



# CMT Skillz

## Winter 2020 Class Schedule | November 6-December 12

**Fridays 3:00-4:15pm | Instructor: Catriona Fray**

***Scene Study/Character Development for Musical Theater Acting (10-17)***

Theater is storytelling through active listening, reacting, movement, and behavior by being present and truthful in order to find the "why" behind a character and their unique voice. Participants will learn to have fun in the work through preparation, exploring monologues and scenes, and developing their characters.

**Fridays 4:30-5:45pm | Instructor: Catriona Fray**

***Musical Literacy & Stylizing for the Singing Actor 2.0! (7 and Up)***

Participants will continue to explore new genres and build their repertoire (Pop/Rock over the decades, Country/Folk, R&B, Hip/Hop), Music Theory by creating their own songs. Catriona's main mission is to help students find their light within through the magic that is music; by feeling the patterns, rhythms, vibrations, and frequencies, they can tap into their divinely creative self!

**Saturdays 9:00am-10:15am | Instructor: Sam Linkowski**

***Landing a Lead: Vocal Fundamentals (Ages 6 and up)***

Whether you are just beginning, have been singing for years, or are in a musical, you must have a solid foundation of voice technique in order to be consistent and continue to grow as a singer. This class is for the beginning singer, the advanced singer and everyone in between. You will leave class with at least two songs and a stronger voice that you will be excited to show. Also, by the end, you will own a variety of different exercises and warmups in recording form that you will practice to improve your voice for the future. This class is for all levels.

**Saturdays 10:30am-11:45am | Instructor: Sam Linkowski**

***Landing a Lead: How to Audition! (Ages 8 and up)***

Want to get a lead role? Want to push yourself to the next level? Want to not be nervous when you audition? Let's prepare! Put into practice all of the technique you learn as a singer and actor in the theater into a kick-butt audition. This class will also help you become a better and more prepared actor and singer. We will do intense workshops of your favorite material, and mock auditions to show you how it feels to audition with confidence. You will leave the class with at least 3 songs and/or monologues that show you off in the greatest way possible to land the role perfect for you. An audition is a performance, if you can nail it in the room, you will nail it onstage.\*

\*It is recommended you take the vocal fundamentals class or be studying private vocal technique in conjunction with this class.

**Saturdays 12:00pm-1:15pm | Instructor: Sam Linkowski**

***What's my Line!? Improv Comedy class (Ages 10 and up)***

Want to be funny onstage? Want to know how scenes could be improvised without a script? Want to be not nervous to perform onstage? In this class, you will learn all about freedom as an actor by overcoming the biggest fear of a performer: no lines! Whether you have done improv or not, you will get better and learn to tap into your natural, hilarious self. By the end of this class, you will learn to be completely in the moment in any performance that you do and be able to make quick and honest decisions as an actor.

**Saturdays 1:30-2:45pm | Instructor: Catriona Fray**

***Yoga for the Performing Artist (7 and Up)***

Catriona is a RYT-200 hour Yoga certified instructor with an emphasis on trauma-informed yoga for youth. Catriona's mission is to teach young performers how to integrate mindful yoga practices off the mat and into their performance work as well as their everyday lives. She will focus on teaching the gift of the present moment by centering the mind through meditation, pranayama (breath exercises), yamas (codes of social conduct), niyamas (self-observation), and the physical body through the asana practice.

**Saturdays 3:00-4:15pm | Instructor: Catriona Fray**

***Integrating Movement & Dance (7 and Up)***

Dance is movement in space. Participants will discover what makes a character unique through movement and how to create compelling stories while dancing. They will also practice picking up choreography effectively and quickly so that they will feel confident for any audition/callback and incorporate their unique voice and develop a sense of intentional balance, coordination, and spatial awareness.

# 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  
[www.catrionafray.com](http://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](mailto:samuellinkowski@gmail.com)

# SKILLZ REGISTRATION INFORMATION

**Session Dates: November 6- December 12**

Location: The Sierra Vista Mall next to Gold Coast Gallery

**COST: \$150\*\* Per Class or Buy One Class, Get \$25 Off Additional Classes**

Day   Time	Class	Instructor	Ages
Fridays 3:00-4:15pm	<i>Scene Study/Character Development for Musical Theater Acting (10-17)</i>	Catriona Fray	10-17
Fridays 4:30-5:45pm	<i>Musical Literacy &amp; Stylizing for the Singing Actor 2.0! (7 and Up)</i>	Catriona Fray	7+
Saturdays 9:00am-10:15am	<i>Landing a Lead: Vocal Fundamentals (Ages 6 and up)</i>	Sam Linkowski	6+
Saturdays 10:30am-11:45am	<i>Landing a Lead: How to Audition! (Ages 8 and up)</i>	Sam Linkowski	8+
Saturdays 12:00pm-1:15pm	<i>What's my Line!? Improv Comedy class (Ages 10 and up)</i>	Sam Linkowski	10+
Saturdays 1:30-2:45pm	<i>Yoga for the Performing Artist (7 and Up)</i>	Catriona Fray	7+
Saturdays 3:00-4:15pm	<i>Integrating Movement &amp; Dance (7 and Up)</i>	Catriona Fray	7+

**DUE TO THE CURRENT PANDEMIC, CLASS SIZES ARE LIMITED TO TEN (10) STUDENTS PER CLASS. SOCIAL DISTANCING AND MASKS ARE REQUIRED. PARENTS MUST DROP OFF AND PICK UP. DETAILED RULES AND INSTRUCTIONS WILL BE PROVIDED TO ENROLLEES.**

**\*\*PAYMENT IS DUE TO SECURE PLACEMENT IN CLASS. TWO-STEP REGISTRATION PROCESS:**

1) Secure your position in class by registering at: <https://forms.gle/8nzaDtYB6UTropJf6>

2) Pay Online to Secure Placement:

(1) Class - \$150.00: <https://checkout.square.site/buy/VF2UE5OU2K3TCQCXT4RDNM3F>

(2) Classes - \$275.00 : <https://checkout.square.site/buy/YWYE2XDCXBO75EKADEXD4W4A>

(3) Classes - \$400.00: <https://checkout.square.site/buy/XFTE4KJDO3DL425VULA37RAL>

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