

“Never underestimate the potential of kids who can express, control and protect themselves.” ~Ms. Timbre Beck, MA Ed., TDK director

FALL/WINTER CLASS SCHEDULE

Classes may be added based on student interest or new instructor availability.

MONDAYS

4:45-5:40 Kids Ballet II w/Ms. Timbre for boys and girls, ages 6+, who have had at least a year of ballet .

♦ **Traditional Cecchetti curriculum** presented through fun, engaging, nontraditional methodology for today’s kids.



5:45-6:45 Ballet w/Ms. Timbre for people ages 6+.

♦ **This is a full-body workout** through traditional Cecchetti method ballet curriculum; it is not a slow intro to ballet. To schedule an introduction to this artistic sport, please ask instructor about private lessons.

♦ **Mobility devices welcome.**

♦ **Pointe requires instructor approval.**

WEDNESDAYS

4:45-5:40 Kids Tap II w/Ms. Timbre: foot percussion for ages 6+

♦ **Basic Tap I prerequisite**

5:45-6:45 Karate – Kenpo-based blended martial arts is karate instruction that incorporates practical self-defense from multiple disciplines, including TKD, for male/female ages 6+.

♦ **Taught by Sensei Timbre,** black belt in Karate

♦ **Class incorporates anti-bullying messages** and focuses on self-control and self-defense

♦ **Studio gi required** to begin documented training toward belt promotions

♦ **Belt promotions based on attendance,** focus, coachability, attitude, technique, & knowledge



THURSDAYS

3:45-4:40 Kids Tap I & Ballet I combo class for boys & girls, ages 4.5-7(ish): Basic foot percussion and beginning ballet technique

♦ **Taught by Level 5 tapper** and beginning pointe dancer Miss Aria, our high school intern who is CPR & 1st Aid certified & studied dance 12+ years.

♦ **Curriculum is pre-planned** w/Ms. Timbre.

♦ **Out of courtesy** to our new dancers & teacher, no spectators during class. Parents, please take this time to get some errands done.

4:45-5:40 Jazz Fusion II-III, w/Ms. Timbre, for boys and girls, ages 9+(ish)

♦ **Prior dance class helpful**

♦ **Fast-paced funk, hip hop, jazz, contemporary**



5:45-6:30 Teen-Adult Tap III-V (depending on students’ average level) for ages 9+ (ish; placement by ability, not age)

♦ **Fast-paced, advancing curriculum** for students who have had at least two years of tap instruction

♦ **Taught by former competitive tapper,** Ms. Timbre, who passed Dance Master’s of America’s teacher tests for tap & ballet

WHY DANCE & PRACTICE MARTIAL ARTS?

***Develop or improve:** stamina, agility, balance, strength, focus, neuroplasticity, proprioception, flexibility, athleticism, mood, confidence, emotional regulation, self-control, spatial awareness...

PLUS, IT’S FUN!

SEMESTER TUITION FOR MS. TIMBRE'S CLASSES

TUITION IS PER FAMILY LIVING UNDER THE SAME ROOF, DIVIDED INTO MONTHLY PAYMENTS, PRORATED FROM 1ST ATTENDANCE DAY

Initial to signify notification, understanding and agreement :

_____ **TO KEEP THE FACILITY OPEN, THE SAME MONTHLY PAYMENTS DUE REGARDLESS OF ATTENDANCE OR HOLIDAY CLOSURES.**

_____ \$42/m for up to 1 class/week _____ \$74/m for up to 2 classes/week

_____ \$96/m for up to 3 classes/week _____ \$110/m unlimited classes for the family

_____ **PRE-PAY DISCOUNT:** 10% if semester paid by 9/10/25; NONREFUNDABLE.

_____ **LATE FEE:** 10% ADDITIONAL for monthly payments made after 10th

_____ **NO REFUNDS:** MAKE-UPS MAY BE SCHEDULED OR BY REQUEST

_____ **DROP-INS:** Dance/Karate - \$15 *pp*. CARDIO - \$8.

*1st-timers & non-performers. NOT FOR REGULAR STUDENTS IN SHORT MONTHS

_____ ***DROP-IN FEE AVAILABLE FOR ONLY 1ST-TIME ATTENDEES AND NON-PERFORMING ADULTS. NOT FOR REGULAR STUDENTS.**

_____ **ELDER, EMS, VETS:** \$35/m for up to 1 class/wk; \$50 unlimited; \$10 drop-in

_____ **\$2 discount for payments made by cash/check**

_____ **\$30 annual insurance off-set fee per calendar year per student**

MANDATORY DRESS CODE FOR TRINITY DANCE & KARATE

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. **NO CANVAS SHOES.**

JAZZ Hair secured & away from face, plain workout clothes; black leather-type gores jazz shoes.

TAP Black flat Oxford tap shoes w/single-tone taps. Hair up and away from face. Exercise clothes.

KARATE Studio gi required for adults & kids in karate. Studio t-shirt may be worn instead of gi top during hot months. Padded weapons & padded, roped nunchaku needed to progress.

*Uniforms, equipment, shoes, tights, leotards are available at or through the studio.

STUDIO CONTACT INFORMATION

For tuition & registration questions, contact Betty at bwines51@gmail.com or call 530-514-3776.

For questions about classes, email Timbre at trinitydancefit@gmail.com or text: 530-739-9925.

Trinity Dance and Karate

Visual, Performing, Martial, and Survival Arts

Physical Address:

10 Nugget Lane, Studio B
Weaverville, CA 96093



Mailing Address:

PO Box 460
Hayfork, CA 96041

FALL/WINTER CLASSES

SEPTEMBER - DECEMBER 2025

Insta: trinitydancefitness

facebook/TDFstudioB/

X: @trinitydancefitness

revised 09/02/25