



THE  
peach  
PIT



The Peach Pit is your premier gymnastics, cheer and dance studio in Atlanta. We are a boutique gymnastics program focusing on the curriculum needs of our clients. We follow USAG & USASF progressive level system through curriculum, custom classes, competitive compulsories and optionals. Our dance studio is the most industry forward in Atlanta providing signature classes from Video Pop and Stage & Screen to Ballet & Breakdance. Meet YOU @ The Pit!



# BOUTIQUE OFFERINGS

## PRIVATE LESSONS (1 HOUR) AGES 4-ADULT

All of our experienced coaches offer private lessons in addition to their class schedules. We recommend Private Lessons supplemental to your regular class schedule to improve technique on a specific skill or with a specific goal in mind such as a competition, skill or tryout preparation. Private Lessons are available upon request, must be paid for in advance at the time of booking and require 24 hours notice of cancellation for a refund to be considered. \*All Private Lessons must be booked via Acuity Scheduler or via email to [manager@peachpitgym.com](mailto:manager@peachpitgym.com).

## DROP IN OPTIONS *(Annual Membership Required)*

### TODDLER TIME (120 MINUTES) CO-ED AGES CRAWLING-5 | WEEKDAYS | 11AM -1PM DROP IN

Toddler Time is created as an open gym environment where your toddler can run wild and free in our recreation gymnastics spaces. This is our "intro to gymnastics" class where we give your child the freedom to explore our equipment, toys and space and get acclimated with a gymnastics space. Parents can mingle and get to know other parents of children the same age while supervising their child at all times. Coffee provided.

### OPEN GYM (120 MIN) AGES 5-ADULT | WEEKENDS UPON AVAILABILITY ON OUR EVENTS CALENDAR

Open gym is a free spirited environment where athletes can drop in the gym and have a free open training space with lots to do school age children to adults. Coaches will be on the floor to supervise, however open gym is participation at your own risk. Athletes can practice their favorite gymnastics and cheerleading skills on our balance beams, bars, vaults, spring floors, loose foam pit and utilize the main gym freely. \*Member & Non-Member Rates.

### COLLEGE/ADULT DROP-INS AGES 18+

Remember when you used to be able to do a back handspring, cheer in college or compete gymnastics? Now you can relive the glory days or just keep in shape without a full Crossfit workout. The Peach Pit hosts Adult Gymnastics classes for a Drop In rate on Mondays & Wednesdays. You can stick with the class or just work out on your own. Opportunities to compete in adult gymnastics competitions biannually.



## GYMNASTICS CLASSES

### GYMNASTICS MOVEMENT (45 MINS) AGES 18MO-3 YRS

Gymnastics Movement creates a safe & imaginative environment for your child to practice their basic motor skills like running, jumping, grasping, balancing, strength building and coordination through gymnastics training techniques on obstacle courses, bars, beams, trampolines and more. Class ratio is kept 7:1.

### TODDLER/PRESCHOOL GYMNASTICS (45 MINS) AGES 3-6

Toddler/Preschool gymnastics is an amazing after school or midday activity to help children shake the sillies out and burn some energy. Children are taught with imagery and games as they start diving into the basic level I gymnastics skills including body positions, handstands, cartwheels, and bridges. We begin the basic progressions with skills and drills on the floor exercise, bars, beams, vault and loose foam pit in addition to fun games for preschool age children.

### RECREATIONAL GYMNASTICS (55 MINS) GIRLS AGES 5-14 | BOYS 5-12

Recreational Gymnastics is taught by USA Gymnastics Safety Certified coaches in a safe, healthy and positive reinforcement style using the "Personal Best Mentality". The Peach Pit teaches appropriate skill progressive gymnastics to girls and boys (taught separately at this age) using USAG curriculum on the vault, bars, beam, and floor exercise for girls, and parallel bars, rings, pommel horse, and floor for boys. We are constantly researching new drills and skills to better teach your child and look forward to sharing our love and passion for this sport!

#### TUMBLING (55 MINS) CO-ED AGES 6-17

The Peach Pit offers tumbling classes from beginner through advanced. There are no requirements to register for a beginner class, a cartwheel and back bend are required for intermediate, and a standing back handspring and round off back handspring are required for advanced. We teach proper technique for handsprings, saltos (flips), and twisting skills.

