

**Return Service Requested**

# Dance Classes

**Autumn 2009**  
 September 9 to December 19

for children, teens, and adults  
 all levels

Jazz ° Tap ° Ballet ° Modern  
 Lyrical Blues ° Musical Theater  
 B-Boys & B-Girls ° Hip Hop  
 NIA ° African Dance Workout  
 Private coaching available

## Contemporary Dance and Fitness Studio

18 Langdon St  
 Montpelier, VT • 05602  
 Lorraine Neal, Director  
 802 229-4676  
 cdandfs.com

## General Information

### Calendar 2009-10

9/9/09	2009 Autumn session classes begin
9/18	Teen Jazz auditions
9/25	Teen Jazz classes begin
11/25 - 28	Thanksgiving break
12/14 - 19	Observation days
12/21 - 1/3/10	Christmas break
12/21, 12/22	Make-up days for Autumn session (if necessary)
1/4/10	2010 Winter session begins
2/22 - 2/27	Winter break
Wed 3/17, 2pm	Tickets on sale for Performance 2010
4/19 - 24	Spring break
5/9 - 12	Rehearsals at Barre Opera House
5/13	Dress rehearsal
5/14, 15, 16	Performance 2010
6/7	Summer session begins
June & July	Camps & Intensives (Dates TBA)

### Classroom Attire

**Ballet:** Girls wear black leotards, pink tights, pink ballet slippers. Boys wear white tee-shirts, black tights, or sweat pants, black or white ballet slippers.

**Jazz, Tap:** 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.

**Hip Hop:** Athletic pants, leotard or an appropriate top, clean sneakers. (No street shoes.)

**Hair:** Must be neatly pulled back and off the neck for all classes.

### Faculty

LN - Lorraine Neal - Director  
 DN - Deborah New  
 TM - Tracy Martin  
 RL - Rosemary Leach  
 AM - Allison Mann  
 BOP - Brandy Ofciarcik-Perez  
 KF - Katie Flindall  
 JH - Justin Hover  
 IS - Isadora Snapp  
 GP - Geneviève Pellman  
 PP - Pat Pritchett  
 MJCB - Mary Jo Cahilly-Bretzin  
 KS - Kiera Sauter

## 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

#### Autumn session 9/9/09 - 12/19/09 (14 weeks)

# of classes per week	1/2 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class Ballet+Pte.
1st class	\$150	\$180	\$210
2nd class	\$135	\$165	\$195
3rd class	\$120	\$150	\$180
4th class	\$105	\$135	\$165
Family Rate (2nd child)	\$135	\$165	\$195
Single class (for guests)	\$12	\$15	\$18

#### Autumn, Winter, & Spring sessions 9/9/09 - 5/16/10 (31 weeks)

Classes per week.	1/2 - 1 hr class	1:15 - 1:30 hr class	2-2+ hr class Ballet+Pte.
1st class	\$302	\$368	\$434
2nd class	\$275	\$337	\$403
3rd class	\$245	\$302	\$368
4th class	\$217	\$275	\$337
Family Rate (2nd child)	\$275	\$337	\$403

**Refunds:** Before 1st class - 100% less \$15 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 ten weeks.

# Classes for Teens and Adults

## Jazz

Level 2 Thu 5:15-6:30 pm DN  
Level 3 Thu 3:45-5:15 pm DN  
Level 4-5 Tue 5-6:30 pm DN

## Lyrical Blues

Level 2-3 Tue 6:45-8:15 pm DN

## Musical Theater Jazz

Level 1-2 Thu 6:45-8 pm DN

## Ballet

### Strictly Technique

Level 1-2 & up Wed 7-8:15 pm GP

## Modern

Level 1-2 Mon 7-8:15 pm IS  
Level 3 Sat 10:30-Noon LN  
Level 4-5 Mon 6-7:30 pm RL  
Level 4-5 Thu 7-8:30 pm TM

## Hip Hop

Level 1-2 Mon 7:30-8:45 pm RL  
Level 3 Tue 7-8:30 pm MJCB *New Class!*  
Level 3-4 Sat 2:45-4:15 pm KS *New Class!*

### Hip Hop Fusion

Level 4 Fri 6:45-8:15 pm MJCB *New Class!*  
Hip Hop combined with contemporary, musical theater, and MJ's unique and quirky style.

## Tap

Essentials Level 1-2 Mon 6-7 pm AM  
Orchestrations Level 3-4 Thu 6-7 pm PP

## Teen Jazz

By Audition Only Fri 3:30-5:30 pm Various faculty

## Noon Exercise Classes

**African Dance Workout** Mon, Wed Noon-1 pm AM  
**NIA** Tue Noon-1 pm TM  
**Dance & Tone** Thu Noon-1 pm LN *New Class!*  
**Yoga** Fri Noon-1 pm AM *New Class!*

## Full Body Conditioning

Open Level Sat 9-10:30 am AM

## African Dance Workout

Open Level Tue 5:30-7 pm AM  
Open Level Thu 5-6 pm AM

# Classes for Kids and Preteens

## Dance for Kids

4 yo's Tue 3-3:45 pm TM  
4 yo's Fri 10:45-11:30 pm TM  
5-6 yo's Tue 3:45-4:30 pm TM  
7-9 yo's Tue 4:30-5:30 pm TM

## Ballet

Pre-ballet 6-8 yo's Fri 3:45-4:30 pm BOP  
Fundamentals Fri 4:30-5:30 pm BOP  
2nd Year Technique Wed 3:45-5 pm GP  
Intermediate 1 Wed 5-6:30 pm GP  
Sat 10-11:30 am BOP  
Intermediate 2 Wed 3:45-5:15 pm KF  
Sat 12:30-2 pm BOP  
Intermediate 3 Mon 3:45-5:15 pm KF  
Wed 6-7:30 pm KF

### Pointe (teacher approval required)

Level 1-2 Wed 6:30-7 pm GP  
& Sat 11:30-noon BOP  
Level 2-3 Wed 5:15-6 pm KF  
& Sat 2-2:45 pm BOP  
Level 3-4 Mon 5:15-6 pm KF  
& Wed 7:30-8:15 pm KF

## Dance for Preteens ages 10 & up

Junior Musical Theater Open Level Tue 3:45-5 pm DN  
Junior Jazz Level 2 Thu 3:45-5 pm KS  
Junior Jazz Level 3 Fri 5:30-6:45 pm KS  
Junior Jazz Level 4 Mon 4:45-6 pm DN

## Junior Hip Hop

Level 1 Mon 3:45-4:45 pm RL  
Level 2-3 Sat 1:30-2:45 pm KS

## B-Boys & B-Girls

Intermediate Fri 5:30-6:30 pm JH  
Beg/Adv Beg Fri 6:30-7:30 pm *Teens & Adults welcome*

## Junior Modern

Level 2-3 Sat 2:45-4 pm IS

## Tap Kidz — Dance Out Loud

Level 1-2 Sat 12:30-1:30 pm AM

2009 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 \_\_\_\_\_

Signature \_\_\_\_\_

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

2009 Kids and Preteen 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 Autumn Session enclosed \$ \_\_\_\_\_

Tuition for Autumn, Winter, & Spring \$ \_\_\_\_\_

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

# \_\_\_\_\_

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

Signature \_\_\_\_\_

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