

CMT WINTER 2021 SKILLZ

Session Dates: February 1 – March 13

\$150 Per Class unless noted otherwise
\$25 Discount for Multiple Classes

CMT Skillz Class Instructors



Catriona Fray: Catriona, a graduate of UCLA's School of Theater, Film, and Television, has traveled across the country opening for Grammy award winning Pentatonix, singing with recording artist Jojo in a national commercial for Freeform, and singing with UCLA a cappella group ScatterTones at the White House. She performed in Mamma Mia at the Hollywood Bowl and Sweet Charity (Rosie) with three-time Tony award winning director Kathleen Marshall. Her favorite roles, (Witch) Into the Woods and (Audrey) Little Shop of Horrors. In NYC, she has performed at the Town Hall, Feinstein's/54 Below, (Le) Poisson Rouge, and has worked alongside Broadway producers/creatives on new works. She currently teaches voice lessons online! [@catrionafray](mailto:catrionafray) www.catrionafray.com.



Sam Linkowski: Sam Linkowski is a gifted musician, singer, improviser, and actor. A performer and collaborator with a wide range of expertise, Sam loves to share his passion for the stage with audiences and students, alike. He recently graduated from the UCLA school of Theater, Film, and Television with a degree in musical theater. At UCLA he performed in several plays, musicals, and cabarets, also performing at Feinstein's at Vitello's and the Rockwell Table and Stage in Los Angeles. He has studied with Jason Alexander and Lainie Kazan among others and is a classically trained actor and singer. He also teaches private voice lessons, online or socially distanced in person! samuellinkowski@gmail.com



Julie Lucido: Julie is a theatre arts veteran with decades of experience in performance, choreography, and directing. Gifted as both mentor and collaborator, Julie is at home in both leadership roles as well as contributing as a key member of a full production team. With expertise and a vast background in stage performance, Julie is also well-versed in television, radio, and digital mediums. Julie has a Theatre Arts B.A. from University of Santa Cruz. Julie is classically trained in a variety of theatrical techniques including Meisner and Stanislavsky and focuses on growing actors fully engaging with their mind, body, and soul.



The Director-Choreographer is an Associate Member of STAGE DIRECTORS AND CHOREOGRAPHERS SOCIETY, a national theatrical labor union.

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ALL CLASSES ARE AT THE CMT SPACE (Sierra Vista Mall)

Tuesday 4:15- 5:30pm

Yoga for the Performing Artist ALL AGES! | Instructor Catriona Fray

Cat (200 hr RYT certified instructor through Yoga Alliance) offers this yoga practice for performers of ALL AGES to activate and unlock creativity as we move through chakra-based flows. This is the perfect class for Matilda performers to become fully balanced and centered before rehearsal. Our goal is to activate our imagination and freedom in the craft and the practice of creativity.

Wednesday 2-3:15

Dramatics, Dialects, and Disney! (ages 8 and up) | Instructor Julie Lucido

Travel to countries near and far and learn the local dialects as we explore acting on a global stage. Each week will focus on dialects and accent work through some favorite Disney characters from Newsies, Mary Poppins, Merida, Tarzan, & Darby O'Gill, and others. Examples may include cockney, RP (Standard British), Irish, German, New York, and Southern. Combining phonetics and listening skills the goal is to build a base of tools for the actor and add to your special skills.

