / 8 weeks | Begins the week of January 9
Thursdays: 1:55–2:35pm, 3:20–4:00pm, 4:00–4:40pm

Let your little one learn to skate from the best instructors in Atlanta. Covered from head to toe in safety equipment, we will build their confidence and ensure their first skating experience will be FUN & EASY. Students learn how to fall safely, skate forward, turn and stop. All necessary equipment will be provided including skates.

GROUP SKATING LESSONS

Directed by Matt Michaelides (404) 842-2576
\$110 / 8 weeks OR \$20 / class | Begins the week of January 9
Ages: 5 to adult | Tuesdays OR Wednesdays: 4:00–4:55pm

Whether you want to learn how to skate or improve your skating skills, this is the perfect place to start. During the first 4 weeks, all basic skills such as striding, gliding, turning and stopping are taught and polished. Then we will expand your skill set with backwards skating, stopping techniques, pivots, transitions, crossovers and crossunders. You will impress your friends. Each class will end with a fun skating game. All necessary equipment will be provided including skates.

FRIDAY NIGHT SKATE

\$5 for general public | Free with Family Gym membership

Skates, helmets and pads included. Most every Friday night.
All Ages Welcome! Times vary, please call ahead: (404) 842-5852.

BIRTHDAY PARTIES

Have your sports, skating or fun and games party with us!
Contact Matt Michaelides at (404) 842-2576 or
mmichaelides@peachtreepres.org

YOUTH SPORTS



YOUTH EDUCATION



PERSONAL TUTORING AND TESTING : K-12

Does your child struggle with homework? Struggle with tests? Our program begins by administering a series of nationally recognized tests to pinpoint needs. Then a program is designed just for your child's individual needs. For K-5, we offer individualized instruction in phonics, reading, writing, and math. For middle and high school students, we offer individualized tutoring and instruction in effective study skills. One-to-one exam prep for SSAT, SAT and ACT are offered. For more information contact Judy Horton at 404.474.1811 or jhorton@laamistadfriendship.org.

Learning to **LEARN**[™]

KIDS SPANISH

Directed by The Spanish Academy | January 9–May 11
\$510 / 16 weeks / 2.75 hour class | \$280 / 16 weeks / 1.5 hour class
\$220 / Extended Day / 1.25 hour class (Enrolled Students ONLY)

This class introduces Spanish using the Immersion Method; a proven teaching method used for many years by teachers and language experts. This method involves immersing children into a foreign language in a fun and exciting environment. In class, Spanish will be taught while having FUN using traditional songs, puppets, games, books, movement, and crafts.

2-3 year olds | Monday, Thursday & Friday 9:00–11:45am
2-3 year olds | Extended Monday 11:45am–1:00pm
2-3 year olds | Extended Thursday 11:45am–1:00pm
2-3 year olds | Extended Friday 11:45am–1:00pm
3-4 year olds | Monday & Thursday 9:00–11:45am
3-4 year olds | Extended Monday 11:45am–1:00pm
3-4 year olds | Extended Thursday 11:45am–1:00pm
4-5 year olds | Monday & Thursday 12:30–2:00pm

LUNCH BUNCH

\$280 / Session | January 9–May 11 | PPC Preschool Students Only
3-5 year olds | Monday 11:45am–1:15pm, Thursday 11:45am–1:15pm

SPRING BREAK GYMNASTICS & CHEERLEADING CAMPS

Directed by Sarah Wharton

\$250 full day or \$200 half day / week

Monday through Friday: 9:00am–4:00pm | Weeks of March 5 & April 2

Ages 4-12 yrs (grouped by age and ability)

Children will learn gymnastics, cheerleading and dance choreography taught by the full time staff at Peachtree Presbyterian Church including past All Star & College Cheerleaders. Each week the choreography is different! We teach leadership and confidence through gymnastics and cheerleading levels 1-5. Gymnastics includes skills on the balance beam, uneven bars, Tumble Trak trampoline, vault, and spring floor. Cheerleading includes chants, stunts, dance and tumbling. Check out our state-of-the-art facility located on the north end of the church! Children need to bring a sack lunch and athletic shoes. Required attire: leotard and hair pulled back.

SPRING BREAK 5-STAR SPORTS CAMP

Directed by Matt Michaelides

\$250 / week | Weeks of March 5 & April 2

Monday through Friday: 9:00am–4:00pm

Ages 5-12 yrs (grouped by age)

Children will learn and work on the fundamentals of 5 different team sports.

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.

Inline Skating: Inline skating techniques, including forward, backward, stopping, turning, starting. Skates and pads provided. Bring your own helmet.

