

Contemporary Dance and Fitness Studio

18 Langdon Street Montpelier, VT 05602
www.cdandfs.com

Return Service
Requested

Dance Fitness & Yoga Classes

Winter/Spring 2018

January 3 to May 12

Jazz Tap Ballet Modern
B-Boys & B-Girls Hip Hop
AfroJazz & Yoga Workout
Musical Theater Dance
Master Classes, Yoga, and more.
Private coaching 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

802 229-4676
www.cdandfs.com

Calendar 2017-18

12/11-16 Open House/Observation Week
12/18 & 19 Classes ARE held
12/20 & 21 Make-up classes as needed
12/20-1/2 Winter Holiday Break
1/3/18 (Wed) Winter/Spring 2018 begins
2/17 Teen Jazz Tour Preview 7pm
2/26 thru 3/3 February Break and Performance 2018
Mailing: Please Mark Your Calendars
3/5 & 3/6 Classes ARE held
3/7 thru 3/10 Make-up Classes IF needed
3/17 Faculty/Student Works in Progress
4/7 & 4/8 Student Choreography Showcase
4/16 thru 4/21 April Break
5/5 Full Ballet run-thru at CD&FS
5/13-5/17 Rehearsals at Barre Opera House
5/18, 19, 20 Performances at Barre Opera House

Faculty/Staff

AM - Allison Mann, Director
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
SK - Shannon Kelly
DJ - Daniel Jestes
MW - Micah Wagner
RH - Robin Hartzell
DM - Dylan Marcinkowski
KP - Katie Phillips
SG - Stella Gardner
ES - Erin Sullivan
AD - AnnaMaria DiPietro Paolo
CO - Crista Ordway, Assistant to the Director

For Class Descriptions go to 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 after 12noon.

Refunds: Before 1st class: 100% less \$20
administrative fee. 1-3 weeks after start date: 75%.
4-6 weeks after start date: 50%. 7-9 weeks after
start date: 25%. No refund after 10 weeks.

Overdue accounts: Past due accounts subject to 5%
interest.

Tuition for Teen & Adult 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 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.
Cards may not be extended or refunded. Medical exceptions only.

Note: The monthly rate for young children's classes is
offered only in the fall. During the Winter/Spring session
classes begin preparation for the May performances at the
Barre Opera House.

Tuition for Kids' Classes

Winter/Spring session 1/3/2017 - 5/12/2017 (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	\$195	\$230	\$265
2nd class	\$180	\$210	\$250
3rd class	\$170	\$200	\$230
4th class	\$160	\$180	\$210
Family Rate	\$180	\$210	\$250
RhythmNGames	\$97		
Guest drop-in	\$13	\$16	\$20

Costume Fees:

All Ballet Classes: \$50 per student per class, unless
specified by teacher; due by January 15th

Kids' Classes (non-Ballet): \$40 per student per class; due
by February 15th

Jr. BBoys BGirls & Jr. Tap and Jazz: \$30 per student per
class; due by February 15th. These classes perform May
20th only.

Teen/Adult Classes: There is no costume fee for teen and
adult classes, however students may be asked to
purchase items to supplement their wardrobe.

Classes for Teens & Adults (punch cards)

Jazz

Adult Adv-Beg Wed 6-7:15 pm AP
Level 1-2 Thu 6:15-7:30 pm AP
Level 3-4 Thu 6-7:30 pm WW
Level 5 Thu 7:30-9 pm WW

Modern

Level 1-2 Tue 6-7:30 pm KN
Level 3-4 Tue 7:30-9 pm IS
Level 5 Tue 7:30-9:15 pm TM

Hip Hop

Adult Beginning Thu 5-6 pm SK Drop-ins Welcome*
Level 1-2 Thu 5-6:15 pm AC
Level 3-4 Mon 7:30-9 pm RL

Fusion Modern/Hip Hop/Jazz

Level 2-3 Mon 6-7:15 pm RL
Level 4-5 Wed 7:30-9 pm RL

B-Boys & B-Girls (Kids, Teens and Adults)

Level 3-4 Fri 5:45-6:45 pm rotating faculty
Level 5 Fri 5:45-7:15 pm rotating faculty

Tap

Basics Workout Mon 5:15-6:15 pm AM Drop-ins welcome*
Intermediate Thu 7:30-8:45 pm SB

Student Choreography Group

Level 2 and up 2nd & 4th Fridays 6:30-8:30 pm AC

Teen Jazz (by audition only)

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

Ballet Teen/Adult punch card

Barre Workout Mon 5:15-6:15 pm WW Drop-ins welcome*
Beginning Wed 6:30-7:45 pm IS
Teen/Adult Level 2 and up Mon 6:15-7:45 pm IS
Contemporary (Level 3-5) Mon 3:45-5:15 pm IS

Yoga with a Splash of Dance Drop-ins welcome*

Open Level Fri 10-11:30 am AM

AfroJazz & Yoga Workout Drop-ins welcome*

Open Level Tue 5:15-6:45 pm Sat 9-10:30 am AM

Yoga Straight Up Drop-ins welcome*

Open Level Mon 11 am- 12:15 pm AM

Ballet Children/Teens Tuition

Pre-primary Sat 10:45-11:30am Fri 2-2:45pm ages 3 1/2 -5 AC
Primary Sat 10-10:45 am ages 5-7 AC
Level 1 Sat 9-10 am AC
Level 2 Sat 12-1:15 pm AC
Level 3 Thu 3:30-4:15 & Sat 1:15-2:45 AC
Level 4 Thu 3:30-4:15 AC Wed 3:30-5 & Sat 11:15-12:45 IS
Level 5 Thu 3:30-4:15 AC Tue 3:30-5 & Sat 1:30-3 IS
Ballet Conditioning Thu 3:30-4:15 pm AC
Pointe Prep and Maintenance Thu 4:15-5 pm AC
Pointe 1 Wed 5-5:30 and Sat 12:45-1:15 IS
Pointe 2-3 Wed 5:30-6:15 pm and Sat 3-3:30 pm IS

Classes for Kids (Tuition)

Rhythm & Games ages 9 and up

Level 1-2 Wed &/or Thu 3:15-3:40 DJ, MW, ES, AD

Jr Tap & Jazz ages 6-8

Fri 4-4:45 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 Tue 6-7:30 AC

Junior Hip Hop ages 9-13

Level 1-2 Thu 3:45-4:45 pm RL
Level 3-4 Mon 4:45-6 pm RL

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

Open Level Mon 3:45-4:45 pm SB

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

Sat 10:30-11:15 am DJ & MW or Sat 9:15-10 KP & SG

B-Boys & B-Girls ages 9-13

Level 1-2 Fri 4:45-5:45 pm RH & DM

Class descriptions at www.cdandfs.com

*All of these classes are especially suited to older "non-dancers" and beginners, and provide instruction for those with more experience, as well.

W/S 2018 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. Re-enrollments 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 2018 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. Re-enrollments 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: _____