

Return Service Requested

Dance Classes

Winter-Spring 2010
January 4 to May 16

for children, teens, and adults
all levels

Jazz ° Tap ° Ballet ° Modern
Lyrical Blues ° Musical Theater
B-Boys & B-Girls ° Hip Hop
Noon Dance Mix ° 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

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)

Go to www.cdandfs.com for up-to-date listings of special events and workshops offered throughout the semester.

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
AM - Allison Mann - Office Manager
DN - Deborah New
TM - Tracy Martin
RL - Rosemary Leach
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

Winter/Spring session 1/4/10 - 5/16/10 (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	\$164	\$201	\$237
(2nd child)			
Single class	\$12	\$15	\$18
(for guests)			

Costume Fees: \$38 per child per class

There is no costume fee for 3 to 6 year olds. These students will participate in an informal performance on Sunday, May 9 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 wardrobe.

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.

Costume Refunds: We cannot issue a refund for costumes after they have been ordered. Please notify us immediately if your child will not be performing.

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 *Beginners Welcome!*

Ballet

Strictly Technique

Level 1-2 & up Wed 7-8:15 pm GP *Beginners Welcome!*

Modern

Level 1-2 Mon 7-8:30 pm IS *Beginners Welcome!*
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 *Beginners Welcome!*
Level 3 Tue 7-8:30 pm MJCB

Hip Hop Fusion

Level 4 Fri 6:45-8:15 pm MJCB

Hip Hop combined with contemporary, musical theater, and MJ's unique and quirky style.

Tap

Essentials Level 1-2 Mon 6-7 pm AM *Beginners Welcome!*
Orchestrations Level 3-4 Thu 6-7 pm PP

Teen Jazz

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

Noon Dance-Based Workouts *Beginners Welcome!*

African Caribbean Mon, Fri 12-1 pm AM

Modern Tue 12-1 pm LN *New Class!*

Dance Mix-Jazz/Funk/Blues Wed 12-1 pm AM *New Class!*

Dance Mix-Latin/Pop/Swing Thu 12-1 pm LN

Full Body Conditioning *Beginners Welcome!*

Open Level Sat 9-10:30 am AM

African Dance Workout *Beginners Welcome!*

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 Fri 10:45-11:30 am TM *Accepting New Students!*
5-6 yo's Tue 3-3:45 pm TM ***Accepting New Students!*
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 *New Students!*
Fundamentals Fri 4:30-5:30 pm BOP *New Students!*
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 IS
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 IS
& 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 Tue 3:45-5 pm DN *New Students!*
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 1 Sat 2:45-3:45 pm KS *Accepting New Students!*
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 *Accepting New Students!*

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 *Accepting New Students!*

***New Class Time!*

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 # _____

Work # _____

Cell # _____

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 # _____

Cell # _____

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 2010 enclosed \$ _____

Costume fees enclosed \$ _____

Charge my Mastercard/Visa \$ _____

Exp date _____

Signature _____

Print Name on Card _____