Lacrosse: Scooping, cradling, passing and shooting (drills will be age appropriate). Fee includes T-shirt. Children need to bring a sack lunch and athletic shoes.

*Before and After Camp Care will be offered. Contact Matt Michaelides at 404-842-2576 for details.

SPRING BREAK SPORTS 101! CAMP

Directed by Tommy Hope

\$200 / week | Ages 3–6 yrs (fully potty trained required)

Week of March 5 | Monday thru Friday: 9:00am–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. SPORTS 101 will build confidence, self-esteem and hand-eye coordination. Bring sack lunch and wear athletic shoes.

SPRING BREAK FUN & GAMES CAMP (AGES 3-6 YRS)*

Directed by Matt Michaelides

\$200 / week | 9:00am–1:00pm | Week of April 2

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. *All children need to be fully potty trained.

SPRING BREAK CAMP



SPRING BREAK CAMP

YOUTH DANCE & MOVEMENT

Directed By Christie Bailey
(404) 842-3156
cbailey@peachtreepres.org

ATTIRE

Appropriate dancewear and shoes are **REQUIRED**. For specific class attire please check our website: www.thegymatpeachtree.org.



REGISTRATION, TUITION AND FEES

Ongoing registration is offered for our 2011-2012 dance session which runs from August 22nd–May 11th.

Students who wish to participate in the spring performance must register before classes resume in January. Students who register after this will not be able to participate in the recital.

Christmas Break: Dec. 19th–Jan. 8th
Classes resume January 9th and go through May 11th.
Studio closed for Spring Break, April 2nd–6th.

Tuition is due upon registration. Monthly payment options require approval.

* *Recital Performance Fee is not included in tuition. This fee is due the week of January 23rd.*

YOUTH DANCE PROGRAM

Our Youth Dance program offers ballet, tap, jazz and hip-hop, classes for children of all age and ability levels. At the end of the session, students will be presented in our Spring Recital. This performance is a great opportunity for students to build self-confidence and express themselves.

NEW **NEW CLASS! ITTY BITTY BALLET (AGES 2½–3 YRS)**
Tuition: \$255 | Thursday 10:30–11:15am

Dancers will use props and play as they explore creative movement and pre-ballet in a nurturing environment. Itty Bitty Ballet has an in-class performance and does not participate in the spring recital.

PRE-BALLET (3 YEAR OLDS)

Tuition: \$255 | Tuesday: 12:30–1:15pm, Wednesday: 3:30–4:15pm

This class teaches the basics of ballet, incorporating dance terminology and the positions of the feet, hands and body.

**Students must be the appropriate age by the start of class. Full session registration, August–May, is required for 3 year olds to participate in the Spring Dance Recital.*

PRE-BALLET & TAP (4 YEAR OLDS)

Tuition: \$275 | Thursday: 4:00–5:00pm

This class teaches the basics of ballet, incorporating dance terminology and the positions of the feet, hands and body. Tap introduces students to rhythm and sound, helping develop coordination and timing.

BALLET & TAP COMBO (AGES 5–6)

Tuition: \$290 | Monday: 4:15–5:30pm, Tuesday: 4:15–5:30pm

Dancers build strength, flexibility, and memory skills through the exploration of rhythm in this class. Ballet emphasizes body alignment, concentrating on proper usage of feet, legs and arms. Tap introduces students to rhythm and sound, helping develop coordination and timing.

BALLET, TAP AND JAZZ COMBO (AGES 7–12)

Tuition: \$310

Mondays: 5:30–7:00pm (7-9 yrs) | Thursday: 5:00–6:30pm (10-12 yrs)

Ballet is the ABC's of dance, providing a strong technique base for all other styles of dance. This class is for students ready to progress in their ballet training to traditional barre work, center floor work and combinations. In Tap, dancers will focus on and develop rhythm and coordination. Jazz allows students to explore body awareness through isolations of the head, shoulders, arms, ribcage, etc. Each class will begin with ballet and end with a rotation of tap or jazz.

MODERN/LYRICAL (AGES 8–12)

Tuition: \$310 | Wednesday: 5:15–6:45pm

This class fuses ballet, jazz and contemporary dance. Dancers will explore creative self-expression, focusing on musicality and emotion through their movement.

PRESCHOOL LUNCH BUNCH BALLET (AGES 3–5)

Tuition: \$325 | Ballet | Monday, Thursday and Friday 11:45am–1:15pm
Ballet I for 3 yrs | Ballet II for 4-5 yrs | Wednesday 11:45am–1:15pm

Dancers are picked up from Peachtree Presbyterian Preschool at 11:45am on Monday, Wednesday, Thursday or Friday. Professional dance instructors eat lunch with them and help them change into their leotard for class. Parents pick up at 1:15pm.