#### COMPETITIVE USAG GYMNASTICS LEVEL 2-OPTIONAL & PRE-TEAM

Looking to gain a competitive edge? Competitive Gymnastics teaches life skills throughout our competitive program: confidence, self discipline, strength, agility, flexibility, and performance. While we enjoy to excel as a program, we teach a personal best mentality challenging each athlete to continue to strive to achieve THEIR personal best! Competitive Gymnastics at The Peach Pit begins with USAG Level 2 and above. We offer state of the art competitive gymnastics training equipment combined with our talented and accredited USAG Safety Certified coaches. We compete all over Region 8 with a minimum of one travel meet out of state annually. Team training is year round.

#### TRAMPOLINE & DOUBLE MINI: LEVELS BEGINNER-ADVANCED

This new Peach Pit class will focus on tumbling strictly on trampoline and double mini trampolines. Come and soar to new heights! No gymnastics or tumbling experience required.

#### COMPETITIVE TRAMPOLINE & TUMBLING TEAM

Our competitive team helps athletes reach new heights in the events of power tumbling, trampoline, and double mini trampoline. This team is coached with a personal best mentality challenging each athlete to continue to strive to achieve THEIR personal best!

#### CUSTOM CLASSES (45 MINUTES OR 1 HOUR) AGES 2-ADULT

Custom Classes are created around the specific needs of a group of friends with a custom designed curriculum. Custom Classes are booked on a regular weekly basis to improve the group's talent upon a specific skill, general event or with specific goals in mind. We provide top quality certified coaching by our regular staff and you may choose your instructor based upon availability.



# CHEERLEADING CLASSES

## RECREATIONAL CHEERLEADING (55 MINS) AGES 4-12

Recreational cheerleading can be a preview to All Star Cheerleading or just a fun way to practice chants, cheers and dances. Recreational cheerleading teaches chants, cheers and drills motions, jumps, dance, and performance skills. We teach basic tumbling and stunting at a recreational level and USASF level I in addition to beginner tumbling in these classes.

## HIGH SCHOOL CHEERLEADING PREP (55 MINS)

Dying to be a high school cheerleader? Well this class is for you! The Peach Pit staff teaches tryout preparation in a fun professional environment creating all the essentials to put your best foot forward at tryouts. Tryout Prep teaches and drills motions, jumps, dance, and performance skills. We teach basic tumbling and stunting and spot all levels of intermediate or advanced tumbling in these classes. All Cheer coaches have cheered at a collegiate level or all star level 4 or above.

## CHEERLEADING PERFORMANCE TEAM

Looking for cheerleading experience without the time or financial commitment? Performance cheerleading teaches life skills including confidence, self-discipline, teamwork, dedication, strength, agility, flexibility, and performance. This team will do a few performances a year with an All-Star choreographed routine.

## ALL STAR CHEERLEADING AGES 6+

All Star Competitive Cheerleading is designed for performance driven cheerleaders and tumblers to showcase their skills as part of a competitive team. The Peach Pit competes at USASF sanctioned competitions throughout the southeast with a minimum of one out of state competition per season. Teams are coached by USASF Credentialed coaches in a progressive style with a strong emphasis on stunting, tumbling, dance and performance technique. The Peach Pit uses nationally renown choreographers and music producers.



Birthday Princess

Onest Kids  
Nutrition Facts  
Serving Size 1 Box  
Calories 35

Onest Kids  
Nutrition Facts  
Serving Size 1 Box  
Calories 35

Onest Kids  
Nutrition Facts  
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Calories 35

Onest Kids

STAIRS

# WE LOVE TO PARTY

## BIRTHDAYS & SPECIAL EVENT PARTIES

### THE CLASSIC (1.5 HOURS) AGES 2-17

Come celebrate your birthday, end of the season, or just get your best friends together Peach Pit style at the gym. Birthday Parties are hosted inside our amazing gymnastics facility and can include co-ed gymnastics, dance, cheerleading and your favorite childhood games for one hour. We offer our precious party room for up to 30 minutes to celebrate your child with cake and ice cream. The Peach Pit provides a blank space in which you are invited to decorate with your own personal style for your party. We provide standard rectangular tables and chairs. Parents are invited to provide all food, beverage and decor or we can provide all of the above including catering, balloons and table cloths with our white glove service option.

