

# Contemporary Dance and Fitness Studio

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

Return Service Requested

# Dance Classes

Adult Fitness & Yoga  
**Autumn 2020**  
September 8 to December 21

For children, teens, and adults  
Jazz Tap Ballet Modern  
B-Boys & B-Girls Hip Hop  
Dance, Conditioning and Yoga for Adults  
Ballet Barre Wkt  
Private sessions available

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 2020-21

8/31 9/2 9/4 Teen Jazz Audition Prep 5-7pm  
September 1 REGISTRATION DEADLINE  
9/1 5-7pm Technique Wake-Up \$18  
9/3 5-7pm Ballet & Pointe Wake Up \$18  
9/8 Fall 2020 Classes begin  
9/11 Teen Jazz Final Audition  
10/19-23 Spirit Week  
11/23-28 Thanksgiving Break  
12/14-19 Observation Week  
12/21 Classes ARE held  
12/22-23 Make-up classes as needed  
12/22-1/3 Winter Holiday Break  
1/4/21 Winter/Spring 2021 begins  
2/13 Teen Jazz Tour Preview  
2/22-2/27 February Break  
3/1 & 3/2 Classes **are** held  
4/7-9 Teen Jazz Tour  
4/19 - 4/24 April Break  
5/1 Full Ballet run-thru at CD&FS  
5/9-5/13 Rehearsals at Barre Opera House  
5/14, 15, 16 Performances at Barre Opera House

## Faculty

AM - Allison Mann, Director  
IS - Isadora Snapp, Teen Jazz co-director  
Junior Company director  
RL - Rosemary Leach, Teen Jazz co-director  
AP - Abby Pepin  
KN - Kaitlyn Nascimento  
TM - Tracy Martin  
WW - Willow Wonder  
SB - Sue Booth  
OZ - Olivia Zoecklein  
MCD - Mary Chris DeBelina  
EL - Evan Lewis

**For Class Descriptions** go to [cdandfs.com](http://cdandfs.com)

**For Class Cancellations** due to weather,  
please call the studio after 12noon, tune into  
WDEV 550am, or check our Facebook page.  
Most make-up classes will be held on-line.

**Refunds:** Refunds are pro-rated according to  
classes attended, minus a \$25 administrative  
fee.

## Important Information for everyone for Fall 2020 Registration:

There is a registration deadline of **September 1**  
for all classes. In order to follow safe procedures,  
we must know ahead of time exactly who will be in  
our classes. In-person class sizes are limited;  
registrations over the maximum will be invited to  
join via Zoom. Register early.

If you are new to our studio or if you have not  
received our Procedures and Practices for safely  
attending classes during the Covid 19 pandemic,  
please call the studio: (802) 229-4676 or find all  
relevant documents on our website:  
[www.cdandfs.com](http://www.cdandfs.com)

## Tuition for ALL Classes

Autumn session 9/8/20 - 12/21/20 (14 weeks)

# of classes per week	40min - 1 hr class	1:15 - 1:30 hr class	2-2+ hr (Ballet+Pointe)
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 Session 9/8/20 - 12/21/20

Monthly Payments: 1st of Sept, Oct, Nov, Dec

Classes per week.	1/2 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class
1st class	\$42.50	\$52.50	\$60.00
2nd class	\$40.00	\$48.75	\$56.25
3rd class	\$37.50	\$45.00	\$52.50
4th class	\$35	\$41.25	\$48.75
Family Rate (2nd child)	\$40	\$48.75	\$56.25

We have created this tuition schedule for the Fall 2020 session so that dancers and families can choose on a monthly basis whether to continue classes. We realize some folks may not feel comfortable attending in person, and others may not take readily to the on-line modality.