HIP HOP FOR KIDS & TEENS (AGES 6 YRS+)**Tuition: \$275****Tuesday: 4:00–5:00pm (Ages 6-7 yrs) | Tuesday: 5:00–6:00pm (Ages 8-9 yrs)****Thursday: 5:30–6:30pm (Ages 10-12 yrs)**

This high energy class explores rhythm and coordination. Dancers will explore the different styles of hip hop and even incorporate their own moves and choreography; focusing on fun routines and floor work to upbeat pop and hip hop music.

NEW DANCE & GYMNASTICS COMBO CLASSES!**BOYS GYMNASTICS & HIP HOP (AGES 6–12)****Tuition: \$345 | Thursday: 4:00–5:30pm**

Do you want to move and jump like the dancers you see on TV? Then check out our all boy Hip Hop class. This class explores rhythm and coordination in a high-energy setting. Dancers will explore the different styles of hip hop and even incorporate some tumbling into their choreography, while focusing on fun routines and floor work to upbeat pop and hip hop music.

GYMNASTICS & BALLET (AGES 5–6)**Tuition: \$345 | Monday: 4:00–5:30pm**

This class starts an hour ballet class where dancers will do barre, center and floor work and then go into a 30 minute gymnastics class. This combo class provides strength and technique training necessary in both gymnastics and dance, teaching flexibility, balance and proper stretching techniques.

GYMNASTICS, BALLET & JAZZ (AGES 7–12)**Tuition: \$375 | Monday: 5:00–7:00pm (Ages 7–9) | Wednesday: 5:00–7:00pm (Ages 10–12)**

This class starts with an hour and a half of ballet and jazz before moving into a 30-minutes of gymnastics. This combo class provides strength and technique training necessary in both gymnastics and dance, teaching flexibility, balance and proper stretching techniques. Ballet provides a strong technique base for all other forms of dance as well as beam and floor routines in gymnastics. Jazz builds on ballet technique, teaching rhythm and body awareness through isolations of the head, shoulders, arms, ribcage and more.

TEEN TUMBLING & HIP HOP (AGES 13-18)**Tuition: \$345 | Tuesday 6:00–7:30pm**

This combo class starts with TUMBLING ONLY SKILLS such as handstands, cartwheels, backbends, front & back handsprings, back handspring series and tucks on the trampoline and floor, using incline mats, octagons and a back handspring machine. Tumbling skills are then incorporated into choreography in our hip hop class. Dancers will explore the different styles of hip hop while focusing on rhythm and coordination through floor work and routines. This class is perfect for cheerleaders and dancers wanting an extra edge over the competition!

IRISH DANCE – YOUTH (AGES 4 AND UP)

Directed by Jessie O’Sullivan, Certified Irish Dance Instructor

\$255 / 17 Weeks | January 9th–May 11th**Beginning: Tuesdays, 3:30–4:25pm | Intermediate: Tuesdays, 4:30–5:25pm****Teen, Adult, Advanced: Tuesdays, 5:40–6:45pm | Adult: Thursday, 11:15–12:15pm****Home School Class: Thursday 11:15–12:15pm****NEW****NEW 4 YEAR OLD CLASS!****Tuesdays | 2:45–3:25pm**

GYMNASTICS, TUMBLING CHEERLEADING & ALL-STARS

Director of Gymnastics,
Sarah Wharton
(404) 842-3165
swharton@peachtreepres.org
www.thegymatpeachtree.org

17 Week Session

January 9 through May 18, 2012
Classes Offered Mondays–Fridays
No Classes MLK Monday or Spring
Break March 5-9 or April 2-6
Prorated Rolling Admissions ONLY in
Open Classes. Please Register Early!

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

Gymnastics and Tumbling are a fantastic and fun way to build strength, flexibility and balance through skills on the Olympic events: balance beam, uneven bars, trampoline, spring floor and vault for both boys and girls. Our cheerleading program teaches cheers, advanced tumbling and stunting. Gymnastics and cheerleading build self-confidence, discipline, and create athleticism within your child!

Preferred 7-to-1 gymnast/coach ratio with exception of cheerleading classes

WANT TO BE A PART OF ONE OF THE FASTEST GROWING SPORTS IN THE WORLD? JOIN OUR NEW ALL-STAR COMPETITIVE CHEERLEADING PROGRAM!