### THE TOTAL PACKAGE

Our imaginative staff will decorate, create and celebrate your child's birthday in our own peachy and unique style including balloons, plates, napkins, cutlery & table cloths. We will also provide juice boxes and catering assistance for your convenience. Our decor is Peach Pit orange napkins and balloons or you may share your theme for a custom party.

### ADDITIONAL PARTY PACKAGES

The Deluxe Party Package - includes deluxe decorations

The Posh Princess Party - includes decorations & a princess appearance

Let's Get Wild @ The peach Pit Party - includes decorations & a petting zoo

The Posh Pony Party - includes decorations & a pony

The Extravaganza Party - includes deluxe decorations & a bounce house

The Carnival Extravaganza - includes deluxe decorations, a bounce house & face painting or balloon artist

### A LA CARTE MENU

Food & Drink Options

Guest Thank You Gift Options

Party Gift Ad Ons



# EVENTS & CAMPS

## MOTHER'S MORNING OUT (4 HOURS) AGES 18 MO-5 YRS

Mother's Morning Out is a wonderful concept for the mom-on-the-go, working mom or moms who just need some plain personal time. Our staff will host a 4-hour mini camp where children will be able to move through obstacle courses, rotations and play children's games combined with potty breaks, snack, and lunch. MMO is a safe and fun place for moms to drop their toddlers and preschoolers in the gym and have a free padded open place space with lots to do.

## DATE NIGHT DROP OFF (4 HOURS) AGES 5-14

Date Night Drop-Off includes dinner, fun, games, and gymnastics on the bars, vaults, spring floors, and loose foam pit. Each Date Night features time for open gym to utilize the main gym freely and a wild dance party! Our fantastic staff invites your children to spend the evening with us. With constant movement, it's guaranteed to be better than a baby sitter every time! Member & Non-Member Rates.

## BACK HANDSPRING CLINICS (2 HOURS) AGES 5-17

We offer back handspring clinics for boys and girls ages 5-17. Back Handspring Clinics are designed to help your child reach and maintain that awesome goal of a back handspring! We work on basic, intermediate and advanced back handspring drills and skills for a solid two hours with your child constantly working hard. Coaches are leading stations and spotting for the entire duration of the clinic emphasizing technique and shapes. Strong handstand and backbend from standing position required to attend all back handspring clinics.

## CUSTOM CLINICS & CHOREOGRAPHY

Custom clinics, stunting (co-ed and all girl) and routine choreography offered upon request. Clinics include drills, technique and repetitions of your favorite skills in addition to any choreography of cheerleading, beam or floor routines.

## CAMPS (HALF-DAY 9AM-1PM & FULL-DAY 9AM-4PM)

The Peach Pit creates imaginative & unique holiday and summer camps for boys and girls ages 2-16. A camp schedule works in 15-20 minute rotations throughout our gymnastics facility utilizing the spring floor, dance studios, bars, balance beam, vault stations, and our loose foam pit. We love to keep your child moving and active throughout the majority of the day breaking up our gymnastics or cheerleading intervals with face painting, ponies, yoga, strength training, karate, and dance utilizing our neighbors and grass fields for games!

*The benefit of a boutique gym is that we can always create a reason to hang out, so check our registration page or call today!*



## POLICIES & PROTOCOL

The Peach Pit is a boutique studio where proper attire is required. Leotards, bare feet and hair up for girls and comfortable play clothes without buttons or zippers for boys. All shoes and additional clothing should be stored in our cubbies. Classes begin and end promptly on time with an announcement from our coaches to enter the floor. Children and parents may not be on the floor at any time unless they are attending a class.

We offer a posh parent viewing deck with flat screen tv as well as a comfortable seating lounge, healthy snacks and gift shop. Loose children and helicopter parents are not acceptable for the safety of our students. We offer free wifi with the password peachpit321. All Drop Ins must sign in at the front upon entering the gym and must be current members. We offer a \$25 trial class in open classes for guests and potential members. There are no refunds in hindsight and absences open to makeups must be scheduled in advance. All members must be paid in full prior to starting classes.

Tuition fees are charged to your account on the first of the month or at the time of registration. Annual Memberships are due January 1st. Late fees of 15% apply to any account overdue by 7 days. Memberships may be cancelled in writing 30 days in advance. There is no prorata for a short month or holidays (except December) as it all evens out.

*Questions? Contact Us | Collier Road 404.697.3697 | The Prado 404.242.6211 | Email Us [manager@peachpitgym.com](mailto:manager@peachpitgym.com)*



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