

Dance Fitness & Yoga Classes

Winter/Spring 2017

January 2 to May 13

Jazz Tap Ballet Modern
B-Boys & B-Girls Hip Hop
AfroJazz & Yoga Workout
Musical Theater Dance
Master Classes, Yoga, and more.
Private coaching available

For children, teens, and adults
ages 3 and up, beginners thru advanced

Contemporary Dance and Fitness Studio

Since 1973

18 Langdon St Montpelier, VT 05602
Lorraine Neal, Owner
Allison Mann, Director

802 229-4676
www.cdandfs.com

Calendar 2016-17

1/2/2017	Winter/Spring 2017 session begins
2/6	Performance Information & Summer Schedule mailed out
2/18	Teen Jazz Tour Preview & Fundraiser
2/27-3/5	February Break, we resume Mon. 3/6
3/18	Faculty/Student Works in Progress
4/8 & 4/9	Student Choreography Showing
4/17-23	April Break
5/13-5/18	Mandatory Rehearsals, Barre Opera Hse
5/19, 20, 21	Performances, Barre Opera House
6/5	Teen/Adult Summer Classes begin
6/26	Kids' Summer Camps begin

Faculty

AM - Allison Mann, Director
AC - Amia Cervantes, Director of Teen Jazz
RL - Rosemary Leach
AP - Abby Pepin
IS - Isadora Snapp
KN - Kaitlyn Nascimento
TM - Tracy Martin
JH - Justin Hover
EL - Evan Lewis
DJ - Daniel Jestes
RB - Robert Brower
SB - Sue Booth
Desk Staff: Candace Fugazy & Crista Ordway

For Class Descriptions go to cdandfs.com

For Class Cancellations due to weather, please call the studio after 12noon for a recorded message, tune into WDEV 550am, or check our Facebook page after 12noon.

Refunds: Before 1st class: 100% less \$20 administrative fee. 1-3 weeks after start date: 75%. 4-6 weeks after start date: 50%. 7-9 weeks after start date: 25%. No refund after 10 weeks.

Overdue accounts: Past due accounts subject to 5% interest.

Tuition for Teen & Adult classes

Single Class Rate

1 hour class - \$13
1:15-1:30 hour class - \$16
2 hour class - \$20
Private Coaching - \$30/30 min \$55/hour

CD&FS punch card system

10 punch card \$50
20 punch card \$95
40 punch card \$180
60 punch card \$255
80 punch card \$320

1 hour class - 2 punches on any size CD&FS card.
1:15-1:30 hour class - 3 punches on any size CD&FS card.
1:45-2 hour class - 4 punches on any size CD&FS card.

CD&FS Punch Cards may be used for any of our teen and adult classes. Punch cards expire one year after the date of purchase. Cards may not be extended or refunded. Medical exceptions only.

Note: The monthly rate for young children's classes is offered only in the fall. During the Winter/Spring session classes begin preparation for the May performances at the Barre Opera House.

Tuition for Kids' Classes

Winter/Spring session 1/2/2017 - 5/13/2017 (17 weeks)

# of classes per week	1/2 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class Ballet+Pte.
1st class	\$195	\$230	\$265
2nd class	\$180	\$210	\$250
3rd class	\$170	\$200	\$230
4th class	\$160	\$180	\$210
Family Rate	\$180	\$210	\$250
RhythmNGames	\$97		
Guest drop-in	\$13	\$16	\$20

Costume Fees:

All Ballet Classes: \$50 per student per class, unless specified by teacher; due by January 15th

Kids' Classes (non-Ballet): \$40 per student per class; due by February 15th

Jr. BBoys BGirls & Jr. Tap and Jazz: \$30 per student per class; due by February 15th. These classes perform May 21st only.

Teen/Adult Classes: There is no costume fee for teen and adult classes, however students may be asked to purchase items to supplement their wardrobe.

Classes for Teens & Adults (punch cards)

Jazz

Adult Adv-Beg Wed 6-7:15 pm AP
Level 1-2 Thu 5:45-7 pm AP
Level 3-4 Wed 7:30-9 pm AP
Level 5 Thu 7-8:30 pm AP

Modern

Level 1-2 Tue 6-7:30 pm KN
Level 3-4 Wed 6-7:30 pm IS
Level 5 Tue 7-8:30 pm TM

Hip Hop

Level 1-2 Mon 3:30-4:45 pm AC
Level 3-4 Thu 7-8:30 pm RL

Fusion Modern/Hip Hop/Jazz

Level 2-3 Mon 6-7:15 pm RL
Level 4-5 Mon 7:30-9 pm RL

B-Boys & B-Girls (Kids, Teens and Adults)

Level 3-4 Fri 6-7:30 pm JH
Level 5 Fri 3:30-5 pm JH

Tap

Tap Basics Workout Wed 5-6pm AM
Intermediate Thu 5:30-7 pm SB

Student Choreography Group

Level 2 and up 2nd & 4th Fridays 6:30-8:30 pm AC

Teen Jazz (by audition only)

