Fall Session II
Begins Monday, October 26
Ends Saturday, December 19

Pre-reg for currently enrolled students begins
Monday, October 5

Open registration begins
Monday, October 12

Pamela Trokanski DANCE WORKSHOP

Fall II 2020

Celebrating 36 years of Dance in Davis!

Winter Session
Begins Monday, January 4
Ends Saturday, February 28

Pre-reg for currently enrolled students begins
Monday, November 30

Open registration begins
Monday, December 7

Monday	Tuesday	Wednesday	Thursday	Fri-day	Saturday
★ JAZZ ★ HIP HOP ★ TAP ★					
BEGINNING HIP HOP (Y) 4:15 – 5:15 SE		TAP LEVEL 1 3:15-4:15 VS			TAP LEVEL 3*** 10:30-11:30 ER
CONTINUING HIP HOP (Y) 5:30-6:30 SE (HH_Y-M.H)		TAP LEVEL 2 4:30-5:30 ER (T3-W.H)			TAP LEVEL 4 11:45-12:45 ER
JAZZ (T/A) 5:30-6:30 PT		ADULT TAP 7:15-8:15 VS (T_ A-W.H)			*** This means that this class will run when we have 4+ students
★ MODERN/CONTEMPORARY ★ INTRO TO DANCE ★					
CONTEMPORARY 2-3 (Y) 4:15-5:15 PT (C23_Y-M.H)	CONTEMPORARY 3-4 5:30-6:45 **PT (C34_Y-T.H)**	CONTEMPORARY 1-2 (all ages, 9 and older. Younger students with teacher permission) 5:30-6:30 PT (C12_Y-W.H)	CONTEMPORARY 1-2 4:15-5:15 PT This class will need a minimum of 4 enrolled students to run.		◇ ◇ ◇ PTDT Co rehearsal time **Sundays** at 11:00am
CONTEMPORARY 4-5 (T/A) 6:45-8:00 PT (C45_A-M.P)		CONTEMPORARY 4-5 (T/A) 6:45-8:00 PT (C45_A_W.H)	CONTEMPORARY 3-4 5:30-6:45 PT		
★ BELLY DANCE ★ DANCE FOR PD ★ PILATES ★ YOGA ★ SECOND WIND					
	YOGA 2:45-3:45 AS (Y-T.P)	**Progressing Ballet Technique (PBT)**: This low-impact class focuses on creating strong muscle memory to assist in executing ballet movements safely and strongly by marrying together elements of floor barre, Pilates, and ballet. This class is great for students looking to improve their muscle stability, turn out range, and body awareness. **EQUIPMENT NEEDED ►►**			PROGRESSING BALLET TECHNIQUE 9:00-10:00 ►► ER (B_PBT-S.H)
	DANCE FOR PARKINSON'S 2:00-3:00 Sept 15 – Nov 17		SECOND WIND 11:15-12:15 PT		
	BEGINNING PILATES 5:45-6:45 BS (P_B-T.H)	Please note that the time for Pilates may move to earlier in the evening once our internet is upgraded.	BEGINNING PILATES 5:45 – 6:45 BS (P_B-R.H)		
	TRIBAL FUSION BELLY DANCE 7:15-8:15 RH (BD_TF-T.H)				
★ BALLET ★					
					BALLET LEVEL 2 9:00-10:00 TAS (B2-S.H)
		BALLET LEVEL 1 4:15-5:15 PT (B1-W.H)			PRE-BALLET A/B (ages 5+) 9:15-10:00am On-site only PT
BALLET LEVEL4-5 4:15-5:30 TH (B_Cond-M.H)	BALLET LEVEL 3 4:00-5:15 TAS (B3-T.P)	BALLET LEVEL 2 4:30-5:30 TH (B2-W.H)	BALLET LEVEL 3 4:00-5:15 TH		PRE-BALLET C/D (ages 7+) 10:15 – 11:00am PT (BP_D-S.H)
BALLET CONDITIONING 5:45-6:30 TH (B45-M.H)	BALLET LEVELS 4-5 5:30-6:45 TAS	BALLET LEVEL 4-5 5:45 – 7:00 TH (B45-W.P)	BALLET LEVEL 4-5 5:30-6:45 TH (B3-R.P)		BALLET LEVEL 3 10:15-11:30 TAS (B3-S.P)
BEG. 1/2 BALLET (T/A) 6:45-7:45 TH (B_AB-M.H)	INT TEEN/ADULT BALLET 7:00-8:00 TAS (B_I-T.H)	POINTE 7:00-7:45 Students should take PBT or Ballet Conditioning if they are doing Zoom only classes. Pointe work resumed 10/7 for dancers on-site, for dancers maintaining Level 4/5 requirements.		**Light Ballet Co** 4:00-5:15 TH	BALLET LEVEL 1 11:15-12:15 PT (BP_D-S.H)

This is our schedule as of October 10, 2020. Please note that in accordance with guidelines from the state and county, we are allowed to be open at 10% capacity. Because this limits class size, students wishing to take class in person must contact the office in advance to save their space. For information on how to register, please call us at 756-3949 or email the office at Office@trokanski.com.

Classes for children ages 5 – 7: Due to restrictions on on-site classes,most of our dance programs for children ages 3.5 – 7 are currently on hold. Because younger ones do much better in person, we are scheduling a Pre-A/B (on-site only) for ages 5 and older on Saturdays at 9:15am and Pre-C/D (hybrid: both onsite and by Zoom) for ages 7 and older at 10:15am. Other classes in Pre-Tap and Pre-Contemporary will resume as we get more indications from the county which way we are headed over the next month.

After-school Care Camps in Academic Enrichment through the Arts: These camps are allowed as daycare for parents and will run Monday – Fridays, from 2:30 – 5:30pm, for school age children 6 – 12. Campers must sign up for the week and follow our strict safety protocols which include the wearing of masks, temperature checks, frequent hand washing, and social distancing. Campers will spend the afternoon with adventures in dance, visual arts, theatre, and more. Campers must be registered by the Thursday of the preceding week in order to participate. Please note that camp enrollment is limited to 9 campers per week and that camp may be canceled if we do not have a minimum of 4 campers enrolled. For more details, visit trokanski.com.
Cost per week: $125, includes art supplies. (Each camper will have an individual bin of supplies for use during the week)