

## General Information

### Hip Hop Immersion

6/21 – 6/25 9 am–2 pm

For ages 9–15 all levels

Faculty: Rose Leach, Justin Hover, and BJ Paulin

Tuition: \$220 Limit 24

### Modern Dance Intensive

6/28 – 7/2 9 am–2 pm

For ages 10–15 some training recommended

Faculty: Kaitlyn O'Donnell, Isadora Snapp,  
and Stephanie Lawson

Tuition: \$220 Limit 24

### The Amazing Treasure Chest

7/6 – 7/9 9 am–11 am

For ages 4–6

Faculty: Tracy Martin and assistant

Tuition: \$95 Limit 14

Please bring a shoe box to camp

### Dabble Dance

7/6 – 7/9 9 am–12 noon

For ages 7–9

Faculty: Kiera Sauter and Tracy Martin

Tuition: \$130 Limit 16

### Attire

Students in **Treasure Chest** and **Dabble Dance** wear any sensible clothing appropriate for moving, stretching, and bending. **Modern** students can go bare-footed or wear thin cotton socks. Sneakers are recommended for **Hip Hop**.

### Snacks and Lunch

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

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**Contemporary Dance  
and Fitness Studio**  
18 Langdon St. • Montpelier, VT • 05602  
Lorraine Neal, Director • 229-4616  
[www.cdandfs.com](http://www.cdandfs.com)

**Return Service Requested**

Summer 2010

# Dance Camps and Intensives

For ages 4 to 15

beginners through advanced

The Amazing Treasure Chest  
Dabble Dance Camp  
Hip Hop Immersion  
Modern Intensive

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## About the Camps and Intensives

### Hip Hop Immersion

6/21 – 6/25

9 am–2 pm for ages 9–15 all levels

Faculty: Rose Leach, Justin Hover, and BJ Paulin

Tuition: \$220 Limit 24

Each day of this intensive begins with a comprehensive warm-up preparing students to dive into a rigorous regimen of strength training, skill building, and challenging choreography. After being divided into age and level appropriate groups, 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!

### Modern Dance Intensive

6/28 – 7/2

9 am–2 pm for ages 10–15 some training recommended

Faculty: Kaitlyn O'Donnell, Isadora Snapp, and Stephanie Lawson

Tuition: \$220 Limit 24

Studying the ever-changing style of modern is becoming more and more essential for all dancers. Jazz, ballet, African, and even hip hop choreographers often infuse elements of modern into their dances, creating works with drama and depth.

Each day of our Modern Intensive starts with a core-strengthening Pilates class followed by an age and level appropriate technique class. Exploring the elements of composition and improvisation, students are then guided through the process of making their own dances. These studies, along with works choreographed by the faculty, are presented at an informal showing on the last day of the intensive.

### The Amazing Treasure Chest

7/6 – 7/9

9–11 am for ages 4–6

Faculty: Tracy Martin and assistant

Tuition: \$95 Limit 14

The treasure chest opens...what's inside? Come and see! A tiger? A snail? An adventure awaits! Through imaginative play, theater, dance, and art, children discover faraway lands filled with characters of their own creation. Fostering cooperation, collaboration, body awareness, and dramatic skills, young artists make simple props and costumes to store in their very own treasure chest...along with lasting memories!

Note: Please bring a shoe box to camp.

### Dabble Dance

7/6 – 7/9

9 am–12 noon for ages 7–9

Faculty: Kiera Sauter and Tracy Martin

Tuition: \$130 Limit 16

This camp is specifically designed for the student 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 encouraging the young dancer to find his or her personal expression.

Each camp/intensive will feature a short presentation the last half hour 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.

A non-refundable deposit of \$50 per student per camp is due with this application. The remainder of the tuition is due 6/15/10.

Please fill in and return to:

### Contemporary Dance and Fitness Studio

P.O. Box 1182, Montpelier, VT 05601

by June 1, 2010. 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  Treasure Chest

Hip Hop  Dabble Dance

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

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

Registering for:  Modern  Treasure Chest

Hip Hop  Dabble Dance

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

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

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

# \_\_\_\_\_

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

Signature \_\_\_\_\_

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