

Contemporary Dance and Fitness Studio

18 Langdon St. Montpelier, VT 05602

802 229-4676

cdandfs.com

Return Service

Requested

Summer Dance and Fitness 2017

- CAMPS for Kids ages 3-14
- Weekly CLASSES for Teens & Adults June 5-July 29
- 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 2017

4/17-23	April Break
5/6	Full Ballet run-through at CD&FS
5/13-5/18	Mandatory Rehearsals, Barre Opera Hse
5/19, 20, 21	Performances, Barre Opera House
6/5	Teen/Adult Summer Classes begin
6/26	Kids' Summer Camps begin
7/3	CD&FS on Library lawn before Parade
7/18 & 19	Millie Heckler Workshops
8/6	Laurel Jenkins Workshop-all levels
8/7-8/12	Performance Project with Laurel Jenkins
8/28&30 9/1	Teen Jazz Audition Prep Camps
9/6	Autumn 2017 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 several times a year. Try on samples at studio. Excellent pricing and no shipping fee. Next order placed on June 9, 2017.

May Performances at Barre Opera House

are inspiring and delightful. Tickets are on sale at CD&FS. Kids 12 and under and Seniors 65 and over: \$12 Adults: \$15 Seats are assigned and tickets go pretty quickly! Call us at 229-4676

Camps for Kids

Hip Hop Immersion ages 8-14 all levels

June 26-30 9am-2pm Tuition: \$240.00

Justin Hover, Amia Cervantes and assistants

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

Disney's The Lion King, Jr ages 10-15

July 10-22 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 17-21 9:30-11:30am Tuition: \$105.00

Evan Lewis and Ashima Fillbach

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

Fairytale Fusion ages 3 1/2-5

July 24-28 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.

Fairy Tales and Wonderland ages 6-8

July 24-28 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 31-August 4 9am-12noon Tuition: \$145

Amia Cervantes

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

Weekly Classes June 5-July 29

Summer is the perfect time to drop in & explore.

Afro-Jazz and Yoga Workout Tue 5:30-7pm
Allison Mann open level teens & adults
Dance-cardio workout, hand weights, deep stretching & strengthening. No experience needed.

Condition & Stretch
A new 1/2 hour class utilizing dance & calisthenics to warm up, sustained Yoga postures to develop balance of the musculature, and one-minute active and passive deep stretches.
Tue 5-5:30pm Isadora Snapp
Wed 6-6:30pm Allison Mann
Thu 5-5:30pm Allison Mann

Jumps, Leaps and Turns Wed 6:30-8pm
Isadora Snapp level 2 and up, ages 12 and up
Focus on technique in modern, jazz and ballet for clean precise movements.

Modern Tue 5:30-7pm
Kait Nascimento mixed level ages 12 and up
Focus on spacial awareness, balance, coordination, rhythm & alignment. Develop technique & fluidity.

Exploring Modern Movement Thu 5:30-7pm
with task-oriented improvisation & partnering
Amia Cervantes

Developing Performance thru Solo Work Mon 7:15-8:45pm
Isadora Snapp June 5, 12, 19 8th grade and up

Pointe Prep & Maintenance Mon 6:15-7:15pm
Amia Cervantes
Highly recommended for any student continuing pointe or by recommendation to begin pointe next year.

Ballet mixed level ages 12 and up
Mon 5-6:15pm Amia Cervantes
Wed 5-6:15pm Isadora Snapp - pointe optional
Develop flexibility, strength, musicality and technique.

Ballet 2 ages 9-11 Tue 4:30-5:30pm
Amia Cervantes
For students ready to build up their fundamental skills.

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

Tap Kids ages 9-11 Thu 4-5pm June Only
Sue Booth
For beginning and advanced-beginning tappers.

Tap Basics Workout Wed 5-6pm
Allison Mann ages 12 and up
No experience needed. Lots of repetition and review.

Intermediate Tap Thu 5-6:15pm
Sue Booth
Develop your skills and technique, learn combinations, and broaden your stylistic horizons.

BBoys BGirls Level 1-2 Fri 4-5pm ages 9& up June Only
Justin Hover Level 3-5 Fri 5-6:30pm
Enjoy camaraderie and support while developing and expanding vocabulary, form and style.

Adult Hip Hop Workout Mon 5-6:15pm
Rosemary Leach
No experience needed. Lots of repetition and review.

Advanced Fusion & Improv Mon 6:15-7:45pm
Rosemary Leach

Join Montpelier's Independence Day Celebration:

BBoys BGirls Intensive level 3-5
Justin Hover
June 26-30 4-6pm \$75
Work intensively and prepare to perform on the library lawn before Montpelier's July 3rd Parade.

Modern Performance Workshop with Isadora Snapp
June 29-30 6:15-8:15pm July 1 10-11:45am July 3 12-2pm
\$60 intermediate/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.

Motown Funk N Soul Rosemary Leach Free to 7/3 participants
June 27-July 1 5-7pm come to all or drop-in ages 12 & up
Hop on the Soul Train and get the moves, then be part of a Soul Train at the end of Montpelier's July 3rd Parade. All levels

Special Workshops Teens & Adults

Laurel Jenkins (Tentindo) will lead this year's Performance Intensive with showings at Phantom Theater. August 6-12th. Details at CD&FS

Millie Heckler will be back to teach House/Floorwork/Freestyle July 18 7-9pm & July 19 7:30-9:30 Interm/Adv. Details at CD&FS

SUMMER 2017 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 2017 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 _____