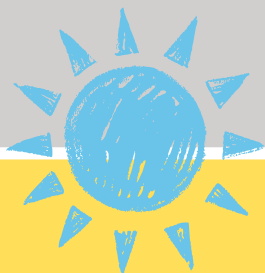




BALANCE
DANCE + GYMNASTICS

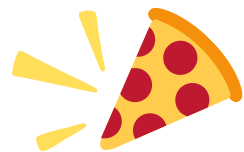
2026 SUMMER PROGRAM





BALANCE
DANCE + GYMNASTICS

CAMP SCHEDULE



DAY CAMPS 9 AM-1 PM/M-F/\$295 are fun-filled weeks of tumbling, dancing, playing, & crafting to a theme! Campers ages 4+ are placed into groups that rotate through our studios and gym. Drop off starts at 8:45 AM.

AFTER CAMP 1-4 PM/M-F/+\$115 is when the fun continues with games & fort building in the gym, plus more crafts & snacks.

Daily snacks included plus PIZZA LUNCH on Fridays!

**MAY
26-29**

GROOVIN' AND GLOWIN'

Start the summer with fun in the gym, glow-themed crafts, and dance parties featuring glow sticks! Drop-in days offered this week!

**JUNE
1-5**

BALANCE CAMPER'S GOT TALENT

Campers explore their unique talents and build confidence through games, activities, and talent shows held throughout the week.

**JUNE
15-19**

K-POP PARTY

Step into a pop-star role, learn powerful K-pop routines, and shine GOLDEN at this special week of camp.

**JUNE
22-26**

BALLERINA PRINCESSES

This enchanting week includes leaping, twirling, and shining like royalty in the dance studio and gym. PLUS a special guest princess appearance!

**JUNE
29-3**

HOLIDAY FAVORITES

Enjoy themed crafts and games as we celebrate Christmas, Halloween, Fourth of July, Thanksgiving, and birthdays all in one festive week.

**JULY
6-10**

MOANA'S ADVENTURES

Set sail to Hawaii as we hula, tumble, and craft during a week of tropical excitement and creativity.

**JULY
13-17**

TUMBLE & TWIRL AT ST. MARTIN'S

Balance will host the ultimate summer dance and tumbling experience at SMES! Register via St. Martin's Episcopal School. 9-3PM/\$395 for the week.

**JULY
27-31**

AMERICAN GIRL

A playful mix of tumbling, dancing, and crafts inspired by our dolls and their unique stories. Bring your favorite doll and let's play!



BALANCE
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CLINIC SCHEDULE



CLINICS (9 AM-1 PM) are technique-focused weeks that lead to big results! Dance includes ballet, jazz, contemporary, & hip-hop. Cheer focuses on tumbling, jumps, stunts, and cheer routines. Gymnastics has individualized instruction for tumbling, bars, beam, & vault. Clinics are for ages 6+.

AFTER CARE (1-4 PM) is available for all clinics.

**All Clinics Include
Performance
Opportunities**



**JUNE
8-12**

GYMNASTICS LEVELS 1 & 2 DANCE LEVELS 1 - 3

Gymnasts will work with Balance coaches on tumbling, bars, beam and the vault. Required skills: bridge, forward roll, and cartwheel. Family and friends may join us for a **Gymnastics Showcase on Friday at 12:30.**

Dancers will take classes in a variety of styles, plus enjoy crafts and free play time in the gym. They will learn a dance with the **option to perform at the Chamblee Summer Concert Series (tentatively set for June 12).**

**JULY
13-17**

GYMNASTICS LEVELS 2 & 3

Gymnasts will work with Balance coaches on tumbling, bars, beam, and the vault. Required skills: round off, bridge kickover, backbend, and pullover on the bars. Family and friends may join us for a **Gymnastics Showcase on Friday at 12:30.**

**JULY
20-24**

CHEER

The perfect camp for cheerleaders wanting to improve their overall cheer skills + get 1:1 help with tumbling, stunting, and jumps. They will learn a cheer and a chant with the **option to perform at the Chamblee Summer Concert Series (tentatively set for August 7).**

SUMMER CLASSES



Weekly classes in gymnastics, tumbling, ballet, tap, and more, offered in convenient four-week sessions for ages 1+. Visit **BalanceAtl.com** in March for details.





SUMMER DETAILS



WHAT TO WEAR:

CAMPS: Campers should wear comfortable clothing (shorts and t-shirts) plus socks and sneakers.

CLINICS:

- **Gymnastics:** Leotards with shorts and a shirt as cover ups for lunch and craft time.
- **Dance:** Pink or skin-toned tights and a black or pink leotard, ballet shoes, and jazz shoes. Hair in a bun. Dancers may change into shorts, t-shirts, and sneakers for hip hop.
- **Cheer:** Shorts, t-shirts, and sneakers.

CLASSES: Class attire used during the school year. Please see the dress code posted at www.BalanceAtl.com.

LUNCH & SNACKS:

Balance provides daily snacks. Campers should bring a water bottle and nut free lunch Monday - Thursday. Balance provides pizza for lunch on Fridays!

REGISTRATION POLICIES:

Full tuition for summer day camps/clinics and classes is due at the time of registration. We hire staff and purchase supplies based on enrollment.

If your summer plans change after you've registered, the following options apply:

- Transfers to a different camp week or class are permitted if space is available.
- Cancellations received on or before May 1 are eligible for a 50% refund.
- Cancellations received after May 1 are not eligible for a refund or credit.
- Families may find another child to take their spot. Any payment exchanges are handled between families.
- Missed days due to illness, travel, or scheduling conflicts are not eligible for make-ups, refunds, or credits.