



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 SUMMER	6-WEEKS Semester Full Tuition	Or 2 Monthly payments of (July) + (Aug)
Class #1:	63	\$12 + \$42
Class #2:	111	\$37 + \$74
Class #3:	144	\$48 + \$96
Class #4:	162	\$54 + \$108

~“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		
2022 SUMMER	Semester Tuition: 1 payment:	Or 2 Monthly payments of (July) + (Aug)
Class #1:	\$36	\$12 + \$24
Class #2-UNLIMITED	\$60	\$20 + \$40

\$8 cardio drop-in fee

PRIVATE CLASSES

FOR INDIVIDUALS:

DANCE, KARATE, PERSONAL TRAINING
 INTRO TO PARTNER DANCE

WEDDING DANCES

*\$90/1.5 hour session

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

***ALL PARTICIPANTS: 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 TUITIONS 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

SCHEDULE SUBJECT TO CHANGE W/O NOTICE

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.

MONDAYS



*3:30-4:15 Pnutz Tap & Ballet

Combo for boys & girls ages 2.5-4
*TENTATIVE

*4:30-5:30 Ballet & Tap



Combo for boys & girls ages 4-6ish
*TENTATIVE

5:45-7:00 Dance with Megan



Various styles: Modern, Ballet, etc.
Ages: kids-adults

TUESDAYS

3:30-4:30 Kids' Ballet



for boys & girls in grades 1-4
TEACHER: Brady McKay

4:30-5:30 Broadway Tap & Jazz



for boys & girls in grades 1-4
TEACHER: Brady McKay

WEDNESDAYS



3:30-4:30 Intro to Tumbling

TEACHER: Timbre
Ages: 5-adults



4:30-5:30 Jazz Fusion II-III

Contemporary, funk, hip hop
TEACHER: Timbre
Ages 8-adult

5:45-6:30 InspireFitness®

Cardio & Toning to Christian Dance Music
TEACHER: Timbre
Ages teens-adults



THURSDAYS



3:30-4:30 Karate Kids

Self-defense & self-control
for boys & girls ages 4-8
TEACHER: Timbre



4:30-5:30 Tap II-IV

Ages 6-adult
for foot percussionists w/experience
TEACHER: Timbre



7:00-8:00 Zumba Fitness

Fun Aerobic Exercise w/Megan

FRIDAYS



3:30-4:30 Basic Tap

For men & women ages 8-adults
TEACHER: Timbre



4:30-5:30 Jazz Fusion I-II

Contemporary, funk, hip hop
TEACHER: Timbre
For men & women ages 8-adults



5:30-6:30 OPEN Karate I-III

Blended martial arts for ages 8-adults
TEACHER: Timbre

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



July - August 2022

CLASS SCHEDULE

www.TrinityDanceFit.com

TrinityDanceFit@gmail.com

revised 06/14/22