

# Sports & Fitness

## Preschool

**Ages 3-6**  
**March 12 - May 11**  
 Registration closes March 11

### Creative Kids Art

1:00-2:00 PM  
 Mondays \$151  
 No Class: 4/2

### Tap/Ballet

1:00-2:00 PM  
 Tuesdays \$155  
 No Class: 4/3

### Sports FUNdamentals

1:00-2:00 PM  
 Wednesdays \$151  
 No Class: 4/4

### Tennis

1:00-2:00 PM  
 Thursdays \$162  
 No Class: 4/5, 4/26

### Gymnastics

1:00-2:00 PM  
 Fridays \$120  
 No Class: 3/30, 4/6

### Soccer

1:00-2:00 PM  
 Fridays \$141  
 No Class: 3/30, 4/6

## Elementary

**Ages 5-12**  
**March 19 - May 14**  
 Registration closes March 18

### Gymnastics

5:30-6:30 PM  
 Mondays \$160  
 No Class: 4/2

## Adult

**Ongoing**  
**Personal Training with Max Bohling**

Schedule your FREE fitness assessment and health consultation today.  
**Register with Max: 404.397.6259 or**  
**bohling.maxwell@gmail.com**

### Peachtree Fitness Bootcamp

5:00 AM and 6:00 AM  
 Mondays, Wednesdays, and Fridays  
**Register at: peachtreefitness.com**

### Creative Kids Art

Artist Dawne Cueller will introduce your child to the wonders of color and texture, learning his/her primary colors and learning how to mix them to create secondary colors! They will make a new masterpiece each week, working with paint, beads, clay, pastels, fabric-paint and using re-purposed items to make the latest crafts. Art can get a bit messy and we will provide smocks; however, please don't send your child in their Sunday best!

### Tap/Ballet

Instructors from Creative Movement & Dance teach a class combining tap and ballet. Since ballet is the basis for all dance technique, the combination of both work hand in hand. The technical training is taught through ballet, which in turn helps teach the proper shifting of weight and patterns in movement for tap. Since children naturally respond to music and movement, all of the activities are executed to fun music.

### Sports FUNdamentals

Coach Lindy introduces your preschooler to the basics of sports in a fun, noncompetitive way. Kids will learn the techniques of throwing, catching and dribbling a variety of balls, as well as kicking and aiming. We will also introduce proper stance and swinging techniques with racquets and bats. Your preschooler will have a great time learning new skills, then applying them in a variety of games.

**Tennis** Join us as professional tennis instructors from Pure Tennis teach children ages 3 to 6 all about the basics of tennis, focusing on general motor skill development featuring tennis specific activities and team games and relays.

### Gymnastics

Back 2 Basics Gymnastic Academy's gymnastics program for **pre-school** kiddos from 3- 6 years of age is creatively designed to promote body awareness and self-esteem through gymnastics exercise. The children will be taught very beginning gymnastics skills on balance beam, floor, vault, and uneven bars. Each class begins with a quick warm up activity performed to music. For our **elementary** kids, class starts with a 10 -15 minute warm-up then teaches basic gymnastics skills on the different events. Every child gets a chance to work on bars, beam, vault, floor, bars as well as the trampoline. **Clothing for both classes:** For your child's safety, we recommend girls wear a leotard (without a skirt). For boys or girls, shorts and T-shirts are acceptable. Loose-fitting or "baggy" clothing is a safety hazard and therefore prohibited. Socks or footies are not allowed!

### Soccer

Kidz 'n' Kicks Soccer is a fun, high-energy and innovative soccer program that introduces kids to soccer using fun games and activities. which help develop valuable social traits like self-esteem, respect, empathy, caring and character.

### Personal Training

Max, a graduate of the Atlanta School of Personal Training, strives to coach and educate the client to have a better understanding of their body, to teach how their environment affects their health, and to master the way their body moves so they can enjoy life to the fullest without physical and mental limitations. He specializes in resistance training, functional training and nutritional coaching for all ages.

**Contact:**  
 Allen Baston, Office & Facilities Manager  
 770.457.1317 x28  
 abaston@kingswoodumc.org

**Register online:**  
[kingswoodumc.org](http://kingswoodumc.org)

**Kingswood United Methodist Church**  
 4896 North Peachtree Road  
 Dunwoody, GA 30338