Wednesday 3:30-4:45

Intermediate Musical Theatre Dance (ages 9 and up) | Instructor Julie Lucido

Students will learn a variety of dance styles from ballet technique as a foundation to Broadway jazz, tap, and modern to prepare you for any upcoming auditions. This is a choreography focused class working in a variety of styles from the Rockettes to Modern Musicals * *Previous basic dance experience in classes or in show is ideal for this class.*

Wednesday 5-6:15

Advanced Acting for Teens Part 1 (ages 12 and up) | Instructor Julie Lucido

Looking to work on material for and about teens? This class will focus on storytelling from an introduction to Shakespeare to contemporary works like The Wolves, Declaration, You and Me, etc. In this class the students will explore the script and learn to mine the text. We will work to capture the characters essence and explore the importance of power and vulnerability and being in the moment. *This is part 1 of a 3-part series to be given in 2021. Prior acting class or production experience preferred.*

Thursday 4:15- 5:30

Commercial Work- Acting on Camera Basics (ages 8 and up) | Instructor Julie Lucido

\$230 class fee headshot includes basic headshot package*

Wonder what it takes to be in commercials? Advertising is a great way to get experience on camera and get paid! We will work with real scripts from real commercials during this class. We will also work on the business side of the business and develop resumes and every student will get a photoshoot scheduled with a local Art Director for new headshots. * Our final class will include an audition with Windsong Productions Executive Creative Director and Head of Production. **Basic Package included in class fee; by appointment, includes one look, 2-3 high-res digital files, general color adjustment. Upgraded Package available for an additional \$120 and includes photoshop detailed face & hair retouching and black and white versions of each final shot.*

Friday 5:30-6:45pm

Constructing and Writing your Own Musical like Lin Manuel Miranda! (13 and UP) | Instructor Catriona Fray

Being a powerful creator and collaborator is an essential skill to develop in the professional Musical Theater community. We will look at building character arcs and plot, learn how to be fearless and bold in developing our creative voice, use music as inspiration and learn basic music theory and song structure, and learn how to collaborate and improvise together to start devising the musical of your dreams!

Friday 7- 8:15pm**[Belt it out like a Broadway Diva! \(10 and UP\) | Instructor Catriona Fray](#)**

Looking at material from Six, Wicked, Frozen, Hamilton, etc. to unlock a healthy belt sound and build confidence in performing Pop/Rock and Contemporary Musical Theater repertoire in a safe space where vulnerability, goofiness, and mistakes are part of the journey for epic vocal discovery!

Saturday 8:30- 9:45am**[Discovering Your Voice! Vocal Fundamentals for the Young Artist \(Ages 5-11\) | Instructor Sam Linkowski](#)**

If you are beginning your journey or have been singing for a little while, developing a strong foundation of technique early will put you on the road to vocal success. You will leave class with several new songs that we workshop and coach. Also, by the end, you will own a variety of different exercises and warm ups in recording form that you will practice. Your voice will be stronger by the end and you will know what to do to strengthen it correctly for the future! Let's sing! For beginning/intermediate levels.

Saturday 10:15-11:30am**["What's My Line?!" Improv: Creating Character \(Ages 8-12\) | Instructor Sam Linkowski](#)**

Ever wonder how comedians and actors create HUGE characters that are totally different from themselves? And how are these performers able to come up with lines without a script?! In this class, we will have so much fun learning how to improvise scenes, going over the basic structure of improv comedy performance. Also, we will be creating characters based on your own imagination and using them in improvised scenes. By the end of this class, you will learn to know how to be completely in the moment in any performance and how to create completely original characters. Beginning/Intermediate levels.

Saturday 12-1:15pm**[Landing a Lead: Acting from Stage to Film \(Ages 9+\) | Instructor Sam Linkowski](#)**

The basis of being a good actor begins with talent; learning technique will help you access your talent every time, allowing you to blossom as a full-fledged actor with technique. In this class, we will hone acting technique that will lead you to a successful performance in all forms of media: film, tv, theatre, voice-over. We will also dive into scenes together to make unexpected choices and learn to set yourself apart as a true artist. This class is for all levels

Saturday 1:30-2:45pm**[Yoga for the Performing Artist! \(9-17\) | Instructor Catriona Fray](#)**

Cat (200 hr RYT certified instructor through Yoga Alliance) offers this yoga practice to activate and unlock creativity as we move through chakra-based flows. The Chakra energetic wheels within our bodies are a symbolic representation of the ascent of our consciousness designed to help us become fully balanced and centered. We will practice meditation and journaling as well to connect to our Higher Self and activate our imagination and freedom in creativity.

