

# Contemporary Dance and Fitness Studio

18 Langdon Street Montpelier, VT 05602  
[www.cdandfs.com](http://www.cdandfs.com)

Return Service  
Requested

# Dance Fitness & Yoga Classes

## Winter/Spring 2019

January 2 to May 11

Jazz Tap Ballet Modern  
B-Boys & B-Girls Hip Hop  
Musical Theater Dance  
Boys Fusion Yoga Fusion  
Adult Dance Workouts  
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](http://www.cdandfs.com)

## Calendar 2018-19

12/10-15 Open House/Observation Week  
12/17-19 Classes ARE held  
12/20 & 21 Make-up classes as needed  
12/20-1/1 Winter Holiday Break  
1/2/18 (Wed) Winter/Spring 2019 begins  
2/16 Teen Jazz Tour Preview  
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  
5/8-5/11 Make-up classes as needed  
5/12-5/16 Rehearsals at Barre Opera House  
5/17, 18, 19 Performances at Barre Opera House

## Faculty/Staff

AM - Allison Mann, Director  
CO - Crista Ordway, Assistant to the 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  
OZ - Olivia Zoecklein  
DJ - Daniel Jestes  
DM - Dylan Marcinkowski  
ES - Erin Sullivan  
AH - Auden Hubbard  
KC - Kristin Campbell

**For Class Descriptions** go to [cdandfs.com](http://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:** 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

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

## Classes for Teens & Adults (punch cards)

### Jazz

Adult Adv-Beg Wed 6-7:15 pm AP  
Level 1-2 Mon 7-8:15 pm AP  
Level 3-4 Tue 7:30-9 pm WW  
Level 5 Thu 6:15-7:45 pm WW

### Modern

Level 1-2 Tue 6-7:30 pm KN  
Level 3-4 Thu 6:15-7:45 pm IS  
Level 5 Tue 7:30-9:15 pm TM

### Hip Hop

Level 1-2 Fri 6-7:15 pm OZ  
Level 3-4 Mon 7:15-8:45 pm OZ

### Fusion Modern/Hip Hop/Jazz

Level 2-3 Wed 7:15-8:30 pm RL  
Level 4-5 Thu 7:45-9:15 pm RL

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

Level 3 Fri 6:15-7:15 pm RH & DM  
Level 4-5 Fri 7-8:15 pm Level 5 'til 8:30

### Tap

Adult Beginning Fri 5-6 pm KC  
Teens Level 2 Wed 6-7 pm SB  
Intermediate Wed 7-8:30 pm SB

### Student Choreography Group

Level 2 and up 2nd 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

Teen/Adult Level 2 and up Wed 3:45-5:15 pm IS  
Contemporary (Level 3-5) Tue 6-7:30 pm IS

### Workout Classes for Adults - Drop In Deep Yoga Workout

Open Level Mon 12-1 pm AM  
Open Level Wed 5:15-6:15 pm AM

### Adult Conditioning

Open Level Mon 5-6 pm AM

### AfroJazz & Yoga Wkt

Open Level Sat 8:30-9:45 am & Tues 5:15-6:30 pm AM

### Ballet Barre Workout

Open Level Thu 5:15-6:15 WW

## Ballet Children/Teens Tuition

Pre-primary Fri 2-2:45 pm; Sat 10:45-11:30 full;  
Sat 12-12:45 pm new time AC ages 3 1/2 -5

Primary Sat 10-10:45 am ages 5-7 AC waitlist

Level 1 Sat 9-10 am AC waitlist

Level 2 Sat 12:45-2 pm new time waitlist AC

Level 3 Sat 9:45-11:15 am IS & Mon 3:45-4:45 pm AM

Level 4 Tue 3:30-5 & Sat 11:15-12:45 IS & Mon 3:45-4:45 AM

Level 5 Thu 3:30-5 & Sat 1:45-3:15 IS & Mon 3:45-4:45 AM

Ballet Conditioning Mon 3:45-4:45 pm AM

Pointe Prep and Maintenance Thu 5-5:45 pm IS

Pointe 1 Thu 5:45-6 and Sat 12:45-1:30 IS

Pointe 2-3 Tue 5-6 pm and Sat 3:15-3:30 pm IS

## Classes for Kids (Tuition)

### Tap Kids Jr. ages 6-8

Wed 4-4:45 SB

### Junior Jazz ages 9-13

Level 1-2 Wed 3:45-4:45 pm AC waitlist

Level 3-4 Wed 4:45-6 pm AC

### Musical Theater Dance ages 11 and up

Level 2 and up Thu 5-6:15 ES

### Junior Hip Hop ages 9-13

Level 1-2 Mon 4:30-5:30 pm RL full

Level 3-4 Mon 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 Mon 3:45-4:30 pm SB

Level 2-3 Wed 4:45-5:45 SB

### Boys Fusion ages 10 and up

Open Level Mon 5:45-7 pm RL

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

Sat 9:30-10:15 am DJ & ES

Sat 10:15-11 DJ & ES waitlist

Tue 3:45-4:30 ES & AH

### B-Boys & B-Girls ages 9-13

Level 1-2 Thu 3:45-4:45 pm DJ & AH

Class descriptions at [www.cdandfs.com](http://www.cdandfs.com)

## W/S 2019 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 2019 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: \_\_\_\_\_