Mon 4:45-7 pm and every 3rd Fri 6:30-8:30 AC

Ballet Teen/Adult punch card

Beginning Mon 7-8:15 pm IS
Adv Beg/Intermediate Wed 7:30-9 pm IS
Contemporary (Level 3-5) Tue 7:30-9 pm IS

AfroJazz & Yoga Workout Drop-ins welcome

Open Level Tue 5:30-7 pm AM
Open Level Fri 10-11:30 am AM
Open Level Sat 8:30-9:45 am AM

Yoga with Robert Brower Drop-ins welcome

Open Level Wed 9-10:15 am RB

Ballet Children/Teens Tuition

Pre-primary Sat 10:45-11:30 am ages 3.5-5 AC
Fri 2-2:45 pm AC
Primary Sat 10-10:45 am ages 5-7 AC
Level 1 Sat 9-10 am AC
Level 2 Sat 12-1:15 pm & optional Thu 3:30-4:15
(recommended for pre-pointe) AC
Level 3 Thu 3:30-4:15 & Sat 1:15-2:45 AC
Level 4 Thu 3:30-4:15 AC, Wed 3:30-5 & Sat 11:15-12:45 IS
Level 5 Tue 3:30-5 Thu 3:30-4:15 AC Sat 1:45-3:15 IS
Ballet Conditioning Thu 3:30-4:15 pm AC
Pointe Prep and Maintenance Thu 4:15-5 pm AC
Pointe 1 Thu 5-5:30 AC and Sat 12:45-1:15 IS
Pointe 2 Tue 5-5:30 pm AC and Sat 3:15-4 pm IS

Classes for Kids (Tuition)

Rhythm & Games ages 9 and up

Level 1-2 Wed &/or Thu 3:15-3:40 Teen Team

Jr Tap & Jazz ages 6-8

Fri 3:45-4:45 AC

Junior Jazz ages 9-13

Level 1-2 Wed 3:45-4:45 pm AC
Level 3-4 Wed 4:45-6 pm AC

Musical Theater Dance ages 11 and up

Level 2 and up Fri 5-6:30 AC

Junior Hip Hop ages 9-13

Level 1-2 Thu 3:45-4:45 pm RL
Level 3-4 Mon 4:45-6 pm RL

Junior Modern ages 8-13

Level 1-2 Tue 3:45-4:45 pm TM
Level 3-4 Tue 4:45-6 pm KN

Tap Kidz ages 9-13

Open Level Mon 3:45-4:45 pm AM

Jr. B-Boys/B-Girls & Hip Hop ages 6-8

Sat 9:45-10:30 or 10:30-11:15 am EL & DJ

B-Boys & B-Girls ages 9-13

Level 1-2 Fri 5-6 pm JH

Boys' Technique & Performance ages 10-15

Level 2 and up Thu 4:45--5:45 pm RL

W/S 2017 Teen and Adult Registration Form

Mail to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601

Registrations will be accepted in the order they are received. Re-enrollments are given priority.

Student's Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Address _____

City,State,Zip _____

Email Address _____

Media Waiver: I do do not give permission for media use of my or my child's image.

Registering for: Class _____ Level _____
Day _____ Time _____

2nd Class _____ Level _____
Day _____ Time _____

3rd Class _____ Level _____
Day _____ Time _____

Check enclosed \$ _____

I have a punch card

Charge my Mastercard/Visa \$ _____

Exp date _____ 3 digit security code _____

Signature _____

Print Name on Card _____

Injury Waiver: I accept responsibility for my or my child's physical well-being and release CD&FS from any liability. signed: _____

W/S 2017 Kids and Tuition Ballet Registration Form

Mail to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601

Registrations will be accepted in the order they are received. Re-enrollments are given priority.

Parent's Name _____

Home # _____ Work # _____

2nd Parent's Name _____

Home # _____ Work # _____

Address _____

City,State,Zip _____

Email Address _____

Media Waiver: I do do not give permission for media use of my or my child's image.

Child's Name _____

D.O.B. _____ Number of years dancing _____

Registering for: Class _____ Level _____
Day _____ Time _____

2nd Class or 2nd Child's Name _____

D.O.B. _____ Number of years dancing _____

Registering for: Class _____ Level _____
Day _____ Time _____

3rd Class or 2nd Child's Name _____

D.O.B. _____ Number of years dancing _____

Registering for: Class _____ Level _____
Day _____ Time _____

Tuition for Winter/Spring \$ _____

Costume Fee(s) \$ _____

Charge my Mastercard/Visa \$ _____

Exp date _____ 3 digit security code _____

Signature _____

Print Name on Card _____

Injury Waiver: I accept responsibility for my or my child's physical well-being and release CD&FS from any liability. signed: _____