Saturday 3-4:15pm**[Hamilton Themed Dance Class! \(8-16\) | Instructor Catriona Fray](#)**

Throughout our time together, we will develop our technique with ballet and jazz-based warmups/exercises and learn Broadway choreography to some of our favorite Hamilton songs! Each student will be cast as one of the characters and practice creating their own choreography as well! On the last day, we will record a final video with full costumes and makeup! Lights, camera, action, WERK!

Saturday 4:30- 5:45PM**[Advanced Vocal Stylizing for the Singing Actor Series 1: Acting a Song \(10 +\) | Instructor Sam Linkowski](#)**

Learn to be the singer who steals the show. Whether you sing in musicals or other arenas, you must know how to act your songs. This class will give you the tools to tell the story you want to tell, through singing and acting your song. You will learn what it takes to create an excellent solo singing performance. We will delve into 3 different vocal styles: Musical Theater, Rock, and Jazz/Gospel. All while learning to act a song with your own creative power. You will leave with at least 3 new songs in your repertoire, excellent strength exercises and warm ups, and a ton of new vocal knowledge, not to mention a stronger voice. Singing and performing experience preferred.

Saturday 6:00-7:15pm

Advanced Improv for Teens (12 +) | Instructor Sam Linkowski

As an actor, performer, or comedian, improv is extremely important for making great choices and getting in touch with your comedy instincts. We will learn to improvise characters and comedic situations as well as improvise scenes in long and short form. Everything from the fundamentals of improv, game theory, object work and advanced scene construction. You are now part of a brand new improv team, congratulations!

The night of our last session of our teen improv we will put on a Showcase for those who participated in the Winter/Spring sessions: Saturday April 23th, time TBD.

Saturday 7:30- 8:45Pm

Strengthening the Male Voice! (8+) | Instructor Sam Linkowski

Learn to strengthen your developing sound through correct vocal technique and strengthening. We will delve into all kinds of music, from Musical theater to Pop and Rock -- learn to sing it like the pros. We will talk about cracking in your voice, correct usage and how to sound your greatest at all times. This class is for all levels.

SKILLZ REGISTRATION

HOW TO REGISTER:

- 1) Register at: <https://forms.gle/ULgVs32LmKjcygTp6>
- 2) Upon registration, you will receive a confirmation message that will include a link to pay tuition. Your position in the class is not secured until payment is received.

Students are taken in the order that registration and payment are received. Secure your spot today before they are full!

Day Time	Class	Instructor	Ages
Tuesday 4:15- 5:30pm	<i>Yoga for the Performing Artist ALL AGES!</i>	Catriona Fray	All Ages
Wednesday 2:00-3:15pm	<i>Dramatics, Dialects, and Disney!</i>	Julie Lucido	8+
Wednesday 3:30-4:45pm	<i>Intermediate Musical Theatre Dance</i>	Julie Lucido	9+
Wednesday 5:00-6:15pm	<i>Advanced Acting for Teens Part 1</i>	Julie Lucido	12+
Thursday 4:15- 5:30pm	<i>Commercial Work- Acting on Camera Basics</i>	Julie Lucido	8+
Friday 5:30-6:45pm	<i>Constructing and Writing your Own Musical like Lin Manuel Miranda!</i>	Catriona Fray	13+
Friday 7:00- 8:15pm	<i>Belt it out like a Broadway Diva!</i>	Catriona Fray	10+
Saturday 8:30- 9:45am	<i>Discovering Your Voice!</i>	Sam Linkowski	5-11
Saturday 10:15-11:30am	<i>What's My Line?!" Improv: Creating Character</i>	Sam Linkowski	8-12
Saturday 12:00-1:15pm	<i>Landing a Lead: Acting from Stage to Film</i>	Sam Linkowski	9+
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