

Contemporary Dance and Fitness Studio

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

Return Service Requested

Dance Classes and Adult Fitness & Yoga Autumn 2021

September 7 to December 20

For children, teens, and adults
Jazz Tap Ballet Modern
B-Kids Hip Hop Musical Theater
Dance Workouts & Yoga for Adults
Ballet Barre Workout
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
info@cdandfs.com castbiz.net

Calendar 2021-22

8/28 10-3 Dancewear Order & Exchange
8/30 9/1 Teen Jazz Audition Prep 5-6:30pm
8/31 5-7pm Technique Wake-Up
9/1 4:30-6 Jr Company Application Class
9/2 5-7pm Wake Up Ballet 5-6:30 & Pointe 6:45-7:15
9/3 & 10 Teen Jazz Audition parts 1 & 2
9/7 Tue Fall 2021 Classes begin
10/18-23 Spirit Week. Sock Hop 23rd 7pm
10/25-30 Insight Week Observe via Zoom
11/13 7pm Student/Faculty Works in Progress
11/22-27 Thanksgiving Break
12/13-18 Open House/Observation Week
12/20 Mon Classes ARE held
12/21-1/2 Winter Holiday Break
1/3/22 Mon Winter/Spring 2022 begins
2/21-2/26 February Break
2/28 & 3/1 Classes are held
3/7 - 3/12 Insight Week to Observe Classes
3/12 7pm Faculty/Student Works in Progress
4/13-4/15 Teen Jazz Tour
4/19 - 4/24 April Break
4/30 Full Ballet run-thru at CD&FS
5/8-5/12 Rehearsals at Barre Opera House
5/13, 14, 15 Performances at Barre Opera House
5/21 Teen Jazz/Jr Company Performance

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
MCD - Mary Chris DeBelina
ES - Erin Sullivan
DM - Donald Mayville

Jr. Faculty

NCT - Nora Chase-Tatko
LF - Leonie Fournier
BL - Ben Loga
JM - Josephine Mikus

Registration Dates for Autumn 2021

For students returning from 2020-21, begins July 8th.
Open registration begins July 19th.
Please register early to assure a spot.

Tuition for Dancers ages 3 1/2 thru 12th gr.

Autumn session 9/7/21 - 12/20/21 (14 weeks)

# of classes per week	40-65min class	70-105min class	110min+ class
1st class	\$182	\$224	\$266
2nd class	\$175	\$213.50	\$252
3rd class	\$168	\$203	\$238
4th class	\$161	\$192.50	\$224
Family Rate (2nd child)	\$175	\$213.50	\$252

Autumn Session 9/7/21 - 12/20/21

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

Classes per week.	40-65 min class	70-105 min class	110min+ class
1st class	\$45.50	\$56	\$66.50
2nd class	\$43.75	\$53.50	\$63
3rd class	\$42	\$50.75	\$59.50
4th class	\$40.25	\$48.25	\$56
Family Rate (2nd child)	\$43.75	\$53.50	\$63

Tuition for Adult Dancers Autumn 2021

Drop-In Rate:

40-65 min. class: \$15
70-105min: \$18
110+min: \$22

Four-Week Rate:

to be used within 6 weeks.
40-65 min.class: \$45.50
70-105min: \$56
110+min: \$66.50

Registration Forms can be mailed to the studio or dropped off. Registration information can also be sent via e-mail and phone.

Summer Office Hours are often remote and generally week-day mornings. Please leave a message if you call. We like talking directly to dancers and families.

All Refunds are pro-rated according to classes attended. A \$25 administrative fee is applied.

Our Website is currently under renovation and will be accessible soon. Thank you.

Classes for Teens & Adults

Jazz

Level 1+ Thu 5:20-6:20 pm AKN
Level 2-3 Wed 6-7:15 pm AP
Level 4 Wed 7:45-9 pm IS

Musical Theater Dance

ages 11 and up
Level 2+ Friday 5-6:20 pm ES

Modern

Level 1-2 Thu 6:25-7:45 KN
Level 3-4 Thu 6:30-8 pm MCD
Level 5 Thu 5:05-6:30 pm TM

Street Jazz (formerly Jr Hip Hop 3-4/Hip Hop 1-2)

Level 1-2 ages 12 and up, with min. 2 years exp.
Fri 6:30-7:45 pm ES

Hip Hop Dance, Music, History.

