

Contemporary Dance and Fitness Studio

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

Return Service Requested

Dance

Adult Workouts & Yoga Classes

Autumn 2019

September 4 to December 17

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

Calendar 2019-20

9/4 (Wed) Fall classes begin
9/6 Teen Jazz Audition
10/14-10/19 Spirit Week
10/19 Family Sock Hop 7-8:30pm
10/31 Halloween: no tuition classes
11/16 7pm Faculty/Student Works in Progress
11/25-30 Thanksgiving Break
12/9-14 Open House/Observation Week
12/16-17 Classes ARE held
12/18-21 Make-up classes as needed
12/23-1/1 Winter Holiday Break
1/2/19 (Thu) Winter/Spring 2020 begins
Performance Information
Please Mark Your Calendars:
5/2 Full Ballet run-thru at CD&FS
5/8-5/9 Make-up classes as needed
5/10-5/14 Rehearsals at Barre Opera House
5/15, 16, 17 Performances at Barre Opera House

Faculty

AM - Allison Mann, Director
CO - Crista Ordway, Office/Facilities Manager
HS- Hope Sharp, Front Desk Manager
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 Zoeklein
JH - Justin Hover
MCD - Mary Chris DeBelina
KC - Kristin Campbell

For Class Descriptions go to cdandfs.com

For Class Cancellations due to weather,
please call the studio after 12noon, 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 - \$14

1:15-1:30 hour class - \$18

2 hour class - \$22

Private Coaching - \$30/30 min \$55/hour

CD&FS punch card system

10 punch card \$55

20 punch card \$105

40 punch card \$200

60 punch card \$270

80 punch card \$340

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 9/4/18 - 12/18/18 (14 weeks)

# of classes per week	3/4 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class
1st class	\$170	\$210	\$240
2nd class	\$160	\$195	\$225
3rd class	\$150	\$180	\$210
4th class	\$140	\$165	\$195
Family Rate (2nd child)	\$160	\$195	\$225
Guest rate	\$14	\$18	\$22

Autumn, Winter, & Spring sessions

9/4/18 - 5/13/19 (31 weeks)

Classes per week.	1/2 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class
1st class	\$340	\$420	\$495
2nd class	\$310	\$390	\$465
3rd class	\$280	\$360	\$435
4th class	\$250	\$330	\$405
Family Rate (2nd child)	\$310	\$390	\$465

Tuition for Pre-Primary & Primary Ballet, Jr BBoys

BGirls & Tap Kids Jr : Autumn session only: Monthly

fee: \$55 (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 Beg Thu 5-6:15 pm AP
Level 1-2 Mon 5:45-7 pm AP
Level 3-4 Tue 7:30-9 pm WW
Level 5 w/Modern Thu 6:15-7:45 pm WW

Modern

Level 1-2 Tue 6-7:30 pm KN
Level 3-4 Thu 7:45-9:15 pm IS
Level 5 Mon 7-8:45 pm TM

Hip Hop

Level 1-2 Fri 7:15-8:30 pm OZ
Level 3-4 Thu 6:15-7:45 pm OZ

Fusion Modern/Hip Hop/Jazz

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

B-Boys B-Girls

Level 3 Mon 6-7 pm JH
Level 4-5 Mon 7-8:45 pm JH

Tap

Teen/Adult Beginning Fri 5-6 pm KC
Level 2 Wed 6-7 pm SB
Intermediate Wed 7-8 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)

Teen/Adult Level 2 and Up Thu 6:15-7:45 pm IS
Contemporary (Level 3-5) Tue 6-7:30 pm IS

Workout Classes for Adults - Drop In

Ballet Barre Workout

Open Level Thu 5-6 pm WW

Adult Conditioning

Open Level Mon 5-6 pm AM

AfroJazz & Yoga Wkt

Open Level Tues 5:15-6:45 pm AM

50+ Discount Daytime Fitness: *New!*

\$50 for 10-class card, \$40 for MSAC Members

Mon 12-1 pm Yoga I AM

Tue 11 am-12 pm Tap & Stretch AM

Wed 11-11:55 am Dance & Stretch AM

12:05-1 pm Yoga II AM

Fri 11 am-12 pm Conditioning AM

Classes for Young Children (optional monthly tuition)

Kids Kreate *ages 5-7 New!*

Mon 3:15-4 pm TM

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

Mon 3:30-4:15 pm or Mon 4:15-5 JH

Jr. Tap & Jazz *ages 6-8*

Wed 4-4:45 SB

Ballet for Young Children (optional monthly tuition)

Pre-primary Sat 9-9:45 am or Sat 9:45-10:30 am MCD
Primary Sat 10:30-11:15 am *ages 5-7* MCD

Ballet (Tuition)

Level 1 Sat 11:30-12:30 am WW

Level 2 Sat 12:30-1:45 pm WW

Level 3 Sat 9:30-11 am IS & Mon 3:45-4:45 pm AM

Level 4 Thu 3:30-5 & Sat 11-12:30 IS & Mon 3:45-4:45 AM

Level 5 Tue 3:30-5 & Sat 1:30-3 IS

Ballet Conditioning Mon 3:45-4:45 pm AM

Pointe Prep and Maintenance Tue 5-5:45 pm IS

Pointe 1 Tue 5:45-6 and Sat 12:30-1 IS

Pointe 2 Thu 5-6 pm and Sat 3-3:30 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 Wed 6-7:15 AC

Junior Hip Hop *ages 9-13*

Level 1-2 Mon 4:45-5:45 pm RL

Level 3-4 Fri 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 1-2 Mon 4-4:45 pm SB

Level 3-4 Wed 4:45-5:45 SB

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

Level 1-2 Mon 5-6 pm JH

Boys Fusion *ages 10 and up*

Open Level Mon 6-7:15 pm RL

2019-20 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: _____

2019-20 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. _____

Registering for: Class _____ Level _____

Day _____ Time _____

2nd Class or 2nd Child's Name _____

D.O.B. _____

Registering for: Class _____ Level _____

Day _____ Time _____

Tuition for Autumn Session enclosed \$ _____

Tuition for Autumn, Winter, & Spring \$ _____

Tuition for Monthly fee enclosed \$ _____

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: _____