Required Attire for ALL
gymnastics classes: Leotard

All classes will be held in the
GYMNASTICS CENTER on
the North End of the Church!
Entrance is in the rear of the
building next to treehouse
and playgrounds.

CREATIVE MOVEMENT (AGES 18–36 MONTHS)

*Parent Participation Required

\$275 | 9:30–10:15am

Monday, Tuesday, Wednesday, Thursday OR Friday (Choose One)

Creative Movement teaches basic motor skills such as strength, flexibility, balance, and following directions by jumping, running, rolling, skipping, stretching, and turning on the balance beam, bars, trampoline, incline mats, tunnels and various games. Creative Movement is an interactive experience for parents and/or caregivers and children ages 2 to 3 years old, encompassing the exploration of body awareness, beginning strength, balance and movement skills, and social interaction with others.

TUMBLE CUBS (AGES 3 & 4)

\$275 | 10:30–11:15am

Monday, Tuesday, Wednesday, Thursday OR Friday (Choose One)

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 5 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 two groups.

BOUNCING BEARS (AGES 3–5)

\$275 | 2:00–2:45pm

Monday, Tuesday, Wednesday, Thursday OR Friday (Choose One)

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 two groups.

FLIPPING FRIENDS (AGES 4.5–6)

\$275 | 3:00–3:45pm

Monday, Tuesday, Wednesday, Thursday OR Friday (Choose One)

Flipping Friends teaches strength, flexibility and balance by jumping, running, skipping, stretching, turning, rolling, cartwheels, backbends, handstands, casts, backhip 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 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 two groups. Preferred 7-to-1 Gymnast/Coach Ratio.

GIRLS GYMNASTICS LEVELS 1–2 (AGES 5–14)

\$275 / (Choose One Day & Time That Best Fits Your Schedule!)
Monday, Tuesday, Wednesday, Thursday, OR Friday | 4:00–4:55pm
Monday, Tuesday, Wednesday, OR Thursday | 5:00–5:55pm

AGES 6-14 WILL BE PLACED IN GROUPS BASED ON AGE THEN ABILITY IN USAG Levels 1 OR 2

*USAG is the United States Gymnastics Governing Body.
PPC Staff is USAG Gymnastics Safety Certified.

Our Girls Gymnastics Program teaches strength, flexibility and balance by jumping, running, stretching, rolling, cartwheels, backbends, handstands, front handsprings, backhandsprings, casts, backhip circles, sole circles, and tap swings on the uneven bars, balance beam, trampoline, and floor exercise using incline mats, octagons, and backhandspring drills. The progressive recreational gymnastics program, for girls ages 6 years and up, introduces and continues the skill-building blocks for gymnastics development.

Classes are divided into groups. Preferred 7-to-1 Gymnast/Coach Ratio.

GIRLS LEVEL 3 & PRE-TEAM (AGES 6–14)

Level 3 | \$345 | Monday OR Wednesday | 4:00–6:00pm
Pre-Team | \$525 (2 Payments Accepted)

Monday & Wednesday OR Tuesday & Thursday | 4:00pm–6:00pm

Our Advanced Girls Gymnastics Program teaches strength, flexibility and balance using the USA Gymnastics (USAG) certified compulsory Skills and routines level 3 on the uneven bars, balance beam, vault, and floor exercise. The progressive recreational gymnastics curriculum, for girls ages 6 years and up, introduces and continues the skill-building blocks for gymnastics development and competition all over the State of Georgia. Tryout Evaluation Required.

BOYS GYMNASTICS (AGES 6–12)

\$300 | Monday OR Wednesday (Choose One) | 4:00–5:00pm

Our Boys Gymnastics Program teaches strength, flexibility and balance by jumping, running, stretching, rolling, cartwheels, backbends, handstands, front handsprings, backhandsprings, casts, backhip circles, and tap swings on the uneven bars, rings, vault, trampoline, and floor exercise using incline mats, octagons, and backhandspring drills. The progressive recreational gymnastics program, for boys ages 6 years and up, introduces and continues the skill building blocks for strength and gymnastics development. Please note: Classes stretch out all together then are divided into boys and girls classes. Strict 7-to-1 Gymnast/Coach Ratio.

TUMBLING CLASSES (AGES 10–18)

\$300 | Monday, Tuesday, Wednesday OR Thursday | 5:00–6:00pm
Back walkover required. No exceptions.

Standing & Running Series Tumbling practices and teaches advanced skills necessary for high school & all star cheerleading or if you just plain love to tumble! This class includes standing tumbling, round off backhandspring series through to layouts, fulls, and specialty passes.