Level 3-4 Mon 6:30-8 pm RL

Fusion

Modern/Hip Hop/Jazz
Level 3-4 Tue 7:15-8:30 RL

B-Kids (formerly B-Boys B-Girls)

Level 3-5 Tue 6-7:15 pm DM

Tap

Level 2+ Mon 6:05-7:15 pm SB

Teen Jazz (by Audition Only)

Fri 4:45-7 pm and Mon 4:45-6 pm
IS, RL & Guests

Ballet

Open level Fri 3:30-4:30:30 pm IS & NCT
Contemporary (Level 3-5) Wed 6-7:30 pm IS

Ballet Barre Workout

Open Level Tue 4:45-6 pm WW

Daytime Fitness

AM
In person and via Zoom. Senior Discount Rates.

Yoga

Level 1 Mon 12:05-1pm no arm/knee supported postures
Level 2 Wed 12:05-1pm w/arm/knee supported postures

Conditioning

Open Level Fri 11-12noon

Dance & Stretch

Open Level Mon & Wed 11-11:55am

New: Co-Motion

Ages 0-5 and their adults. MCD
Fri 9-9:30 am Engages children and adults in exploration of movement & rhythm through music, props and community. Sliding Scale Fee. Please Inquire.

Ballet

Pre-Primary Sat 9-9:45 or Fri 9:45-10:30 ages 3 1/2 - 5 MCD

Primary 1 Sat 9:55-10:40 am ages 5-6 MCD

Primary 2 Sat 10:50-11:35am ages 6-7 or by rec. MCD

Level 1 Sat 11:45-12:45 am ages 7-8 or by rec. WW

Level 2 Sat 12:50-2 pm ages 8-11 or by rec. WW

Level 3 Sat 9:30-11 am IS & Tue 3:30-4:30 pm WW

Level 4 Thu 3:30-5 & Sat 1:30-3 IS

& Tue 3:30-4:30 as required WW

Level 5 Tue 4:30-6:30 w/Conditioning & Sat 11:15-12:30 IS

Ballet Conditioning Tue 3:30-4:30 pm WW

Pointe Prep and Maintenance Tue 6:45-7:30 pm IS

Pointe 1 Tue 7:30-8 and Sat 3-3:15 pm IS

Pointe 1A Tue 7:30-8 and Sat 3-3:30 pm IS

Pointe 2 Thu 5:15-6:15 pm and Sat 12:30-12:45 pm IS

Pointe 3 Thu 6:15-7:30 pm and Sat 12:30-12:45 IS

Classes for Kids

Junior Company (by invitation only)

Wed 3:30-5:30 IS and Guests

Jr. Tap & Jazz

ages 6-8
Mon 4-4:45 pm AM

Junior Jazz

ages 9-13

Level 1-2 Wed 3:45-4:40 pm MCD

Level 3-4 Wed 4:45-5:55 pm AP

Musical Theater Dance

ages 11 and up w/Jazz exp.
Fri 5-6:20 pm ES

Junior Hip Hop Dance, Music, History. Ages 9-13

Level 1-2 Thu 4:15-5:15 pm RL

Street Jazz (formerly Jr Hip Hop 3-4/Hip Hop 1-2)

Fri 6:30-7:45 pm ES
Ages 12 and up, with min. 2 years exp.

Junior Modern

ages 9-13
Level 1-2 Tue 3:45-4:40 pm MCD

Level 3-4 Tue 4:45-5:55 pm MCD

Tap Kid

ages 9-13
Level 1-2 Mon 4-4:50 pm SB

Level 3-4 Mon 4:55-6 pm SB

Jr. B-Kids (formerly Jr B-Boys B-Girls) ages 6-8

Thu 4-4:45 pm LF & BL

B-Kids (formerly B-Boys B-Girls) ages 9-13

Level 1-2 Fri 4-4:45 pm JM & BL

Autumn 2021 Teen and Adult Registration Form

Contemporary Dance and Fitness Studio

18 Langdon St. 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 _____

3rd Class _____ Level _____

Day _____ Time _____

Tuition for Monthly fee enclosed \$ _____

Tuition for Autumn Session enclosed \$ _____

Punch Card for Adults. Size: _____ Amt: _____

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 2021 Young Children, Kids, Ballet
Registration Form

Contemporary Dance and Fitness Studio

18 Langdon St. 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: _____