

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

**FIRST FRIDAYS 6:30-8pm
INTRO TO PARTNER DANCE
& OTHER MONTHLY SOCIAL DANCE
PROGRAMS FORTHCOMING**

1st Friday* of each month* INTRO TO PARTNER DANCE combines beginning ballroom with a club or honky-tonk style of dance that shares common steps. Partners learn how to follow and listen to each other. EVEN OLD SOLDIERS WITH TWO LEFT FEET HAVE LEARNED HOW TO FINESS THEIR LADIES ACROSS THE FLOOR! \$15 per person; \$20 per married couple
***RSVP REQUIRED AT LEAST 24 HOURS PRIOR (EMAIL OR SIGN UP IN STUDIO)**

★ We are looking for people to teach other types of dance: square dancing, line dancing, belly dancing, ballroom, swing (country, West or East Coast,) ethnic (Hmong, Hula, etc.) *email or stop by*

2021 CALENDAR

- °Spring Semester: Feb 1-June 19, 2021
- °APRIL: Last month to join in order to perform 6/21
- °Spring Break April 5-9, 2021 CLOSED
- °Memorial Day May 24, 2021 CLOSED
- °Spring 2021/Winter 2020 Showcase June 16-19, 2021
- °Summer Vacation June 21-July 4, 2021 CLOSED
- °Summer Session July 5-Aug. 27: RSVP please!
- °Fall/Winter Semester Aug. 30-Dec. 18, 2021
- °OCT: Last month to join in order to perform 12/21
- °Labor Day & Thanksgiving Week CLOSED
- °EVERY DEC. 10 CLOSED unless substitute available
- °Winter Showcase Dec 15-18, 2021?
- °Winter Break Dec 20-Jan 2, 2022 CLOSED
- °Spring Semester 2022 BEGINS JAN 3, 2022

HELP US FIND OUR MARTIAL ARTS TEACHER, & GET ONE MONTH FREE! HE OR SHE MUST BE A BLACK BELT (OR BROWN W/MENTOR) IN A USOC-RECOGNIZED SPORT. BACKGROUND CHECK & REFERENCES RQRD

PEOPLE ARRIVING AFTER WARM-UPS WILL NOT BE ALLOWED TO PARTICIPATE FOR REASONS OF SAFETY.

**STUDIO B MEMBERSHIP
TUITION & FEES**

- *Add \$2 per class for ePay, PayPal, or Cards
- *Add \$10 if paid after the 10th of each month
- *Invoicing fees apply for POs, Invoices, etc.
- *1 Class/1 Class "Hour" = 45, 55, or 60 mins
- *90-minute classes = 1.5 classes for tuition

DANCE CLASSES:

\$40 monthly for 1 class "hour" per week

\$15 DROP-IN FEE FOR DANCE CLASSES

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

Multiple-Class Discounts per Family:

\$70 monthly for 2 class "hours" per week;

\$90 monthly for 3 class "hours" per week;

\$100 unlimited dance & cardio individual or family*

ALL MEMBERS: \$20 annual student fee

COSTUME FEE: up to \$75 per class, due 4-6 weeks prior to every Showcase (April & October)

SENIORS OR CARDIO-ONLY:

\$25/M FOR 1 CLASS/WEEK, \$40/M UNLIMITED

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

***PRICES & SCHEDULE SUBJECT TO CHANGE**

WITHOUT NOTICE OR WARRANTY. CHECK WEBSITES FOR UPDATES. ***NO REFUNDS FOR CLASSES, COSTUMES, MERCHANDISE, SHOES, FEES, ETC.**

***NO CREDIT/PRO-RATING FOR CLASSES MISSED.**

TUITION IS THE SAME EVERY MONTH, REGARDLESS OF ATTENDANCE OR CALENDAR. MAKE-UP CLASSES

ARE OFFERED WITHIN TWO WEEKS OF A CLASS MISSED, BY REQUEST. ***WE RESERVE THE RIGHT TO REFUSE SERVICE TO ANYONE. *ALL DANCERS MUST WASH OR SANITIZE THEIR HANDS PRIOR TO & AFTER PARTICIPATION. *UNTIL FURTHER NOTICE, MASKS MUST BE WORN WHILE ENTERING THE STUDIO AND WHILE IN FAMILY ROOM (UNLESS YOURS IS THE ONLY FAMILY PRESENT.) *THE FAMILY ROOM IS OPEN TO MEMBER FAMILIES DURING KIDS CLASSES ONLY** - THOSE PRESENT MUST NEVER DISTURB CLASS.

Trinity Dance and Fitness Studio B

Visual, Performing, Martial, and Survival Arts

Physical Address:

10 Nugget Lane, Studio B-D
Weaverville, CA 96093

Mailing Address:

PO Box 460
Hayfork, CA 96041



**FEBRUARY-JUNE 2021
CLASS SCHEDULE**

MONDAYS

2pm OFFICE & STORE OPEN; CPR, WFA, home school activities, music, tutoring, private lessons, ACE personal training/nutrition coaching
EMAIL: trinitydancefit@gmail.com to schedule.

