

MANDATORY DRESS CODE @ TDFS

ALL CLASSES: Hair secure & back, bring water, no gum, no loose jewelry (studs ok), no jeans or street clothes, no gromets
Leather-type shoes. NO CANVAS!!

KIDS BALLET:

Boys- black ballet shoes, black sweatpants, plain or studio t-shirt or tank top, “dance belt” if wearing tights or form-fitting pants (mandatory for intermediate and advanced dancers)

Girls- pink slippers, white or pink dance tights, black or pink leotard; bun; leg warmers & skirt optional

ADULT BALLET: Adults are encouraged to strive for adherence to the dress code because it includes pieces that protect muscles & allows dancers & teachers to better evaluate form & alignment. However, it is most important to us that you be comfortable and able to move

KARATE: Gi pants, TDFS Gi top or studio t-shirt, uniform belt for current level; barefoot: clean feet, please!

TAP: Black oxfords, no heels; exercise clothes; screws in taps, not nails

JAZZ & TUMBLING: Black, leather-type slip-on shoes, no canvas; non-distracting, appropriate exercise clothes

MODERN & CARDIO: clean, appropriate shoes; exercise clothes

SEMESTER TUITION

DANCE, KARATE, or COMBO, INCL. CARDIO

TUITION: INDIVIDUALS OR FAMILIES		
2022 FALL/ WINTER	TOTAL Semester Tuition	OR 4 Monthly payments of
Class #1:	\$168 Sept-Dec	\$42 monthly
Class #2:	\$296 (+128) Sept-Dec	\$74 (+\$32) monthly
Class #3:	\$384 (+\$88) Sept-Dec	\$96 (+\$22) monthly
Class #4 + UNLIMITED FAMILY PASS:	\$432 (+\$48) Sept-Dec	\$108(+\$12) monthly

~“IMMEDIATE FAMILY” MEANS CLOSE RELATIVES LIVING UNDER SAME ROOF

~INVOICING FEE OF \$10/CLASS APPLIES

~\$15 DROP-IN FEE: DANCE OR KARATE, AVAILABLE PRIOR TO REGISTRATION

~Full Tuition is payable regardless of attendance. Make-ups available when possible; refunds are not

CARDIO ONLY OR TDFS SRS, MIL, EMS		
2022 FALL/ WINTER	Semester Tuition	=4 Monthly payments of
Class #1:	\$112	\$28
Class #2-UNLIMITED	\$200	\$50

\$8 cardio drop-in fee

SCHEDULE SUBJECT TO CHANGE W/O NOTICE

FOR TRINITY ALPS BOXING CLUB SCHEDULE,
CONTACT COACH CORBEN.

PRIVATE CLASSES FOR INDIVIDUALS:

DANCE, KARATE, 
PERSONAL TRAINING
INTRO TO PARTNER DANCE

WEDDING DANCES

*\$90/1.5 hour session

*5 sessions minimum recommended for bride/groom & wedding party dances

***ALL TDFS STUDENTS: ANNUAL FEE \$20**

*ADD \$2 PER CLASS FOR CARD PAYMENTS

*ADD \$10 IF PAID AFTER THE 10TH

*MEMBERS ARRIVING AFTER WARM-UPS WILL NOT BE ALLOWED TO PARTICIPATE

***COSTUME FEE:** \$85 per class, plus properly-fitting shoes and new white tights if applicable

*FULL TUITION IS PAYABLE REGARDLESS OF ATTENDANCE. MAKE-UPS AVAILABLE WHEN POSSIBLE; REFUNDS ARE NOT

*SCHEDULE SUBJECT TO CHANGE W/O WARNING OR REFUND; NO REFUNDS OF TUTIONS OR FEES

*WE ARE A MEMBERS-ONLY, PRIVATE PERFORMING & MARTIAL ARTS SCHOOL

PEOPLE WITH PHYSICAL CHALLENGES OR INTELLECTUAL DISABILITIES ARE ENCOURAGED TO JOIN US FOR CLASSES AT TDFS. WE ARE SPECIALLY-TRAINED TO TEACH EXCEPTIONAL POPULATIONS.

NO CHARGE FOR CARE-GIVERS ON DUTY

ATTENTION: The family room & store front areas are closed during classes. During kids' classes, families may QUIETLY wait and watch their dancers if their presence isn't distracting. Studio is closed during adult classes.

TEACHER WANTED

As of August 1, 2022, we are on the look-out for another dance teacher! He or she must be willing and able to teach 1-9 kids, ages 4ish-teens, before 4pm weekdays and/or on weekends, have a solid resume working with groups of children in performing arts, and pass a background check & drug screening.

MONDAYS



4:00-4:45pm P'nutz Tap & Ballet

Combo for boys & girls ages 2.5-4

4:45-5:45pm Karate I-II

For everyone, ages 6-adult



5:45-6:45pm Ballet & Tap

Combo for boys & girls ages 4-7



6:45-8:00pm Basic Ballet with Megan

Various styles: Modern, Ballet, etc.
Ages: 9-Adults (great for seniors)

TUESDAYS

3:30pm-4:25pm Ballet/Tap

Combo for boys & girls
Ages 4-7, w/Miss Aria

4:30pm-6:00pm Ballet II-IV

For males/females ages 8+
*Pointe by permission only
*Must have previous dance experience



7:00-8:00pm Zumba Fitness

Fun Aerobic Exercise w/Ms. Megan
For adults, teens, seniors
*No dance experience needed



WEDNESDAYS

5:45-6:45pm Tap II-IV

Combo for ages 6-Adults
*Must have previous tap experience



THURSDAYS

4:00-5pm Basic Tap I-II



For men & women ages 9-seniors
*No dance experience needed

5:00-6pm Jazz Fusion II-IV



Contemp., funk, hip hop, intro to tumbling
For men & women ages 9-adults
*Must have previous dance experience

7:00pm-8:00pm Zumba Fitness

Cardio sweat session w/Ms. Megan
For men & women teens-seniors

FRIDAYS

4:00-5:00pm OPEN Jazz Fusion I

Contemp., funk, hip hop, intro to tumbling
For males & females ages 7-adults

5:00-6:00pm OPEN Karate I-III



Blended martial arts for ages 7-adults

6:00-7:00pm Modern Dance with Megan



For men & women, teens-seniors
All levels welcome

Trinity Dance and Fitness Studios

Visual, Performing, Martial, and Survival Arts

Physical Address:

10 Nugget Lane
Weaverville, CA 96093



Mailing Address:

PO Box 460
Hayfork, CA 96041

SEPT-DEC 2022 CLASS SCHEDULE