

Dance Fitness & Yoga Classes

Winter/Spring 2020

January 2 to May 7

Jazz Tap Ballet Modern
B-Boys & B-Girls Hip Hop
Musical Theater Dance
Boys Fusion Yoga Fusion
Adult Daytime Classes
Private sessions available

For children, teens, and adults
ages 3 and up, beginners thru advanced

Contemporary Dance and Fitness Studio

Since 1973

18 Langdon St Montpelier, VT 05602
Lorraine Neal, Owner
Allison Mann, Director
Crista Ordway, Office & Facilities Mgr.

802 229-4676
www.cdandfs.com

Calendar 2019-2020

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
1/2/18 (Thurs) Winter/Spring 2020 begins
2/15 Teen Jazz Tour Preview
2/24-2/29 February Break
3/2 & 3/3 Classes are held
3/21 Works in Progress
4/8-4/10 Teen Jazz Tour
4/20-4/25 April Break
5/2 Full Ballet run-thru at CD&FS
5/8-5/9 Make-up classes as needed
5/10-5/13 Rehearsals at Barre Opera House
5/14 Dress Rehearsal at Barre Opera House
5/15, 16, 17 Performances at Barre Opera House

Faculty/Staff

AM - Allison Mann, Director
CO - Crista Ordway, Office/Facilities 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 Zoecklein
JH - Justin Hover
MCD - Mary Chris DeBelina
KC - Kristin Campbell

For Class Descriptions go to www.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 or Website after 12noon.

Refunds: Refunds are calculated based on number of classes taken. A \$25 administrative fee is charged.

Tuition for Teen & Adult classes

Single Class Rate

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

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.
1:45-2 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.

Note: The monthly rate for young children's classes is offered only in the fall.

Tuition for Kids' Classes

**Winter/Spring session 1/2/2020 - 5/13/2020
(17 weeks)**

# of classes per week	1/2 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class Ballet+Pte.
1st class	\$207	\$255	\$292
2nd class	\$195	\$237	\$274
3rd class	\$183	\$219	\$255
4th class	\$170	\$201	\$237
Family Rate	\$195	\$237	\$274
Guest drop-in	\$14	\$18	\$22

Costume Fees: Ballet: \$50 per student per class, except Contemporary, \$75. **Fees Due:** Dec. 15th for Ballet 3, 4, 5, Pointe 1 & 2, Contemporary, Teen/Adult 2. Jan. 15th for Pre-Primary thru Ballet 2

Kids Tuition Classes (non-Ballet): \$45 per student per class; **Fees Due:** February 15th

Teen/Adult Punch Card Classes: A costume fee of up to \$25 per student per class, at the discretion of teacher.

Dancers/Families are responsible for Costume Fees unless we are notified, prior to costume fee due date, that dancer is not performing.

Classes for Teens & Adults (punch cards)

Jazz

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 *closed*
Level 5 Mon 7:15-9 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 (Kids, Teens and Adults)

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

Tap

Beginning/Adv. Beg. Fri 5-6 pm KC
Tap 2 Wed 6-7 pm SB
Intermediate Wed 7-8 pm SB

Teen Jazz (by audition only)

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

Ballet Teen/Adult punch card

Barre Workout Open Level Thu 5-6 pm WW
Teen/Adult Level 2 and up Thu 6-7:30 pm IS
Contemporary Level 3-5 Tue 6-7:30 pm IS *closed*

Daytime Adult Classes

with Allison Mann
Drop In, Start Anytime, No Experience Needed
\$5 per class, \$4 for MSAC Members
Classes start Jan 6th

Yoga Mon level I 12:05-1 pm

Wed level II 12:05-1pm
Fri level III 12:05-1pm

Dance & Stretch Mon & Wed 11-11:55 am

Tap Exercise Tue 11 am - 12 pm

Conditioning Tue 12:05 -1 pm & Fri 11 am - 12 pm

Class descriptions at www.cdandfs.com

Ballet Children/Teens Tuition

Pre-primary Sat 9-9:45 *Sat 9:45-10:30 am MCD ages 3 1/2 -5
Primary *Sat 10:30-11:15 am Thu 4-4:45pm ages 5-7 MCD
Level 1 *Sat 11:30-12:30 pm 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 pm and Sat 12:30-1 pm IS
Pointe 2-3 Thu 5-6 pm and Sat 3-3:30 pm IS

Classes for Kids (Tuition)

Kids Create ages 5-7

Mon 3:15-4 pm TM

Jr. Tap & Jazz ages 6-8

Wed 4-4:45 pm SB

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 6-7:15 pm 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 pm SB

Boys Fusion ages 10 and up

Open Level Mon 6-7:15 pm RL

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

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

B-Boys & B-Girls ages 9-13

Level 1-2 Mon 5-6 pm JH

* This class currently has a waiting ist.
Class descriptions at www.cdandfs.com

W/S 2020 Teen and Adult Registration Form

Mail to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601
Registrations will be accepted in the order they are received. Continuing students are given priority.

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: _____

1st 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: _____

W/S 2020 Kids and Tuition Ballet Registration Form

Mail to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601
Registrations will be accepted in the order they are received. Continuing students are given priority.

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 Winter/Spring \$ _____

Costume Fee(s) \$ _____

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: _____