3-3:45 PEANUTS TAP/BALLET INTRO TO MUSIC & MOVEMENT

Boys & girls, ages 2-3.5, are introduced to tap dancing through drumming with their hands & feet, ballet (movement w/manipulatives and games,) musicality, mind-body connections, following directions, taking turns, etc.

3:45-4:30 Lil' Bitz Parents in Play™ INTRO TO MUSIC & MOVEMENT

inclusive variant to "Mommy & Me"

Boys & girls, ages 0-2.5, stretch, clap, play, sing, dance, drum, etc. while parents have fun lifting & dancing with their infants/toddlers!

4:30-5:25 BALLET/ZUMBA KIDS™ JAZZ FUSION: JAZZ, FUNK, & HIP HOP

**continues Winter 2020 Wednesday 5:30 class*
Ballet & Jazz Fusion for Boys & girls Ages 6-8ish

5:30-6:30 Teen/Adult Basic Ballet

**continues Winter 2020 Monday 5:30 class*
Great for teens & adults, including seniors, who are new to ballet or returning to dance or fitness. Cecchetti; opportunities for improving balance, stamina, flexibility, & strength.

6:35-7:30 Zumba Fitness™

SWEAT SESSION: Aerobic interval & strengthening. Zero dance experience required. Good for all levels, teens through seniors; modified to those with movement issues and athletes alike. Return to fitness with us!

TUESDAYS

2-2:55pm Teen/Adult Tap IV-VI *For the advanced or high-intermediate dancer*

3-3:55 BALLET & TAP COMBO

**continues Winter 2020 Tuesday 3:30 class*

Boys & girls Ages 3.5-6ish (Younger Littles)

4-5:30 BALLET III-V Boys & Girls 7-Teens, Adults ok w/prior experience; Price = 1.5 classes *POINTE BY PERMISSION ONLY*

5:30-6:25 Teen/Adult Tap I

**continues Winter 2020 Tuesday 5:30 class*

GREAT FOR ACTIVE SENIORS!

6:30-7:25 InspireFitness® & Toning

SWEAT SESSION: Aerobic interval & toning to fun, rockin', contemporary Christian dance songs

WEDNESDAYS

2pm OFFICE & STORE OPEN; CPR, WFA, homeschooling, private lessons, personal training

3-3:55pm INTRO TO TUMBLING & ZUMBA KIDS™ JAZZ FUSION COMBO

Intro to tumbling and hip hop/funk & jazz
For Boys & girls 3.5-6ish (younger Littles)

4-5:25 BALLET II-IV Boys & Girls 7-Teens, Adults ok w/prior experience; Price = 1.5 classes *POINTE BY PERMISSION ONLY*

**continues Winter 2020 Wednesday 3:30 class*

5:30-6:25pm Beginning Ballet & Tap

A combo class for boys & girls ages 6-12ish

6:30-7:30pm Teen/Adult Tap II-IV

For the intermediate dancer

THURSDAYS

**3-3:55pm INTRO TO TUMBLING &
ZUMBA KIDS™ JAZZ FUSION: JAZZ,
FUNK, & HIP HOP (COMBO CLASS)**
for Boys & girls ages 6-13ish: somersaults (fwd, bkwd, split,) cartwheels (2 & 1-handed,) round-offs, splits, handstands, stretching, balancing, jumps, etc.

4-4:55 Small Frye/Teen HipTap I-II

**continues Winter 2020 Wednesday 4:30 class*
FUNKY FOOT PERCUSSION

5-5:55 Small Frye/Teen JAZZ FUSION CONTEMPORARY, HIP HOP, FUNK, JAZZ

**continues Winter 2020 Thursday 4:30 class*
FOR BOYS & GIRLS AGES 7-TEENS This super fun, fast-paced class teaches popular hip hop/funk moves and combos with traditional jazz technique to help build strength, flexibility, agility, and coordination

6-7pm Teen-Adult Fierce FUNK® Cardio
Sustained-level cross-training: learn an Old School Hip Hop combo weekly. No prior dance needed!

FRIDAYS

**2:45-3:30pm Ballet & ZUMBA KIDS™
JAZZ FUSION COMBO (JAZZ FUSION:
JAZZ, FUNK, & HIP HOP)** for ages 3.5-6

3:30-4:25 BALLET & TAP COMBO
**continues Winter 2020 Thursday 3:30 class*
Ballet & tap for Boys & Girls ages 7-13ish

**4:30-5:25 Absolute Beginner's Intro
to Ballet for Adults & Teens**

5:30-6:30pm Interpretive & Modern
**continues Winter 2020 Thursday 5:30 class*
Adults only; warmup is "Guided Exploration" interpretive/improv; then modern dance technique during barre, center & across floor, & choreo