

Contemporary Dance and Fitness Studio

18 Langdon St. Montpelier, VT 05602
802 229-4676

cdandfs.com

Return Service
Requested

Summer Dance and Fitness 2018

- CAMPS for Kids ages 3-14
- Weekly CLASSES for Teens & Adults June 4-July 28
- Workshops ages 12 & up
- Private sessions available

Contemporary Dance and Fitness Studio *Since 1973*

18 Langdon Street
Montpelier, VT 05602
Lorraine Neal, Founder/Owner
Allison Mann, Director

Calendar Summer/Fall 2018

6/4	Weekly Classes begin
6/25	Kids' Summer Camps begin
7/3	CD&FS on Library lawn before Parade & at the Statehouse after the Parade
8/27, 28, 29	Dancewear Try-on and Order 3-7pm
8/27, 29, 31	Teen Jazz Audition Prep Camps 5-7pm
8/28 & 30	Waking Up Technique Teen/Adult 5-7pm
9/5 (Wed)	Autumn 2018 classes begin
9/7	Teen Jazz Audition 3:30-5:45
10/ 15-10/20	Spirit Week
10/20	Family Sock Hop
11/10	Faculty/Student Works in Progress
11/19-11/24	Thanksgiving Break

Cost for Weekly Classes

Single Class Rate

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
1 hour class - 2 punches on any size CD&FS card.	
1:15-1:30 hour class - 3 punches on any size card.	
2 hour class - 4 punches on any size card.	
Punch cards expire after one year and may not be refunded, except for medical reasons.	

Camp & Workshop Refunds:

There is a \$20 processing fee, then: before session begins: 100% of balance; after 1st day: 75% of balance; after 2nd day: 50% of balance.

Dancewear Orders for leotards, tights, leggings, and jazz, tap & ballet shoes are placed several times a year. Try on samples at studio. Excellent pricing and no shipping fee. Next order placed on August 27th 2018. Call for info.

Camps for Kids

Hip Hop Immersion ages 8-14 all levels

There is a waiting list for this camp.

June 25-29 9am-2pm Tuition: \$240.00

Amia Cervantes and a stellar teen crew

Dive in and explore the range of old-school, new-school, breaking, and lots more. Develop personal style in circles & "battles." Leave stronger, learn lots of new moves and have tons of fun! Multiple levels.

Fairytale Fusion ages 3 1/2-5

July 9-13 9-10:30am Tuition: \$95

Amia Cervantes

An exploration of creative movement and ballet, with music and imaginative play, inspired by our favorite fairytale characters and themes.

Ballet Theater ages 6-8

July 9-13 11am-1pm Tuition: \$105.00

Amia Cervantes

Using characters, costumes and stories, campers explore creative movement and ballet, developing new skills for the young dancer.

The Full Plate jazz, hip hop, tap, and modern ages 6-9

July 9-13 1:30-4:30pm Tuition: \$145

Amia Cervantes

A perfect opportunity for the beginning dancer to explore dance styles.

Dreamwork's Shrek-The Musical, Jr ages 10-17

July 16-28 8:30am-4pm

Tuition: \$580 Offered by The Barre Opera House in collaboration with CD&FS

Director: Sorsha Anderson, Musical Director: Dan Bruce
Choreographer: Amia Cervantes

1st week at CD&FS 2nd week at BOH.

Register via BarreOperaHouse.org

Hip Hop & Ninja Dance ages 6-8

July 23-27 9:30-11:30am Tuition: \$105.00

Ashima Fillbach & Evan Lewis

Learn Hip Hop and BBoy/BGirl moves and combinations, explore creative movement through games, and earn your B-Boy/B-Girl Ninja mask!

Weekly Classes June 4-July 28

No weekly classes July 2nd-5th.

Ballet Mon 5-6:30pm pointe optional
Isadora Snapp mixed level ages 12 and up
Develop flexibility, strength, musicality and technique.

Ballet Conditioning Tue 5-5:45pm*
Amia Cervantes
Focus on strength, flexibility, alignment, and proper body mechanics for ballet. Good for non-ballet dancers, too.

Pointe Prep & Maintenance Tue 5:45-6:30pm
Amia Cervantes
Highly recommended for any student continuing pointe or by recommendation to begin pointe next year.

Adult Ballet Barre & Condition Wed 5-6:15pm
Amia Cervantes
Ideal for beginners.

