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MONTPELIER, VT 05602
PERMIT NO. 208

Contemporary Dance and Fitness Studio
18 Langdon St. • Montpelier, VT 05602
Lorraine Neal Founder, Director
Allison Mann Interim Director
(802) 229-4676 cdandfs.com

Return Service Requested

Dance Classes

Winter/Spring 2012

January 2 to May 13

Jazz Tap Ballet Modern
Capoeira B-Boys & B-Girls
Hip Hop Dance/Yoga Workout
Creative Movement for Children
Professional Master Classes
Private coaching available

For children, teens, and adults
ages 4 and up, beginners thru advanced

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Calendar 2011-12

11/23 - 27	Thanksgiving break
12/3 7pm	Showing: Paul Besaw "Self-Addressed"
12/12 - 17	Open House at the Studio
12/17 4-8pm	Kids' Night Out, Teen Jazz babysitting fundraiser
12/19, 12/20	Make-up for Autumn session (if needed)
12/19 - 1/1	Winter Holiday Vacation
1/2/12	2012 Winter/Spring session begins
1/14 7pm	Kiera Sauter & Co. "Creating Some Heat"
1/21 7pm	Showing: Hannah Dennison's "Dear Pina"
2/18 12-2pm	Kellie Lynch: Int/Adv Modern Technique
2/27 - 3/4	Winter break
3/14 2pm	Tickets on sale for Performance 2012
April TBA	Clare Byrne's "Eat My Art Out"
4/14 8pm	Student Choreography Showing
4/23 - 29	Spring break
5/6 - 5/9	Rehearsals at Barre Opera House
5/10	Dress rehearsal
5/11, 12, 13	Performance 2012

For Class Cancellations due to weather, please call the studio after 12noon for a recorded message (229-4676).

Faculty

AM - Allison Mann Interim Director, Administrative Director
HS - Hanna Satterlee Director of Teen Jazz and Professional Programming
KM - Kathe McBride
TM - Tracy Martin
RL - Rosemary Leach
BOP - Brandy Ofciarcik-Perez
AP - Abby Pepin
JH - Justin Hover
IS - Isadora Snapp
GP - Geneviève Pellman
KO - Kaitlyn O'Donnell
FN - Fabio (Fua) Nascimento
AC - Amia Cervantes
PGH - Paula Higa
LB - Luke Burton

Artists in Residence

Hannah Dennison and Company: "Dear Pina"
Pauline Jennings: Double Vision
For more information about Residencies and to join our Special Events e-mail list, please call the studio.

Tuition

Tuition for Teen & Adult classes

Single Class Rate

1 hour class - $12
1:15-1:30 hour class - $15
2 hour class - $18
Private Coaching - $25/30 min $45/hour

CD&FS punch card system

10 punch card	$48
20 punch card	$90
40 punch card	$170
60 punch card	$240
80 punch card	$295

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 Children's Classes

Winter/Spring session 1/2/12 - 5/12/12 (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	$182	$219	$255
2nd class	$164	$201	$237
3rd class	$146	$182	$219
4th class	$128	$164	$201
Family Rate (2nd child)	$164	$201	$237
Single class (for guests)	$12	$15	$18

Costume Fees: $38 per child per class, including all Teen and Adult Ballet classes.

There is no costume fee for 4 to 6 year olds. These students will participate in an informal performance on Sunday, May 6 at 1 pm at the Barre Opera House.

There is no costume fee for teen and adult classes, however students may be asked to purchase items to supplement their wardobe.

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.

Classes for Teens & Adults (punch cards)

Jazz
Level 1 Thu 6-7:15 pm AC
Level 2 Tue 7-8:30 pm KO
Level 3 Mon 7-8:30 pm RL
Level 4-5 Wed 6:30-8 pm AP

Modern
Level 1-2 Mon 7-8:30 pm KO
Level 3 Thu 6-7:30 KO
Level 4-5 Tue 7-8:30 pm TM
Level 3-5 Fusion Mon 5:30-7 pm RL

Hip Hop
Level 1-2 Fri 6:30-8 pm AC
Level 3-4 Fusion Thu 7:15-8:45 pm AC

B-Boys & B-Girls (Kids, Teens and Adults)
Level 3-4 Fri 6:45-7:45 pm JH
Advanced Fri 7:45-9 pm JH

