

# Contemporary Dance and Fitness Studio

18 Langdon St. • Montpelier, VT 05602  
(802) 229-4676 [cdandfs.com](http://cdandfs.com)

Return Service Requested

# Dance

## Yoga Acting Workouts Classes

### Autumn 2018

September 5 to December 19

Jazz Tap Ballet Modern  
B-Boys & B-Girls Hip Hop  
Dance Workouts for Adults  
Musical Theater Dance  
Yoga Acting Choreography  
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

(802) 229-4676 [www.cdandfs.com](http://www.cdandfs.com)

### Calendar 2018-19

9/5 (Wed) Fall classes begin  
9/7 Teen Jazz Audition  
10/15-10/20 Spirit Week  
10/20 Family Sock Hop 7-8:30pm  
10/31 Halloween: no tuition classes  
11/10 7pm Faculty/Student Works in Progress  
11/19-24 Thanksgiving Break  
12/10-15 Open House/Observation Week  
12/17-19 Classes ARE held  
12/20 & 21 Make-up classes as needed  
12/20-1/1 Winter Holiday Break  
1/2/18 (Wed) Winter/Spring 2018 begins  
Performance Information  
Please Mark Your Calendars:  
5/4 Full Ballet run-thru at CD&FS  
5/8-5/11 Make-up classes as needed  
5/12-5/16 Rehearsals at Barre Opera House  
5/17, 18, 19 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  
OZ - Olivia Zoecklein  
SA - Sorsha Anderson  
DJ - Daniel Jestes  
DM - Dylan Marcinkowski  
SK - Shannon Kelly  
ES - Erin Sullivan  
EM - Emma Manion  
AH - Auden Hubbard

**For Class Descriptions** go to [cdandfs.com](http://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:** 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 9/5/18 - 12/19/18 (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 9/5/18 - 5/15/19 (30 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 Pre-Primary & Primary Ballet, Jr BBoys BGirls & Tap Kids Jr : 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 Mon 7-8:15 pm AP  
Level 3-4 Tue 7:30-9 pm WW  
Level 5 Thu 6:15-7:45 pm WW

### Modern

Level 1-2 Tue 6-7:30 pm KN  
Level 3-4 Thu 6:15-7:45 pm IS  
Level 5 Tue 7:30-9:15 pm TM

### Hip Hop

Level 1-2 Fri 6-7:15 pm OZ  
Level 3-4 Mon 7:15-8:45 pm OZ

### Fusion Modern/Hip Hop/Jazz

Level 2-3 Wed 7:15-8:30 pm RL  
Level 4-5 Thu 7:45-9:15 pm RL

### B-Boys B-Girls

Level 3 Fri 6:15-7:15 pm TBA  
Level 4-5 Fri 7-8:15 pm Level 5 'til 8:30

### Tap

Level 1-2 Wed 6-7 pm SB  
Intermediate Wed 7-8:30 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)

Beginning Fri 4-5:30 pm IS  
Teen/Adult Level 2 and up Thu 7:45-9:15 pm IS  
Contemporary (Level 3-5) Tue 6-7:30 pm IS

## Workout Classes for Adults - Drop In!

### Yoga with a Splash of Dance

Open Level Fri 10-11:30 am AM

### Deep Yoga Workout

Open Level Tue & Wed 5:15-6:15 pm AM

### Yoga Straight Up

Open Level Mon 12-1 pm AM

### Ballet Barre Workout

Open Level Thu 5:15-6:15 pm WW

### Cardio-Funk!

Open Level Mon 5-6 pm SK

### Dance Fusion Wkt/AfroJazz & Yoga Wkt

Open Level Sat 8:30-9:45 am Sept-Oct EM/then AM

## Classes for Young Children (optional monthly tuition)

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

Sat 9:30-10:15 am or Sat 10:30-11:15 DJ & ES or  
Tue 3:45-4:30 ES & AH

### Tap Kids Jr ages 6-8

Wed 4-4:45 SB

## Ballet for Young Children (optional monthly tuition)

Pre-primary Sat 10:45-11:30 am or Sat 1:15-2 pm or  
Fri 2-2:45 pm 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 Sat 9:45-11:15 am IS & Mon 3:45-4:45 pm AM  
Level 4 Tue 3:30-5 & Sat 11:15-12:45 IS & Mon 3:45-4:45 AM  
Level 5 Thu 3:30-5 & Sat 1:45-3:15 IS & Mon 3:45-4:45 AM  
Ballet Conditioning Mon 3:45-4:45 pm AM  
Pointe Prep and Maintenance Thu 5-5:45 pm IS  
Pointe 1 Thu 5:45-6 and Sat 12:45-1:30 IS  
Pointe 2-3 Tue 5-6 pm and Sat 3:15-3:30 pm IS

## Classes for Kids (Tuition)

### 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 Thu 5-6:15 ES

### Acting & Auditions ages 10 and up Autumn only

Mon 4:15-5:45 pm SA

### Junior Hip Hop ages 9-13

Level 1-2 Mon 4:30-5:30 pm RL  
Level 3-4 Mon 6-7:15 pm OZ

### Junior Modern ages 9-13

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

### Tap Kidz ages 9-13

Level 1 Mon 3:45-4:30 pm SB  
Level 2-3 Wed 4:45-5:45 SB

### B-Boys & B-Girls ages 9-13

Level 1-2 Thu 3:45-4:45 pm DJ & AH

### Boys Fusion ages 10 and up

Open Level Mon 5:45-7 pm RL

## 2018-19 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.

Does this student have any medical conditions we should  
be aware of?  yes  no If yes, please explain: \_\_\_\_\_

Registering for: Class \_\_\_\_\_ Level \_\_\_\_\_  
Day \_\_\_\_\_ Time \_\_\_\_\_

2nd 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: \_\_\_\_\_

## 2018-19 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.

Does this student have any medical conditions we should  
be aware of?  yes  no If yes, please explain: \_\_\_\_\_

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: \_\_\_\_\_