GYMNASTICS, TUMBLING & CHEERLEADING



GYMNASTICS, TUMBLING & CHEERLEADING

GYMNASTICS, TUMBLING & CHEERLEADING



HIGH SCHOOL TUMBLING & CHEERLEADING TRY-OUT PREP (AGES 12–18)

\$325 One Day Per Week | \$500 Two Days Per Week
Monday, Tuesday, Wednesday, OR Thursday | 6:00–7:30pm

High School Tumbling and Cheerleading Tryout preparation teaches advanced skills necessary for high school cheerleading and gymnastics including strength, flexibility and balance through TUMBLING SKILLS and JUMPS ONLY such as handstands, cartwheels, backbends, front handsprings, backhandsprings, backhandspring series, and back tucks on the trampoline and floor exercise using incline mats, octagons, and backhandspring drills.

YOUTH CHEERLEADING (AGES 4–8)

\$350 | Includes Full Uniform (Poms are property of PPC)
Practices Tuesdays | 4:00–5:00pm | Basketball Games Saturday Mornings and Flag Football Games Sunday Afternoons

Cheerleading teaches strength, flexibility, balance, and teamwork through motions, cheers, dance, jumps, basics mounts, and tumbling such as handstands, cartwheels, backbends, front handsprings, backhandsprings.

ALL-STAR COMPETITIVE CHEERLEADING (AGES 8–14)

\$125 Monthly Fee, 2011-2012 Season August 1–March 1
(Summer Workouts Preferred but not Mandatory June 10–August 1)
Plus Competitions, Uniform (Good 2011-2013 Seasons) & Choreography Fees
USASF Junior Level | Ages 14 & Under (August 31, 2011 Age Cutoff)
TRYOUT EVALUATION REQUIRED

Mandatory Practices: Wednesday 6:00–8:00pm & Sunday 4:00–7:00pm
Plus One Tumbling Class Required for ALL All-Star Cheerleaders

**Additional Mandatory Practices May Be Added By Coach Prior to Competitions!*

All-Star Cheerleading is comprised of well-rounded athletes who have the minimum tumbling requirement for USASF level 2 and who possess a passion for cheerleading performance in dancing, cheering, stunting, tumbling & jumping. Peachtree is credentialed to safely teach USASF Levels 1-5 progressions and technique in tumbling, stunting and tossing. Our unique staff comes from a variety of cheerleading backgrounds & collaboratively have experience in allstar cheerleading at national levels 5 & 6, professional cheerleading, judging cheerleading at national levels 1-6, and running UCA camps.

2011-2012 Competitions may include but not limited to Athletic Championships, Battle Under the Big Top All Star Challenge, Clash of The Titans, National Championships in Orlando.



COMPETITIVE GYMNASTICS TEAM LEVELS 4-7

\$600 (2 Payments Accepted)

Monday & Wednesday: 3-Hour Class | 4:30-7:30pm

Thursdays: Strength & Conditioning | 4:30-6:30pm

Our Advanced Girls Gymnastics Program teaches strength, flexibility and balance using the USA Gymnastics (USAG) certified compulsory routines levels 4-optional on the uneven bars, balance beam, vault, and floor exercise. The progressive recreational gymnastics curriculum, for girls ages 6 years and up, introduces and continues the skill-building blocks for gymnastics development and competition all over the State of Georgia. Tryout Evaluation Required, Contact Sarah Wharton (404) 842-3165.

*Approximately \$75 Per Competition & \$200 for Competitive Uniform & Warmups

GYMNASTICS, TUMBLING & CHEERLEADING

PRIVATE LESSONS (AGES 6-ADULT)

\$60 / hour / individual with Qualified Instructor

\$20 / hour / student for Group Lessons | 3-5 Students

*Private Lessons Available for Gymnastics OR Cheerleading

Sarah Wharton (404) 842-3165 or swharton@peachtreepres.org

PPC PRE-SCHOOL LUNCH BUNCH *(Open to PPC Preschool Ages 3-5)*

\$300 / 15 Weeks

January 16 to May 11 *(No Class on Preschool Holidays or if Preschool is Out)*

Monday, Wednesday, Thursday OR Friday 11:45am-1:15pm *(Choose One)*

We will pick up your child ages 3 to 5 years old at Peachtree Presbyterian Preschool at 11:45am on Mondays, Wednesdays, or Thursdays and we will eat lunch with them and change them into their leotards for class. Parents can watch or pick up your child from the gymnasium at 1:15pm.

Lunch Bunch 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.