Tap
Level 1-2 Tue 6-7 pm KMcB
Level 2-3 Wed 6:15-7:15 pm KMcB

Teen Jazz (by Audition Only)
Company Class Mon 3:45-5:15 pm HS w/Guests
Rehearsal Fri 3:45-5:45 pm HS w/Guests

Dance/Yoga Workout
Open Level Tue 5:30-7 pm AM
Open Level Sat 9-10:30 am AM

Capoeira
Open Level Thu 7:30-9 pm FN

Ballet (punch card)
Beg/Adv Beg Wed 7:15-8:30 pm GP
Intermediate/Adv Wed 4:45-6:15 pm IS
Boys Level 2 & up Wed 3:30-4:45 pm IS
Barre only, int/adv Thu 3:45-4:30 PH

Ballet (tuition)
Level 3 Mon 5-6:30 pm GP
Level 4 Thu 3:45-5:15 pm PH
Pointe (teacher approval required)
Level 1-2 Mon 6:30-7 pm GP
Level 3-4 Thu 5:15-6 pm PH

Master Class in Advanced Modern
Kellie Lynch Sat 2/18 12-2pm

Classes for Kids (Tuition)

Creative Movement for Children
4-6 yr-olds Tue 3:45-4:30 pm TM
7-9 yr-olds Tue 4:30-5:30 pm TM

Junior Jazz ages 9-13
Level 1-2 Wed 3:45-5 pm KO
Level 3-4 Wed 5-6:30 pm KO

Junior Hip Hop ages 8-13
Level 1-2 Thu 3:45-4:45 pm RL
Level 3-4 Mon 3:45-5 pm RL

Junior Modern ages 9-13
Level 1-2 Fri 3:45-5 pm KO
Level 3-4 Fri 5-6:30 pm KO

Ballet
Pre-ballet ages 6-8 Sat 10-10:45 am BOP
Fundamentals ages 8-11 Sat 9-10am BOP
Level 2 Thu 4:45-6 GP (ages 10 and up)

Tap Kidz ages 9-13
Level 1-2 Sat 10:45-11:45 am AC

B-Boys & B-Girls ages 9-13
Level 1 Tue 5-6pm LB NEW!
Level 1-2 Fri 5:45-6:45 pm JH

Jr. B-Boys & Girls ages 6-8
Level 1 Tue 4:15-5pm LB NEW!

Capoeira for Kids ages 8-12
Level 1-2 Sat 10:30-11:45 am FN

Classroom Attendance and Attire
Prompt Regular Attendance is required. Please call the studio in the event of tardiness or absence.
Ballet (tuition classes): Girls wear black leotards, pink tights, pink ballet slippers. Boys wear white tee-shirts, black tights or close fitting pants, black or white ballet slippers.
Jr Jazz & Tap Kids: Girls wear black leotards, black tights or jazz pants, black jazz or tap shoes. Boys wear clean white tee-shirts (no logos or print), black jazz or sweat pants, black jazz or tap shoes.
Jr Hip Hop: Athletic pants, leotard or an appropriate top, clean sneakers (no street shoes).
Hair: Must be neatly pulled back & off neck for all classes.

2012 Teen and Adult Registration Form

Mail to:
Contemporary Dance and Fitness Studio
P.O. Box 1182, Montpelier, VT 05601
Enrollment will be limited and applications will be accepted in the order they are received.

Student's Name_____
Home Phone _____
Work Phone _____
Cell Phone _____
Address_____
City,State,Zip_____
Email Address_____

Registering for: Class_____ Level_____
Day_____ Time_____

2nd Class_____ Level_____
Day_____ Time_____

3rd Class_____ Level_____
Day_____ Time_____

4th Class_____ Level_____
Day_____ Time_____

5th 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_____

2012 Kids and Tuition Ballet Registration Form

Mail to:
Contemporary Dance and Fitness Studio
P.O. Box 1182, Montpelier, VT 05601
Enrollment will be limited and applications 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_____

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_____

3rd Class or 3rd Child's Name_____
D.O.B. _____ Number of years dancing _____
Registering for: Class_____ Level_____
Day_____ Time_____

❑ Tuition for Winter/Spring enclosed $_____
❑ Charge my Mastercard/Visa $ _____
#_____
Exp date_____ 3 digit security code _____
Signature_____
Print Name on Card_____