

Contemporary Dance and Fitness Studio

18 Langdon St. • Montpelier, VT 05602
(802) 229-4676 cdandfs.com

Return Service Requested

Dance

Yoga Acting Singing Classes

Autumn 2017

September 6 to December 19

Jazz Tap Ballet Modern
B-Boys & B-Girls Hip Hop
AfroJazz & Yoga Workout
Musical Theater Dance
Yoga Acting Singing
Guest Workshops
Private sessions available

For children, teens, and adults
beginners thru advanced

Contemporary Dance and Fitness Studio *Since 1973*

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

Calendar 2017-18

8/28,30 9/1 Teen Jazz Audition Prep 5-7pm
8/29 8/31 Waking Up Technique 5-7pm
9/6 (Wed) Fall classes begin
9/8 Teen Jazz Audition 3:30-5:45
10/16-10/21 Spirit Week
10/21 Family Sock Hop 7-8:30pm
11/11 Faculty/Student Works in Progress
11/20-25 Thanksgiving Break
12/11-16 Open House/Observation Week
12/18 & 19 Classes ARE held
12/20 & 21 Make-up classes as needed
12/20-1/2 Winter Holiday Break
1/3/18 (Wed) Winter/Spring 2018 begins
Performance Information
Please Mark Your Calendars:
5/5 Full Ballet run-thru at CD&FS
5/13-5/17 Rehearsals at Barre Opera House
5/18, 19, 20 Performances at Barre Opera House

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
WW - Willow Wonder
SB - Sue Booth
SA - Sorsha Anderson
DJ - Daniel Jestes
MW - Micah Wagner
RH - Robin Hartzell
DM - Dylan Marcinkowski
KP - Katie Phillips
SG - Stella Gardner

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.

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

3/4-1 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

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

Tuition for Kids' Classes

Autumn session 9/6/17 - 12/19/17 (14 weeks)

# of classes per week	3/4 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class
1st class	\$160	\$190	\$220
2nd class	\$150	\$175	\$205
3rd class	\$140	\$165	\$190
4th class	\$130	\$150	\$175
Family Rate (2nd child)	\$150	\$175	\$205
Guest rate	\$13	\$16	\$20

Autumn, Winter, & Spring sessions 9/6/17 - 5/12/18 (31 weeks)

Classes per week.	1/2 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class
1st class	\$325	\$395	\$465
2nd class	\$305	\$365	\$430
3rd class	\$280	\$340	\$400
4th class	\$260	\$305	\$365
Family Rate (2nd child)	\$305	\$365	\$430

Tuition for Rhythm and Games: Fall session: \$80

**Tuition for Pre-Primary & Primary Ballet, Jr BBoys
BGirls, Jr Tap & Jazz & Creative Mvmt: Autumn session
only:** Monthly fee: \$50 (4 consecutive sessions) Tuition may
also be paid at the Kids' Classes rate. This monthly option is not
available for the Winter/Spring Session.

Classes for Teens & Adults (punch cards)

Jazz

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

Modern

Level 1-2 Tue 6-7:30 pm KN
Level 3-4 Tue 7:30-9 pm IS
Level 5 Tue 7:30-9:15 pm TM

Hip Hop

Level 1-2 Thu 5-6:15 pm AC
Level 3-4 Mon 7:30-9 pm RL

Fusion Modern/Hip Hop/Jazz

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

B-Boys & B-Girls

Level 3-5 Fri 5:45-7:15 pm rotating faculty

Tap

Level 1-2 Thu 5-6pm SB
Intermediate Thu 7:30-8:45 pm SB
Interm/Adv Sun: 9/17, 10/15, 11/19 6-8 pm SB

Student Choreography Group

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

Teen Jazz (by Audition Only)

Fri 3:30-5:45 pm and 3rd Fri/mo. 6:30-8:30 AC

Ballet (punch card)

Barre Workout for Adults Wed 5-6 pm WW **NEW!**
Beginning Wed 6:30-7:45 pm IS
Teen/Adult Level 2 and up Mon 6:30-8 pm IS
Contemporary (Level 3-5) Mon 3:45-5:15 pm IS

Yoga with a Splash of Dance

Open Level Fri 10-11:30 am AM

AfroJazz & Yoga Workout

Open Level Tue 5:15-6:45 pm Sat 9-10:30 am AM

Acting & Scene Study **NEW!**

for adults Thu 5:15-6:30 pm SA

Singing American Folk Songs **NEW!**

for adults Mon 5:30-6:45 pm AM

Classes for Young Children (optional monthly tuition)

Creative Movement **NEW!**

ages 3-4 Mon 2-2:45 pm TM
ages 5-6 Mon 3:15-4 pm TM

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

Sat 10:30-11:15 am DJ & MW or Sat 9:15-10 KP & SG **NEW**

Jr. Tap & Jazz ages 6-8

Fri 3:45-4:45 SB

Ballet for Young Children (optional monthly tuition)

Pre-primary Sat 10:45-11:30am Fri 2-2:45pm ages 3 1/2 -5 AC
Primary Sat 10-10:45 am ages 5-7 AC

Ballet (Tuition)

Level 1 Sat 9-10 am AC
Level 2 Sat 12-1:15 pm 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 Thu 3:30-4:15 AC Tue 3:30-5 & Sat 1:30-3 IS
Ballet Conditioning Thu 3:30-4:15 pm AC
Pointe Prep and Maintenance Thu 4:15-5 pm AC
Pointe 1 Wed 5-5:30 and Sat 12:45-1:15 IS
Pointe 2-3 Wed 5:30-6:15 pm and Sat 3-3:30 pm IS

Classes for Kids (Tuition)

Rhythm and Games ages 9 and up

Level 1-2 Thu 3:15-3:40 DJ & MW

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 Tue 6-7:30 AC

Acting & Auditions ages 10-15 **NEW!**

Tue 3:30-4:45 pm SA

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 9-13

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

Explore Choreography grades 6-8 **NEW!**

Fri 6:30-8 pm every 1st and 3rd Fri/mo IS

Tap Kidz ages 9-13

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

B-Boys & B-Girls ages 9-13

Level 1-2 Fri 4:45-5:45 pm RH & DM

Boys Technique & Performance ages 10-15

Level 2 and up Mon 5:15-6:15 pm IS

2017-18 Teen and Adult Registration Form

Mail to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601

Registrations will be processed
in the order they are received.

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: _____

2017-18 Kids & Tuition Ballet Registration Form

Mail to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601

Registrations will be processed
in the order they are received.

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 _____

Tuition for Monthly fee enclosed \$ _____

Tuition for Autumn Session enclosed \$ _____

Tuition for Autumn, Winter, & Spring \$ _____

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: _____