

# Contemporary Dance and Fitness Studio

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

[cdandfs.com](http://cdandfs.com)

Return Service

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MONTPELIER, VT 05602  
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# Dance Classes

## Autumn 2010

September 8 to December 18

Jazz ° Tap ° Ballet ° Modern

Lyrical Blues ° Improvisation

B-Boys & B-Girls ° Hip Hop

NIA ° African Dance Workout

Private coaching available

[cdandfs.com](http://cdandfs.com) for bios & class descriptions

## Guest Artist Workshops

9/11-12/18 - Saturdays - 10am-12 noon

Go to [www.cdandfs.com](http://www.cdandfs.com) for artist bios,  
class descriptions, and a registration form.

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## General Information

### Calendar 2010-11

9/8/10	2009 Autumn session classes begin
9/10???	Teen Jazz auditions
9/17	Teen Jazz classes begin
11/24 - 27	Thanksgiving break
12/13 - 18	Observation days
12/20 - 1/2/11	Christmas break
12/20, 12/21	Make-up days for Autumn session (if necessary)
1/3/11???	2011 Winter session begins
2/21 - 2/26	Winter break
Wed 3/16, 2pm	Tickets on sale for Performance 2011
4/18 - 23	Spring break
5/8 - 11	Rehearsals at Barre Opera House
5/12	Dress rehearsal
5/13, 14, 15	Performance 2011
6/20???	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  
HS - Hanna Satterlee - Interim Artistic Director  
AM - Allison Mann - Administrative Director  
KMcb - Kathe McBride Brown  
SI - Shelley Ismail  
MW - Maris Wolff  
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 Nascimento  
BJP - BJ Paulin

## 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 9/8/10 - 12/18/10 (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

##### 9/8/10 - 5/15/11 (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 \$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 ten weeks.

**Overdue accounts:** Past due accounts subject to 5% added interest.

# Classes for Teens and Adults

## Jazz

Level 1-2 Mon 5:15-6:30 pm RL  
Level 3 Mon 3:45-5:15 pm RL  
Level 4-5 Wed 6-7:30 pm AP

## Modern

Open Level Tue and/or Thu Noon-1 pm HS  
Level 1-2 Thu 5:45-7 pm KO  
Level 3 Thu 7-8:30 KO  
Level 4-5 Tue 7-8:30 pm TM  
Level 4-5 Thu 6-7:30 pm HS

### Modern with elements of contemporary/jazz/hip hop

Level 3-5 Mon 7-8:30 pm RL

## Improvisation-Discovering Your Body's Voice

Movement experience necessary Wed 7:30-8:45 pm HS

## Ballet

Level 1-2 & up Wed 7-8:15 pm GP  
Level 3-4 Mon 4-6 pm IS

## Hip Hop

Level 1-2 Tue 7-8:15 pm BJP  
**Hip Hop Fusion-hip hop/contemporary/jazz/lyrical**  
Level 3-4 Fri 7-8:30 pm BJP

## B-Boys & B-Girls Teens and Adults

Intermediate Fri 5:30-6:30 pm JH  
Beg/Adv Beg Fri 6:30-7:30 pm JH

## Tap

Level 1-2 Mon 6-7 pm AM  
Level 3-4 Tue 6-7 pm KMcb

## Teen Jazz

By Audition Only Fri 3:30-5:30 pm HS & faculty

## Daytime Classes

**Modern** Tue, Thu Noon-1 pm HS  
**NIA** Fri Noon-1 pm TM  
**African** Fri 10:45-11:30 am AM *New Time!*

## African Dance Workout

Open Level Tue 5:30-7 pm AM  
Open Level Fri 10:45-11:30 am AM *New Time!*

## Full Body Conditioning

Open Level Sat 9-10:30 am AM

# Special Offerings

## Capoeira

Open Level Mon 7-8:30 pm FN  
Open Level Thu 7:30-9 pm FN

## Body Care and Awareness

Open Level Sat 1-3 pm MW

A variety of body care techniques including yoga and massage, with an emphasis on proper alignment, energy flow, flexibility, strength, body/breath coordination, and tension relief. Self-paced with the goal of becoming strong, flexible, relaxed, and healthy.

## Ballet

Pre-ballet 6-8 yo's Fri 3:45-4:30 pm BOP  
Fundamentals 8-11 yo's Fri 4:30-5:30 pm BOP

## Ballet ages 10 + up

Level 2 Wed 3:45-5 pm GP  
Level 3 Wed 5-6:30 pm GP  
Level 4 Tue and Thu 3:45-5:15 pm SI  
**Pointe** (teacher approval required)  
Level 1-2 Wed 6:30-7 pm GP  
Level 3-4 Tue and Thu 5:15-6 pm SI

## Classes for Kids and Preteens

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

## Junior Jazz ages 9-13

Level 1-2 Wed 5-6 pm KO  
Level 3-4 Fri 5:30-7 pm KO

## Junior Hip Hop ages 8-13

Level 1-2 Thu 3:45-4:45 pm RL  
Level 3-4 Wed 3:45-5 pm BJP

## Junior Modern ages 9-13

Level 1-2 Sat 2:30-3:45 pm KO  
Level 3-4 Sat 1-2:30 pm KO

## Tap Kidz ages 9-13

Level 1-2 Thu 4:45-5:45 pm BJP

## 2010 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 \_\_\_\_\_

## 2010 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 \_\_\_\_\_