

## \*DRESS CODE FOR ALL KIDS CLASSES NOTED ON REGISTRATION FORM

\*TDFS closes if Hayfork Summit requires chains.

\***PRICES & SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE. CHECK WEBSITE OR FACEBOOK FOR UPDATES.**

\***MAKE-UP CLASSES ARE BY REQUEST, IF NOT SCHEDULED BY THE TEACHER**

\***NO REFUNDS FOR CLASSES, COSTUMES, MERCHANDISE, SHOES, FEES, ETC.**

\***THE FAMILY ROOM IS OPEN TO MEMBER FAMILIES DURING KIDS' CLASSES ONLY. ANYONE DISTURBING THE CLASSES MAY BE ASKED TO LEAVE. PARENTS ARE ENCOURAGED TO TAKE THIS TIME FOR THEMSELVES BUT SIGN IN & RETRIEVE**

\***April is the last month to join (or change classes) in order to participate in Showcase**



### **SENIORS, EMS CARDIO-ONLY:**

\$30/M 1 CLASS/WEEK, \$50/M UNLIMITED

\$8 drop-in, counts twds registration same month

**ALL MEMBERS:** \$20 annual student fee

**COSTUME FEE:** plan up to \$85 per class, plus: set aside \$ for new tights & possibly shoes

### **ADDITIONAL FEES**

\*Add \$2 per class for ePay, PayPal, or Cards

\*Add \$10 if paid after the 10<sup>th</sup> of each month

\*Invoicing fees apply for POs, Invoices, etc.

\*1 Class/1 Class "Hour" = 45, 55, or 60 mins

\*75-minute classes = 1.25 classes for tuition

## **STUDIO B MEMBERSHIP**

### **★ TUITION & FEES**

#### **DANCE CLASSES:**

**\$42 monthly for 1 class per week**

*\$15 DROP-IN FEE FOR DANCE CLASSES*

*\*Counts toward registration if w/in same month*

#### **Multiple-Class Discounts per Family:**

\$74 monthly for 2 classes per week;

\$96 monthly for 3 classes per week;

\$108 unlimited dance/cardio individual or family\*

PEOPLE ARRIVING AFTER WARM-UPS MAY NOT BE ALLOWED TO PARTICIPATE FOR THEIR SAFETY.

We are looking for Wednesday teachers of other types of dance or fitness, such as: square dancing, line dancing, belly dancing, ballroom, swing (Country, West or East Coast,) ethnic (Hmong, Hula, etc.) *Please email [trinitydancefit@gmail.com](mailto:trinitydancefit@gmail.com) or stop by.*

## **Spring Semester Important Dates**

°Spring Semester 2024 Begins Monday January 8, 2024

°Martin Luther King, Jr. Day January 15, 2024 CLOSED

°Presidents Week locally observed February 19-23, 2024 CLOSED

°Easter Break April 1-5, 2024 CLOSED

°April 20: Free Make-Up day for classes missed during snow or illness (see schedule)

°Costume Fee Due & Last Day to begin class in order to participate in Show: April 12

°Memorial Day Weekend May 24-27, 2024 CLOSED

°Showcase Dates: June 7-8, 2024 (mandatory rehearsals 6/3-8) = 4 sessions per class

°Wilderness First Aid, CPR, Babysitting, & Self-defense workshops June-July

°Regular Dance, Karate, and Cardio Classes start again July 29, 2024

# Trinity Dance and Fitness Studio B

## Visual, Performing, Martial, and Survival Arts

### Physical Address:

10 Nugget Lane, Studio B  
Weaverville, CA 96093

### Mailing Address:

PO Box 460  
Hayfork, CA 96041



# JANUARY-JUNE 2024

# SPRING CLASS SCHEDULE

www.TrinityDanceFit.com

TrinityDanceFit@gmail.com

revised 03/05/24

## MONDAYS

### **3:35-4:30 Kids' Ballet II**

Traditional Cecchetti methodology for boys & girls, ages 5-10ish, who have had at least one full year of ballet  
\*NOTE: strict dress code enforced



### **4:35-5:25 Kids' Tap II**

for boys & girls ages 5-10ish, who have had at least one full year of tap class  
\*NOTE: black oxford tap shoes required



### **5:35-6:30 KARATE-Do Satori MMA**

OPEN TO THE WHOLE FAMILY, ages 6-seniors. (Younger kids must be accompanied by an enrolled guardian.)

Belt Levels: ALL; beginning- int., & returning to martial arts  
\*TDFS gi required



## TUESDAYS



### **3:35-4:20 P'NUTZ TAP/BALLET INTRO TO MUSIC & MOVEMENT**

Boys & girls, ages 2-3, intro to tap by drumming with their hands & feet, then ballet via movement w/manipulatives and games, musicality, mind-body connections, following directions, etc



**4:35-5:30 Intro to Tumbling & Zumba Kids™ Jazz Fusion Combo** for boys & girls ages 5-9ish: character jazz and hip hop's foundational funk, dance acro, stretching, strengthening



## TUESDAYS Continued

**5:35-6:50pm BALLET III-IV** Boys & Girls age 8-Adult, must have had prior ballet; includes pre-pointe/pointe by permission  
Traditional Cecchetti methodology, balanced with other expansive curriculum  
NOTE: strict dress code enforced



## THURSDAYS

### **3:35-4:30 Kids' Ballet & Tap I**

Beginning/basic ballet methodology, & East/West Coast foot percussion, helps boys & girls, ages 4-7ish, develop strength, balance, agility, & expression.  
\*NOTE: strict dress code

### **4:30-5:25 Jazz Fusion II-III**

Hip hop, Funk, Jazz, Contemporary, w/Intro to Tumbling, for teens-adults w/2+ years of prior dance instruction



### **5:30-6:30 Tap II-IV**

FUNKY FOOT PERCUSSION for everyone who has had at least three years of prior tap instruction.  
NOTE: black oxford tap shoes required



## FRIDAYS

### **3:00-3:55 Basic Tap for Sr. Citizens (all adults, mature teens, welcome)**

Beginning basic tap curriculum incorporates soft shoe & traditional turns and times steps to help with balance, coordination, & neuroplasticity



## FRIDAYS Continued

### **4-4:55 Basic Ballet for Sr. Citizens (all adults, mature teens, welcome)**

This gentle, curriculum-based workout helps improve balance, flexibility, strength, & agility while increasing neuroplasticity and range of motion.



### **5:00-6:00 TBD Depending on Interest: SWEAT SESSIONS AVAILABLE TO ADD TO FRIDAYS OR WEEKDAYS 2:30-3:30pm:**

- 1. InspireFitness™ SWEAT SESSION:** Cardio interval, kickboxing, & strength training to Contemporary Christian Music.
- 2. Zumba Fitness, Z' Gold (dance fitness for seniors,) or Zumba Toning** Cardio, Lower-impact cardio, and Cardio HIIT aerobics with self-applied resistance
- 3. Fierce Funk** steady-state cardio funk: Learn an old-school hip hop routine weekly. No prior dance experience needed!
- 4. Karate/Self-Defense** for Seniors, women, men, children... Create your own class with at least three attendees!

All options are good for all levels, teens through seniors; no prior dance needed; modifications for those with movement issues or "returning" to dance or fitness.