

## General Information

### Dates

6/22 – 6/26 **Modern Intensive**  
6/29 – 7/02 **Dabble Dance Camp**  
7/06 – 7/10 **Hip Hop Immersion Camp**

### Days & Times

**Modern and Hip Hop**  
Mon–Fri 9 am–2 pm  
**Dabble Dance**  
Mon–Thu 9 am–1 pm

### Ages and Levels

**Dabble Dance**  
ages 7 to 12 little or no dance training  
**Hip Hop Immersion**  
ages 10 to 16 at least 1 year of dance training  
**Modern Intensive**  
ages 12 and up intermediate to advanced

### Attire

**Students in Hip Hop and Dabble Dance** may wear bike shorts and t-shirts or any sensible clothing appropriate for moving, stretching, and bending. Students may go bare-footed or wear thin cotton socks for modern classes. Sneakers are recommended for hip hop.

### Lunch

**Students** provide their own snacks and lunch.

**Each camp/intensive** will feature a short presentation at 1:30 pm (12:30 pm for Dabble Dance) on the last day.

**All camps/intensives** provide appropriate levels of instruction taught by professional, caring teachers in a fun-filled, supportive, and creative atmosphere.

**Contemporary Dance  
and Fitness Studio**  
18 Langdon St. • Montpelier, VT • 05602  
Lorraine Neal, Director • 229-4676  
[www.cdandfs.com](http://www.cdandfs.com)

**Return Service Requested**

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Summer 2009

# Dance Camps and Intensives

For ages 7 and up  
beginners through advanced

**Dabble Dance Camp**  
**Hip Hop Immersion Camp**  
**Modern Intensive**  
plus  
**Special Jazz Intensive with**  
**Master Teacher Cathy Young**

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## About the Intensives

### Jazz Dance Intensive with Master Teacher Cathy Young

5/26 – 5/29 evenings 5/30 daytime  
For intermediate to advanced dancers  
ages 14 and up.

**Tuition and times: TBD**

We are happy to announce Cathy Young will be returning to CD&FS for the third year. A complete brochure including details about this Jazz Intensive and a registration form will be in the mail and posted on our website, cdandfs.com, in the next few weeks. Set aside these dates for a great jazz experience with one of the best master teachers in the country.

### Modern Dance Intensive

6/22 – 6/26

For intermediate to advanced dancers  
ages 12 and up.

**Faculty: Abby Swan Pepin, Isadora Snapp, and Stephanie Lawson**

**Tuition: \$205**

Many dance students use the summer as an opportunity to explore dance programs away from their home base. Often it means having to transition from a handful of classes per week to several classes a day! Our challenging Modern Intensive is the perfect mental and physical preparation to help insure an adjustment that is safe and enjoyable.

Dancers start their day with a Pilates class taught by certified instructor, Stephanie Lawson. Following a challenging technique class participants explore the elements of composition, as well as learn two original works of choreography to be presented at an informal showing the last day of the intensive.

No matter what your dance plans are for the summer, the intensives and camps are beneficial, stimulating, rewarding, and fun!

## About the Camps

### Dabble Dance Camp

6/29 – 7/2 Mon – Thu 9 am to 1 pm

For ages 7 to 12 with little or no dance training.

**Faculty: Stephanie Lawson and Kiera Sauter**

**Tuition: \$140**

This camp is specifically designed for the dancer with little or no training who would like to sample various forms of dance. A safe and comprehensive warm-up is followed by short classes in a variety of dance styles: jazz, hip hop, modern, and creative movement. All classes are age and level appropriate and are taught in a supportive, fun, and relaxed atmosphere while still challenging the student to work hard and find his or her personal expression.

### Hip Hop Immersion Camp

7/6 – 7/10

For ages 10 to 16 with at least one year  
of dance training.

**Faculty: Rosemary Leach, Justin Hover,  
and Olivia Zoeklein**

**Tuition: \$205**

Each day of this camp begins with a comprehensive warm-up preparing students to dive into a rigorous and challenging day of dance. Students then explore several aspects of hip hop: old-school popping, locking, waving and breaking; current choreography trends; development of personal style through circles and "battles;" and discussions of hip hop culture and history enhanced by videos of the trend-setters of our time. Dancers who start with an interest in hip hop will leave feeling stronger, gain a deeper awareness of this influential genre, learn lots of new moves, and most of all, have tons of fun!

A non-refundable deposit of \$50 per student per camp is due with this application form. The remainder of the tuition is due 6/5/09.

Please fill in and return to:

### Contemporary Dance and Fitness Studio,

P.O. Box 1182, Montpelier, VT 05601

by May 22, 2009. Enrollment will be limited and applications will be accepted in the order they are received.

Parent's Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Emergency Name and Phone Number:

\_\_\_\_\_

# \_\_\_\_\_

Student's Name \_\_\_\_\_

D.O.B. \_\_\_\_\_ Number of years dancing \_\_\_\_\_

Registering for:  Modern  Dabble Dance

Hip Hop

2nd Student's Name \_\_\_\_\_

D.O.B. \_\_\_\_\_ Number of years dancing \_\_\_\_\_

Registering for:  Modern  Dabble Dance

Hip Hop

Deposit (\$50/student) enclosed \$ \_\_\_\_\_

Full Payment enclosed \$ \_\_\_\_\_

Charge my Mastercard/Visa \$ \_\_\_\_\_

# \_\_\_\_\_

Exp date \_\_\_\_\_

Signature \_\_\_\_\_

Print Name on Card \_\_\_\_\_