

General Information

Dates

June 8 to July 30

Please check schedule.

Some classes end before July 30.

Tuition

Single Class Rate

1 hour class - \$12

1:15-1:30 hour class - \$15

2 hour class - \$18

CD&FS punch card system

10 punch card \$45

20 punch card \$85

40 punch card \$160

60 punch card \$225

80 punch card \$280

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.

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.

Tuition for Musical Theater Workshops

1 workshop - \$20/person

2 workshops - \$35/person

Notice: Please preregister! Classes and workshops may be cancelled if minimum number of students is not met.

For more information and registration call 229-4676 or go to www.cdandfs.com.

**Contemporary Dance
and Fitness Studio**
18 Langdon St. • Montpelier, VT • 05602
Lorraine Neal, Director • 229-4676
www.cdandfs.com

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Summer 2009 Dance Classes

June 8 to July 30

**for teens and adults
all levels**

Jazz Ballet Hip Hop Modern Tap
Jazz Funk Yoga African Dance Workout
Technique Boot Camp **Plus...**

**Musical Theater Workshops
with Heather White**

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Classes & Workshops

Technique Boot Camp

with Deborah New

Level 3-4 Wed 5:30-7 pm Ends July 15

Emphasis on alignment, balance, port de bras, extension, and the proper execution of turns, jumps, and leaps. Each class culminates with a combination that puts the technical work into practice. Great compliment to any style of dance!

Nitty Gritty Jazz

with Deborah New

Level 3-4 Wed 7-8:30 pm Ends July 15

A variety of jazz styles including Lyrical, Funk, Latin, and Swing all danced to authentic jazz music.

Ballet

with Holly Yacawych and Geneviève Pellman

Level Beg & Adv Beginner Wed 7-8:15 pm GP

Level Beg Intermed & up Tue 5:30-7 pm HY

Level Beg Intermed & up Thu 5:30-7 pm GP

Pointe

Level 2 & up Tue 7-7:45 pm HY

Level 2 & up Thu 7-7:45 pm GP

All pointe work is by teacher approval only.

Hip Hop

with Kiera Sauter

Level 1-2 Tue 7-8:15 pm

Level 3-4 Mon 7-8:30 pm

Modern

with Isadora Snapp

Level 1-2 Mon 6:30-7:45 pm

Level 3-4 Wed 5:30-7 pm

Jazz Funk

with Kiera Sauter

Level 3-4 Mon 5:30-7 pm

Tap

with Allison Mann

Level 1-2 Mon 5:30-6:30 pm Ends July 20

African Dance Workout

with Allison Mann

Open Level Tue 5:30-7 pm Ends July 21

Open Level Thu 5:30-6:30 pm Ends July 23

Yoga for the Week's End

with Allison Mann

Open level Thu 6:30-7:30 pm Ends July 23

Class provides the student with stretches to help the body recover from exercise or dance classes.

Musical Theater Workshops

with Heather White

Musical Theater Repertory Workshop – June 19

Fri – 6-8 pm Dance experience necessary.

Take class from Musical Theater professional, Heather White, and learn a routine from the repertory of dances she has performed in auditions or on tour. Class will include a warm-up, center, and travelling sequences that prepare students for the exciting and challenging choreography.

Dance Audition Workshop – June 20

Sat – 1-3 pm Dance experience necessary.

You can make the most of your audition experience if you know what to expect. Learn the do's and don'ts for a successful dance audition from a Musical Theater professional. Time will be allotted at the end of class for a discussion of professional audition strategies.

Please note: The following classes end June 20.

African Dance Workout

Open Level Mon Noon-1 pm Allison Mann

Open Level Wed Noon-1 pm Allison Mann

Full Body Conditioning

Open Level Sat 9-10:30 am Allison Mann

Please fill in and return to:

Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601

Student's Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Address _____

City,State,Zip _____

Email Address _____

Registering for: Technique Boot Camp

Nitty Gritty Jazz

Ballet Level 1-2

Ballet Tue-Beg Int Pointe

Thu-Beg Int Pointe

Hip Hop 1-2 Hip Hop 3-4

Modern 1-2 Modern 3-4

Jazz Funk Tap 1-2

African Workout Yoga

Musical Theater Repertory Workshop

Dance Audition Workshop

Notice: Please preregister! Classes and workshops may be cancelled if minimum number of students is not met.

Check enclosed \$ _____

I have a punch card

Charge my Mastercard/Visa \$ _____

Exp date _____

Signature _____

Print Name on Card _____