

## Contemporary Dance and Fitness Studio

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

[cdandfs.com](http://cdandfs.com)

Return Service  
Requested

# Summer Dance and Fitness 2019

- CAMPS for Kids ages 3-17
- Weekly CLASSES for Teens & Adults June 3-July 26
- 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 2019

2/25-3/2	February Break
3/4 & 3/5	Classes are held
3/16	Works in Progress
4/10-4/12	Teen Jazz Tour
4/15-4/20	April Break
5/4	Full Ballet run-thru at CD&FS
Wed 5/8	<i>No regular classes.</i>
thru Sat 5/11	<i>Make-up classes as needed</i>
Sat 5/11	All Jr BBoy BGirl/Hip Hop session
5/12-5/16	Rehearsals at Barre Opera House
5/17, 18, 19	Performances at Barre Opera House
June 3	Summer Weekly Classes Begin

### 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 each fall. Try on samples at studio. Excellent pricing and no shipping fee. Try-on/Order August 26th & 28th 3-6pm. Order placed on August 30th 2019. Call for info.

## Camps for Kids

### Hip Hop Immersion ages 8-14 all levels

June 24-28 9am-2pm Tuition: \$240.00

#### Rosemary Leach & 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 15-19 9-10:30am Tuition: \$95

#### Mary Chris Debelina

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 15-19 11am-1pm Tuition: \$105.00

#### Mary Chris Debelina

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 15-19 1:30-4:30pm Tuition: \$145

#### Mary Chris Debelina

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

### Hip Hop & Ninja Dance ages 6-8

July 15-19 9:15-10:45am Tuition: \$95.00

#### TBA

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

### Xanadu, Jr. ages 11-17

July 22-August 3 8:30am-4pm

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

Director: Sorsha Anderson, Musical Director: Dan Bruce  
Choreographer: TBA

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

Register via [BarreOperaHouse.org](http://BarreOperaHouse.org)

## Weekly Classes for ages 12 & up

June 3-July 26

No weekly classes July 1st-5th

**Ballet Level 1-2** Wed 5-6:30pm

Isadora Snapp

Includes students from tuition Ballet level 3

**Ballet Level 3-4** Wed 6:30-8pm

pointe optional

Isadora Snapp

Develop flexibility, strength, musicality and technique.

**Pointe Prep & Maintenance** Thu 5-6pm

Isadora Snapp

Highly recommended for any student continuing pointe or by recommendation to begin pointe next year.

**Adult Conditioning** Mon 5-6pm

Allison Mann

15 min cardio; 15 min squats & lunges with weights; 20 min floorwork for abs/butt/thighs; 10 min deep stretch

**Afro-Jazz and Yoga Workout** Tue 5:15-6:30pm

Allison Mann open level teens & adults

Dance-cardio workout, hand weights, deep stretching & strengthening. No experience needed.

**Yoga** Wed 5:15-6:15

Allison Mann open level teens & adults

Basic Yoga postures worked slowly and consciously to develop flexibility, strength and alignment. Suitable for beginning through intermediate level.

**Jumps, Leaps and Turns** Thu 6:15-7:45pm

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** Mon 6:15-7:30pm JUNE only

Teacher Abby Pepin teens and adults

Learn and hone essential vocabulary and combinations.

## Weekly Classes cont'd

**Hip Hop 1-2** Mon 6-7:15pm

Olivia Zoecklein

Learn and broaden Hip Hop vocabulary and have a blast!

**Hip Hop 3-4** Mon 7:15-8:45pm

Olivia Zoecklein

**Beginning Tap** Wed 5-6:15pm JUNE Only

Sue Booth

Learn the basics and discover the fun of tap. Excellent preparation for Fall classes.

## Modern Performance Workshop

Intermed. and up Isadora Snapp

June 14 Fri 4-7pm

June 18 & 25 Tue 7:30-9pm

\$60 or punch card w/possible added rehearsal

Explore floor movement, inversions, classic technique and complex combinations as we develop a piece to perform at *Traces* in Burlington, on the Kellogg-Hubbard Library lawn before the parade on July 3rd in Montpelier, and at Phantom Theater's *New Works* performances. The June 15th *Traces* performances will be an improvisational score.

## August at CD&FS

**Teen Jazz Audition Prep Workshops**

Amia Cervantes

August 26, 28, 30 5-7pm

For teens entering 9th thru 12th grade who wish to prepare to audition for Teen Jazz.

**Technique Wake Up!**

Isadora Snapp

August 27 & 29 5-7pm

For teens and adults preparing to gear up for the fall dance session.

**Dance Wear Try-on and Order**

August 26 & 28 3-6pm

Leotards, tights, leggings and jazz, tap, and ballet shoes. Order placed August 30th.

## SUMMER 2019 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 # \_\_\_\_\_

Does this student have any medical conditions we should be aware of?  yes  no If yes, please explain: \_\_\_\_\_

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:

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 \_\_\_\_\_

## SUMMER 2019 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 # \_\_\_\_\_

Does this student have any medical conditions we should be aware of?  yes  no If yes, please explain: \_\_\_\_\_

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 \_\_\_\_\_