COMMUTER PRE-SCHOOL LUNCH BUNCH

(open to Trinity, NUMC, St. Philips, Second Ponce Preschool Ages 3-5)

\$300/ 15 Weeks (Open to Preschool Ages 3-5 yrs) | January 16 to May 11

(No Class on MLK or Preschool Holidays) | Tuesday OR Thursday 12:00-1:30pm

Lunch Bunch 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.

Carpool parents can drop children off at Peachtree Presbyterian Church Room 1127 at 12:15pm on Tuesdays OR Thursdays, and we will eat with them and change them into their leotards for class.

Parents can watch or pick up your child from the gymnasium at 1:30pm.

BIRTHDAY PARTIES (AGES 2-12)

\$15 per child for 1.5 hours | Up to 30 kids

\$50 deposit required at booking | Balance Due Before Party

Taught by Qualified Gymnastics Instructors

One full hour of instruction of 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.

SUMMER CAMPS



5-STAR SPORTS CAMP | AGES 5–12 (GROUPED BY AGE)

Directed by Matt Michaelides
\$250 / week | Monday–Friday: 9:00am–4:00pm
Weeks of June 11, June 25, July 9, July 23, and July 30

Children will learn and work on the fundamentals of five different team sports.

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 and position play

Soccer: Dribbling, passing, shooting, goal tending, team offense

Inline Skating: Inline skating techniques, including forward, backward, stopping, turning and starting. Skates and pads provided. Bring your own helmet.

Lacrosse: Scooping, cradling, passing and shooting (drills will be age appropriate). Fee includes T-shirt. Children need to bring a sack lunch and athletic shoes.

**Before and After Camp Care will be offered. Contact Matt Michaelides at 404-842-2576 for details.*

SPORTS 101! CAMP* (AGES 3–6)

Directed by Tommy Hope
\$200 / week | Monday through Friday: 9:00am–1:00pm
Weeks of: May 29–May 31 (\$150 / 3-day camp), June 18, July 2–6 (\$175 / 4-day camp; no camp on July 4), July 16, August 6

Give your youngster a head start when it comes to playing team sports. This class is designed to teach young children the basic ball-handling skills they will need to tryout and compete in popular youth sports programs: soccer, basketball, football, hockey and baseball. Children learn throwing, catching, hitting, dribbling, shooting, passing and running. SPORTS 101 will build confidence, self-esteem and hand-eye coordination. Bring sack lunch and wear athletic shoes.

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

FUN & GAMES CAMP (AGES 3–6)*

Directed by Matt Michaelides
\$200 / week | 9:00am–1:00pm
Weeks of: May 29–May 31 (\$150 / 3-day camp), July 2–6 (\$175 / 4-day camp; no camp on July 4), August 13, August 20, August 27

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.

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

INDOOR SOCCER CAMP (AGES 5–9 YRS)

Directed by Matt Michaelides
\$150 / Week | Monday–Friday: 1:30–4:30pm
Weeks of June 18, July 2–6 (\$120/week) No camp on July 4, and July 16

The US Soccer Federation has emphasized in recent years that developing players need at least 300-500 touches a day to develop a mastery of ball-handling. Because good ball-handling is essential to such skills as dribbling, passing, and shooting, the various drills and activities of the camp are geared towards giving players hundreds of touches each day so that they can gain better control of the ball. The skills learned at the camp will help guide the players in future seasons.

BASKETBALL CAMP (AGES 5–12)

SUMMER CAMPS

Directed by Matt Michaelides | \$150 / Week | Week of July 2–6
Monday–Friday: 1:30–4:30pm (No camp on July 4)

This camp will provide instruction on the basic fundamentals of the game of basketball. Campers will work on dribbling, passing, shooting, and offensive/defensive situations. If your child loves the game of basketball, this camp is for you! Children need to bring a sack lunch and athletic shoes.

Contact Matt Michaelides at 404-842-2576 for details.

JUNIOR GOLF CAMP (AGES 7–11)

Taught by Total Golf Adventures | Dates and Times TBD
Monday–Friday: 4:00–6:00pm | Taught at Peachtree Presbyterian Church | 6 person minimum

This camp is an introduction and developmental phase for boys and girls. During the week the class will concentrate on the following topics:

- Introduce kids to the game of golf—its history, rules, and etiquette
- Basic Fundamentals: holding the golf club correctly, proper posture, balance, and MORE!
- Putting, Chipping, and Full Swing techniques
- Building a good golf foundation for a lifetime of FUN!

JUNIOR GOLF CAMP (AGES 4–6)

Taught by Total Golf Adventures | \$100 / Week | Weeks of August 6 and August 20
Monday–Friday 11:00am–12:00pm | Taught at Peachtree Presbyterian Church | 6 person minimum

Jumpstart your child's interest in a lifetime sport! Golf can be learned at an early age with proper equipment and creative techniques. "Golf is Fun" is the theme of the camp and with energy and imagination, along with a safe environment, this camp will have your child wanting to go to the golf course. All equipment is provided and parents are welcome to watch and learn some golf themselves.

