

MONDAYS

3:45-4:40 Kids Ballet II, for boys/girls ages 6-10 who have had two+ years of ballet instruction; Cecchetti curriculum. Mandatory dress code.

4:45-5:40 Kids Tap II for boys/girls age 6ish-10 who have had at least two years of tap; fun and loud, blended foot percussion curriculum; black oxford tap shoes required (available at studio)

5:45-6:45 Open Karate w/MMA: Self-defense for everyone, ages 6 to Yoda. Belt promotions based on attendance, coachability, attitude, effort, focus, knowledge, & confident execution.



MANDATORY DRESS CODE:

BALLET BOYS- black leather ballet shoes, white or black socks ok, plain black workout pants, plain white or studio t-shirt. Hair off face/neck.

GIRLS- pink leather ballet slippers, white tights, black leotard, dance skirts & legwarmers ok. Hair in bun & off face. Pointe/Pre-pointe with permission.

JAZZ/ACRO Hair secured & back from face, plain workout clothes; black leather-type gored jazz shoes. No ballet tights.

TAP Black flat Oxford tap shoes w/single-tone taps. Hair up and away from face. Plain exercise clothes. Ballet uniform ok too.

Adults in Dance: Same shoes suggested. Clothes are your choice: Be comfy, appropriate to the sport, and considerate to classmates.

KARATE; Studio gi required for adults & kids in karate: \$45. Studio t-shirt may be worn instead of gi top during hot months. Padded weapons & padded, roped nunchaku needed to progress. All uniforms and equipment are available at or through the studio.

CONTACT INFORMATION

For payments, tuition & registration questions, contact Mrs. Betty at bwines51@gmail.com or 530-514-3776. For class info, email Director Timbre Beck at trinitydancefit@gmail.com.

TUESDAYS

2:45-3:40 Adult Basic Ballet: teens to seniors Cecchetti-based blended curriculum, great for those returning to or beginning dance/fitness

3:45-4:40 Kids Ballet I, boys & girls age 5-10ish Cecchetti-based blended curriculum presented in a structure of high-interest fun for beginners

4:45-5:40 Jazz Fusion & Dance Acro I/II Combo funk, hip hop, contemp. jazz, Intro to tumbling for Boys & Girls ages 5 to 9ish, strenuous fun

5:45-7:00 Adult/Teen Ballet II-IV best for those with previous ballet instruction; for men & women ages 10ish through senior citizens; Cecchetti/blended curriculum & pointe prep

WEDNESDAYS

3:45-4:40 Kids Tap I, boys & girls ages 4-9ish Fun & loud, beginning foot percussion

4:45-5:40 Open Karate w/MMA: Self-defense for everyone, ages 6 to Yoda. Belt promotions based on attendance, coachability, attitude, effort, focus, knowledge, & confident execution.

5:45-6:40 Open Basic Tap I/II for adults, teens, and others, ages 9+; great for seniors! Foot percussion is a fun mental & physical challenge; chair or balance agent allowed on dance floor

THURSDAYS

3:45-4:35 P'Nutz Intro to Music & Movement: for boys & girls ages 2.5-4.5/5; hand & foot percussion and beginning ballet curriculum

4:45-5:40 Intermediate Adult/Teen Jazz Fusion for men and women ages 10+ with prior dance; fast-paced fun uses old-school funk to teach hip hop blended w/jazz styles, modern & contemp.

5:45-6:40 Adult/Teen Tap II-IV, men & women ages 10 to Methuselah: fast-paced, advancing curriculum & choreo is a mental & physical challenge; prior tap dance instruction required.



SEMESTER PREREGISTRATION FOR:

STUDENT(S) NAME(S)

TUITION IS PER FAMILY (LIVING UNDER THE SAME ROOF) & BROKEN INTO MONTHLY PAYMENTS FOR YOUR CONVENIENCE, PRORATED FROM 1ST WEEK.

PATRONS: PLEASE INITIAL ALL THAT APPLY:

TO KEEP THE FACILITY OPEN, REGULAR TUITION IS DUE MONTHLY, REGARDLESS OF ATTENDANCE OR HOLIDAY CLOSURES.

_____ \$42/m for up to 1 class/week
_____ \$74/m for up to 2 classes/week (per family, immediate members only)
_____ \$96/m for up to 3 classes/week (per family, immediate members only)
_____ \$110/m for unlimited classes for the whole immediate family (same roof)

_____ **\$20 annual fee per calendar year per student member, may be +\$5/month**

_____ **TRY BEFORE YOU COMMIT TO THE SEMESTER: DROP-INS: \$15***

Drop-in fee per person, for non-registered students only

_____ **SENIORS; EMS, LEO, MILITARY, PASTORS/SPOUSES/KIDS:**
\$35/month for up to 1 class per week; \$55 unlimited classes; \$10 drop-in

_____ **FLEX PASS: Allows student to try different classes his/her 1st month only**

_____ 10% discount for full semester payment at time of registration.

_____ 5% discount for enrolling in auto payment.

_____ \$2 discount for monthly payments made with cash (exact change, please.)

_____ \$10 late fee for monthly payments made after 10th

NO REFUNDS; MAKE-UPS ONLY: SCHEDULED OR BY REQUEST

***REGULAR REGISTERED STUDENTS ARE INELIGIBLE FOR DROP-IN RATE.**

STUDIO TIPS TO BE PREPARED & GET THE MOST OUT OF CLASS:

1. Make it part of your evening routine to repack your gear (or have kids repack their own dance and karate bags while you supervise to make sure it's all there.)
2. Set aside \$25/month for shoes, tights, and costumes that can average \$125 each.
3. Right before class, every student should make sure he/she drinks water, has a full water bottle, eats a small protein + carb snack, and uses the restroom.
4. Arrive 10-15 mins before class to change, secure hair, use the bathroom & stretch.
5. Students arriving late/after warmups may not be allowed to participate that class.
6. At the end of class, record routines and steps for home practice during the week.

Trinity Dance and Karate

Visual, Performing, Martial, and Survival Arts

Physical Address:

10 Nugget Lane, Ste B
Weaverville, CA 96093



Mailing Address:

PO Box 460
Hayfork, CA 96041

WINTER/SPRING CLASSES

JAN. 6- JUNE 8, 2025

www.TrinityDanceFit.com

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Insta: @trinitydancefitness

revised 01/05/25