

Contemporary Dance and Fitness Studio

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

cdandfs.com

Return Service
Requested

Summer Dance and Fitness 2020

- CAMPS for Kids ages 3-17
- Weekly CLASSES for Teens & Adults in June
- Master Classes & Workshops
- Get Ready for Fall in August!

Contemporary Dance and Fitness Studio *Since 1973*

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

Calendar 2020

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
5/7-5/9	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
6/1	Teen/Adult classes begin
6/22	Summer Camp Season begins!

Cost for Weekly 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 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 \$25 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 Sat. August 29th 10am-2pm & Mon. August 31st 3-6pm.

Camps for Kids

Hip Hop Immersion ages 8-14 all levels

June 22-26 9am-2pm Tuition: \$250.00

Justin Hover & 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 6-10 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 5-7

July 6-10 11am-1pm Tuition: \$110.00

Mary Chris Debelina

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

Hip Hop & BBoys BGirls ages 6-8

July 6-10 9:15-10:45am Tuition: \$100.00

Justin Hover & Friends

Learn Hip Hop and BBoy/BGirl moves and combinations, explore creative movement through games, and have a blast!

The Full Plate ages 6-8 jazz, hip hop, tap, and modern

July 20-24 9-11:30am Tuition: \$125

Mary Chris Debelina

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

The Full Plate ages 9-11 jazz, hip hop, tap, and modern

July 20-24 1-4pm Tuition: \$155

Mary Chris Debelina

Musical Theater Camp! ages 11-17

July 13-25 8:30am-4pm

Offered by The Barre Opera House in collaboration with CD&FS Director Victor Toman, Musical Director Dan Bruce
Register via BarreOperaHouse.org

Weekly Classes for ages 12 & up June 1st thru 26th

Ballet open level Wed 5-6:30pm Isadora Snapp
Includes students from tuition Ballet level 3

Ballet interm/advanced Wed 6:30-8pm
pointe optional Isadora Snapp
Develop flexibility, strength, musicality and technique.

Pointe Prep & Maintenance Tue 5-6pm
Isadora Snapp

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

Jumps, Leaps and Turns Tue 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 1-2 Tue 6-7:30pm Kait Nascimento
Focus on spacial awareness, balance, coordination, rhythm & alignment. Develop technique & fluidity.

Jazz 1-2 Mon 6-7:15pm Abby Pepin
Learn and hone essential vocabulary and combinations.

Modern 3-4 Mon 6-7:30
Mary Chris Debelina

For the dancer with a solid foundation in Modern, ready to explore and expand.

Tap 1-2 Wed 5-6pm Sue Booth
An introduction or review of basic steps and combinations.

Daytime Fitness for Adults Allison Mann
Drop In, Start Anytime. Classes end June 19
\$5 per class, \$4 for MSAC Members

Yoga Mon level I 12:05-1 pm Wed level II 12:05-1pm

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

Tap Exercise Tue 11 am - 12 pm

Conditioning Tue 12:05 -1 pm

Class descriptions at www.cdandfs.com

Workshops & Master Classes

Modern Performance Workshop
Intermediate and up Isadora Snapp
June 4-5 & 18-19 5-7pm \$95 pre-reg. by May 22

Explore floor movement, inversions, classic technique and complex combinations as we develop a piece to perform at *Traces* in Burlington, June 20th. Possible rehearsal in late August to perform in Phantom Theatre's *New Works, August 28 & 29.*

Athletes & Dancers: Ballet as Cross-Training
Beginners and up Isadora Snapp

June 13 10am-12noon \$40 pre-register by June 1st
An introductory Workshop. Prevent injuries; increase flexibility, agility, balance, coordination, and focus.

Laurel Jenkins returns! Stay tuned for details.

Irish Dancing Introductory Workshops
Gerlisa Garrett July 25 10am-12noon ages 9-12
1-3pm ages 13 and up
Register by August 15th with \$20 deposit.

Steffi Thomas Master Classes
interm/advanced Ballet CD&FS drop-in or punch card
August 25th Pilates 4:45-5:30; Ballet 5:30-7; 7:15-8
Variations with optional Pointe.

August 27th Pilates 5-5:30; Ballet 5:30-7; Pointe 7:15-7:45; Stretch 7:45-8:15

Teen Jazz Audition Prep Workshops
August 31, Sept. 2 & 4 5-7pm

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

Ballet & Pointe Wake Up!

Tue Sept. 1st 5-7pm Isadora Snapp
For teens and adults preparing to gear up for the fall dance session.

Technique Wake Up!

Thu Sept. 3rd 5-7pm Isadora Snapp
For teens and adults preparing to gear up for the fall dance session.

Dance Wear Try-on and Order

August 29th 10am-2pm & August 31st 3-6pm
Leotards, tights, leggings and jazz, tap, and ballet shoes. At the studio.

SUMMER 2020 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 _____

SUMMER 2020 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 _____