GYMNASTICS & CHEERLEADING CAMP (AGES 4–12)*

Directed by Sarah Wharton
\$250 full day or \$200 half day / week | Monday–Friday: 9:00am–4:00pm (full), 9:00am–1:00pm (half)
Weeks of June 11, June 25, July 9, July 23, July 30 and August 6

Children will learn gymnastics, cheerleading and dance choreography taught by the best College and All-Star Cheerleaders in the country! Each week the choreography is different! We teach leadership and confidence through gymnastics and cheerleading levels 1–5. Gymnastics includes skills on the balance beam, uneven bars, Tumble Trak trampoline, vault, and spring floor. Cheerleading includes, chants, stunts, dance and tumbling. Check out our state-of-the-art facility located on the north end of the church! Fee includes T-shirt.

Children need to bring a sack lunch and athletic shoes. Required attire: leotard and hair pulled back. Before and After Camp Care will be offered. Contact Matt Michaelides at 404-842-2576 for details.

*Campers will be grouped by age and ability.

TINY TUMBLERS CAMP

Directed by Sarah Wharton | \$200 / Week | Ages 3–6 yrs (grouped by age and ability)
Monday through Friday: 9:00am–1:00pm | Weeks of May 21, May 28, August 6, August 13, August 20

Children will learn gymnastics, tumbling 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. Fee includes T-shirt. Children need to bring a sack lunch and athletic shoes.

Required attire: leotard and hair pulled back

SUMMER CAMPS



BOYS GYMNASTICS CAMP (AGES 4–12)*

Directed by Sarah Wharton | \$250 full day or \$200 half day / week
Monday through Friday: 9:00am–4:00pm | Weeks of June 18, July 16
and August 6

Boys gymnastics includes skills on the uneven bars, Tumble Trak trampoline, vault, and spring floor. Fee includes T-shirt. Children need to bring a sack lunch and athletic shoes. Required attire: T-shirt & comfortable shorts.

*Campers will be grouped by age and ability.

PRINCESS BALLERINA CAMP (AGES 3–6 YRS)*

\$200 / week | Monday–Friday 9:00am–1:00pm
Weeks of June 18th and August 6th

Come dance and twirl like a fairytale princess! Dancers will learn the basics of ballet with arm, feet, and body positions, dancing to their favorite princess songs, from Ariel to Swan Lake! Dancers will create and work with props, musical instruments and each other to act out princess fairytales and ballets. Each week ends with a special performance! Children need to bring a snack, sack lunch and outside shoes. Required attire: leotard and ballet shoes with hair pulled back.

*Dancers will be grouped by age and ability.

PRIMA BALLERINA CAMP (AGES 4–8 YRS)*

\$250 full day or \$200 half day / week | Monday–Friday: 9:00am–4:00pm | Weeks of June 11th and June 25th

Come be the star of the show in Prima Ballerina Camp! Dancers will begin with the basics of ballet before expanding their repertoire of dance moves and exploring the world of ballet. Activities include creating and working with props and musical instruments, acting out princess fairytales and ballets, games, crafts and much more! Each week ends with a special performance! Children need to bring a snack, sack lunch and outside shoes. Required attire: leotard and ballet shoes with hair pulled back.

*Dancers will be grouped by age and ability.

HIP HOP CAMP (AGES 6–12 YRS)*

\$250 full day or \$200 half day / week | Week of July 9th and July 23rd

Come explore the different styles of Hip-hop! Learn to pop, break dance and freestyle. Dancers will gain strength, flexibility, and memory skills demonstrating center floor work and combinations, dancing to fun popular songs! Other activities include: games, crafts, learning to create your own choreography and more! Children need to bring a snack, sack lunch and sneakers. Required attire: loose, comfortable clothing allowing for full range of motion, hair pulled back.

*Dancers will be grouped by age and ability.

MOVE ME! DANCE COMBO CAMP (AGES 7–12 YRS)*

\$250 full day or \$200 half day/ week | Week of July 30th

Hip Hop, Ballet, Jazz, African Dance, Modern & more! Come enjoy dance from around the world! Dancers will explore various styles of movement in this combo camp, ending the week with a special performance! Other activities include: games, crafts, carnival day, learning to create your own choreography and working with a partner. Children need to bring a snack, sack lunch and outside shoes. Required attire: leotard, pair of socks, dance skirt/shorts/pants optional, no dance shoes required. Hair must be pulled back.

