

General Information

Dates

June 7 to July 15

Please check schedule.

Some classes may end before July 15.

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 \$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 Capoeira

6 classes - \$78 12 classes - \$150

or 3 punches on any CD&FS punch card

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 2010 Dance Classes

June 7 to July 15

**for teens and adults
all levels**

Modern Jazz Ballet Hip Hop Tap
African Dance Workout **Plus...**

Capoeira

with Fabio Nascimento

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802 229-4676

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Classes

For Teens and Adults

Modern

with Isadora Snapp and Kaitlyn O'Donnell

Level 1-2 Thu 5:30-6:45 pm KO
Level 3-4 Tue 7-8:30 pm KO
Level 3-4 Thu 5:30-7 pm IS

Ballet

with Isadora Snapp and Geneviève Pellman

Level 1-2 Wed 7-8:15 pm GP
Level 3-4 Mon 5-7 pm IS
Level 3-4 Wed 5-6:30 pm GP

Pointe

Level 2 & up Wed 6:30-7 pm GP
All pointe work is by teacher approval only.

Jazz

with Kiera Sauter

Level 2-3 Tue 5:30-7 pm

Hip Hop

with Kiera Sauter and BJ Paulin

Level 1-2 Tue 7-8:15 pm KS
Level 3-4 Mon 7-8:30 pm BJ
Level 3-4 Wed 7-8:30 pm BJ

B-Boys/B-Girls

with Justin Hover

Level 1-2 Wed 6-7 pm
Level 3-4 Wed 4:45-6 pm

Tap

with Allison Mann

Level 1-2 Mon 6-7 pm

African Dance Workout

with Allison Mann

Open Level Tue 5:30-7 pm

Capoeira

with Fabio Nascimento

Open Level Mon 7-8:30 pm

Open Level Thu 7-8:30 pm

About Capoeira

As Brazilian landowners saw many of their slaves dying of "banzo," or boredom and sadness, they allowed them to practice their religion twice a month. Out of these ritual practices, the slaves created a martial art disguising it as dance. Capoeira, the art of the "dance-fight," was born. Today, capoeira is known for combining strong and fluid movement with dynamic use of space, rhythm, and a spirit of "trickiness" and play.

About Fabio

Brazilian native, Fabio (Fua) Nascimento, graduated from a traditional capoeira academy where he studied under the tutelage of Aberré, one of the most recognized capoeira masters. Fua has trained in capoeira for twenty years, and has been performing and teaching throughout Brazil and internationally for the past twelve years.

About the class

Working with the rhythmic and movement traditions of the art form, students will learn the basic elements of capoeira: "ginga" and its variations, attacks and defenses, as well as the aesthetic movements through which the fight was disguised as dance.

What to wear

Loose fitting pants and form-fitting t-shirt or tank top. No shoes necessary.

Tuition

6 classes - \$78 12 classes - \$150
or 3 punches on any CD&FS punch card

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: Modern 1-2

Modern 3-4 Tue Thu

Ballet Level 1-2

Ballet Level 3-4 Mon

Level 3-4 Wed Pointe

Jazz

Hip Hop 1-2

Hip Hop 3-4 Mon Wed

B-Boys/B-Girls Level 1-2 Level 3-4

Tap 1-2

African Workout

Capoeira Mon Thu

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Check enclosed \$ _____

I have a punch card

Charge my Mastercard/Visa \$ _____

Exp date _____

Signature _____

Print Name on Card _____