## Classes for Teens & Adults

### Jazz

Level 2 and up Wed 4:20-5:20 pm AP  
Level 4 Wed 7:15-8:15 pm IS  
Level 5 w/Modern Mon 6:15-7:30 pm WW\*\*

### Modern

Level 1-2 Tue 5:45-7 KN\*\*  
Level 3-4 Thu 6:15-7:30 pm MCD  
Level 5 Day/Time TBA online TM++

### Hip Hop

Level 1-2 Thu 6:30-7:40 pm OZ\*\* ~  
Level 3-4 Fri 7:15-8:30 pm OZ\*\* ~

### B-Boys B-Girls

Level 3-5 Tue 6:30-7:45 pm EL & Crew\*\*

### Tap

Adv Beg/Interm. Tue 5-6:15 pm SB

### Teen Jazz (by Audition Only)

Fri 4:45-7 pm and Mon 5:30-6:30 except 1x/mo  
Mon 5:30-7:30 IS, RL & Guests

### Ballet

Open level Fri 3:30-4:30:30 pm IS  
Contemporary (Level 3-5) Wed 5:45-7 pm IS

### Ballet Barre Workout

Open Level Mon 5-6 pm WW

### Daytime Fitness

Online only. MSAC 50% discount.

### Yoga

Open Level Mon 11-12noon AM++

### Conditioning

Open Level Tue & Fri 11-12noon AM++

### Dance & Stretch

Open Level Wed 11-12noon AM++

\*\* This symbol denotes classes that meet in-person only.  
If we go on-line, they will not meet. We recommend the  
monthly payment option for these.

++ This symbol denotes classes that will meet only online.

~ Pending faculty availability.

Reminder: Registration deadline is September 1st.

## Ballet sequence

Pre-primary Sat 9-9:40 am ages 3 1/2 - 5 MCD  
Primary Sat 10-10:40 am ages 5-7 MCD  
Level 1 Sat 11-11:50 am WW  
Level 2 Sat 12:15-1:15 pm WW  
Level 3 Sat 9:30-10:50 am IS & Mon 3:30-4:15 pm AM  
Level 4 Tue 4-5:15 online & Sat 2-3:15 in person IS  
& Mon 3:30-4:15 as required AM  
Level 5 Tue 5:30-6:45 online; Sat in person 11:15-12:45 IS

Ballet Conditioning Mon 3:30-4:15 pm AM  
Pointe Prep and Maintenance Thu 3:30-4:15 pm IS  
Pointe 1 Thu 4:15-4:30 and Sat 3:15-3:30 IS  
Pointe 2 Thu 4:15-5 pm and Sat 12:45-1:15 pm IS  
Pointe 3 Thu 5-6 pm and Sat 12:45-1:30 pm IS

## Classes for Kids

### Kids Kreate ages 4-6

Day/Time TBA online TM++

### Junior Company (by invitation only)

Wed 3:30-5:30 IS

### Jr. Tap & Jazz ages 6-8

Thu 3:15-3:55 AM

### Junior Jazz ages 9-13

Level 1-2 Wed 3:20-4:05 pm MCD  
Level 3-4 Wed 5:30-6:30 pm AP

### Junior Hip Hop ages 9-13

Level 1-2 Mon 4:30-5:15 pm online RL++  
Level 3-4 Thu 5:15-6:20 pm OZ\*\* ~

### Junior Modern ages 9-13

Level 1-2 Tue 3:30-4:15 pm MCD  
Level 3-4 Tue 4:30-5:30 pm KN\*\*

### Tap Kidz ages 9-13

Level 1-2 Fri 3:20-4 pm AM  
Level 3-4 Tue 4-4:45 pm SB

### Jr. B-Boys B-Girls ages 6-8

Mon 3:15-4 pm EL

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

Level 1-2 Mon 4:30-5:15 pm EL

Autumn 2020 **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 \_\_\_\_\_

Tuition for Monthly fee enclosed \$ \_\_\_\_\_

Tuition for Autumn Session 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: \_\_\_\_\_

Autumn 2020 **Kids, Young Children, 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 Monthly fee enclosed \$ \_\_\_\_\_

Tuition for Autumn Session 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: \_\_\_\_\_