*Dancers will be grouped by age and ability.

KID'S SPANISH CAMP

Taught by The Spanish Academy \$185 / Week | Ages 3-6 (grouped by age)
Weeks of June 11, June 25, July 9, July 30 and August 6

This camp introduces Spanish using the Immersion Method; a proven teaching method used for many years by teachers and language experts. This method involves immersing children into a foreign language in a fun and exciting environment. In class, Spanish will be taught while having FUN using traditional songs, puppets, games, books, movement, and crafts.



LaAmistad is an award winning non-profit that mentors students, educates parents, and transforms families throughout the community. Volunteers are pivotal in our mission to support the success of Latino students to thrive in their educational, personal, and career pursuits.

Currently, LaAmistad is still look for volunteers available for afternoon tutoring. We host volunteer training sessions to prepare you for the classroom. No experience is necessary. These training sessions are designed to teach effective ways of communication with children, classroom management, and will highlight a variety of other tools that will be helpful while volunteering in the classroom.

Times and days for afternoon tutoring are:

Monday & Wednesday:

4:00–5:30pm Grades 1st–5th
4:30–6:00pm Middle School

Tuesday & Thursday:

3:30–5:00pm Grades 1st–5th
4:00–6:00pm Middle School

Sunday (Study Hall)

2:30–5:00pm Extra Tutoring

You can volunteer at any of these times whether it is once a week or month or everyday your help is greatly appreciated and felt in the success of our children. No Spanish is needed. If you have a grade preference, please tell us! We want this to be an enjoyable experience for you and our children. The grades available for tutoring are 1st through 5th grade and middle school. For more details about LaAmistad please visit our website at www.laamistadfriendship.org. Please fill out our online volunteer application to get started.

We hope you consider volunteering with LaAmistad. Just come to the elementary school hallway (rooms 2105-2116) located on the Second Level of Peachtree Presbyterian Church and we'll get you set and ready to work with our students.

LAAMISTAD HIGHLIGHTS—WOW!

- 100% of LaAmistad students meet or exceed the CRCT test scores.
- LaAmistad is the 2004 Community Achievement Award winner of Atlanta Public School's A+ Achievement Award.
- LaAmistad is the 2009 Mentoring Award winner of Atlanta Public School's A+ Achievement Award.
- 16% of Latino students read on or above grade level. 90% of LaAmistad students read on or above grade level!
- Most LaAmistad students enter the program with C's and F's. Those students now maintain an A/B average!
- Hispanics are the largest minority group in urban areas nationwide; LaAmistad is replicating across the nation to serve this growing population.

For more information on this award winning program, please contact **Cat DaCosta McAfee** at **404-842-2183** or cdacosta@laamistadfriendship.org. Remember, you too can make a difference in the life of a child!

"Train up a child in the way he should go, and when he is old he will not depart from it." – Proverbs 22:6

NEW for 2012 - Peachtree Road Race Qualifier!



START/FINISH: The Gym at Peachtree | 3434 Roswell Road | Atlanta, GA 30305

COURSE DESCRIPTION: Flat to gentle slopes through scenic residential Buckhead

REGISTRATION: Online: www.thegymatpeachtree.org

In person: The Gym at Peachtree | **Run Day Registration:** 8:00 AM

COST: \$25 pre-registration, \$30 day of run | \$10 for 18 and under, \$15 day of run

PARKING: Available on-site

SATURDAY, FEBRUARY, 25, 2012 | RUN START TIMES:

5K – 9:00 AM | 1K Fun Run – 9:45 AM

Tot Trot – 10:00 AM | (Rain or Shine)

**G O L D
SPONSORS**



REGISTER TODAY: thegymatpeachtree.org



3434 Roswell Road NW | Atlanta, GA 30305
www.peachtreepres.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.

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 *before* the start of the class or camp. Under certain circumstances, a pro-rated refund *may* be given after class begins. A \$5.00 administration fee will be deducted. Refunds/credits not given for missed classes. Birthday Party deposits are non-refundable.

Registration Form for WINTER 2012

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

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	

In the event of an emergency involving my child, and if Peachtree Presbyterian Gym cannot get in touch with me, I hereby authorize any needed emergency medical care. I further agree to be fully responsible for all medical expenses incurred during the treatment of my child. Peachtree Presbyterian Church may use my child's picture in photos and or video in promotional materials regarding Peachtree Presbyterian Church.

I am interested in coaching. Cell: _____ Email: _____

Signature of Parent or Guardian

Classes begin in January—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.