Afro-Jazz and Yoga Workout Tue 5:15-6:45pm
Allison Mann open level teens & adults
Dance-cardio workout, hand weights, deep stretching & strengthening. No experience needed.

Jumps, Leaps and Turns Wed 6:45-8:15pm
Isadora Snapp level 2 and up, ages 12 and up
Focus on technique in modern, jazz and ballet for clean precise movements.

Modern Tue 6:30-8pm
Kait Nascimento mixed level ages 12 and up
Focus on spacial awareness, balance, coordination, rhythm & alignment. Develop technique & fluidity.

Jazz 1-2 Wed 6:15-7:30pm
Amia Cervantes teens and adults
Learn and hone essential vocabulary and combinations.

BBoys BGirls Level 3-5 Thu 5-6:30pm
Peer led w/faculty supervision
Enjoy camaraderie and support while developing and expanding vocabulary, form and style.

Adult Hip Hop Workout Mon 5-6pm
Rosemary Leach
No experience needed.

Dance Fusion Workout Thu 6:15-7:30
Emma Manion
Joyful, exuberant, fun cardio-blast dancing with a deep stretch.

Advanced Fusion & Improv Mon 6:30-8pm
Rosemary Leach No class 6/25

Condition & Stretch Wed 6:15-6:45
Isadora Snapp
Lengthen, strengthen and balance the musculature.

Intermediate Tap Thu 5-6:15pm
Sue Booth

Yoga Straight Up Mon 11am-12noon No class 7/16
Allison Mann
Lengthen, strengthen, align and balance with inner focus and careful guidance.

Yoga with a Splash of Dance Fri 10-11:30
No class 6/22 & 7/20
Half-hour of Yoga, half-hour of AfroJazz Dance, another half-hour of Yoga! No experience necessary.

Montpelier's July 3rd Independence Day Celebration Preparation:

BBoys BGirls Intensive level 3-5
Rosemary Leach
June 25-28 6:30-8pm \$50
Work intensively and prepare to perform on the library lawn before Montpelier's July 3rd Parade.

Modern Performance Workshop
Isadora Snapp
June 26 & 28 6:30-8:15pm; June 30 10-12am;
July 3 12-2pm \$60 or punch card intermed/advanced
Explore floor movement, inversions, classic technique and complex combinations as we develop a piece to perform on the library lawn before the parade on July 3rd in Montpelier and Phantom Theater's *New Works 7/6 & 7/7*

Motown Soul Train
Rosemary Leach
Free to 7/3 participants
July 2 5-6:30pm ages 10 & up
Hop on the Soul Train and get the moves, then be part of a Soul Train at the Statehouse at the end of Montpelier's July 3rd Parade.

SUMMER 2018 TEEN & 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.

Student's Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Address _____

City,State,Zip _____

Email Address _____

Emergency Name and Ph # _____

Media Waiver: I do do not give permission for media use of my or my child's image.

Injury Waiver: I accept responsibility for my or my child's physical well-being and release CD&FS from any liability. signed: _____

WEEKLY CLASSES (use CD&FS punch card or drop in)

Class _____ Day/Time _____

Class _____ Day/Time _____

WORKSHOPS:

Registering for:

1 _____

Week of _____ Cost _____

2 _____

Week of _____ Cost _____

Please note: Deposits for Workshops due with Registration

Check enclosed \$ _____

I have a punch card (for weekly classes)

Charge my Mastercard/Visa/Discover \$ _____

Exp date _____ Security code _____

Signature _____

Print Name on Card _____

SUMMER 2018 KIDS' CAMPS 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.

Parent's Name _____

Home # _____ Work # _____

2nd Parent's Name _____

Home # _____ Work # _____

Address _____

City,State,Zip _____

Email Address _____

Emergency Name & Phone # _____

Media Waiver: I do do not give permission for media use of my child's image.

Injury Waiver: I accept responsibility for my child's physical well-being and release CD&FS from any liability. signed: _____

Child's Name _____

D.O.B. _____ Number of years dancing _____

Registering for: Camp/Class _____

Week _____ Cost _____

2nd Camp or 2nd Child's Name _____

D.O.B. _____ Number of years dancing _____

Registering for: Camp/Class _____

Week _____ Cost _____

\$45 non-refundable deposit per camp \$ _____

Total Camp Tuition \$ _____ Balance \$ _____

Check enclosed \$ _____

Charge my Mastercard/Visa/Discover \$ _____

Exp date _____ Security code _____

Signature _____

Print Name on Card _____