



Studio for the Living Arts (SLA) Dance Complex offers year-round classes with an extensive Summer Program for dancers of all ages and abilities. Our professional faculty and high energy atmosphere provides complete and personalized dance training to both the recreational dancer as well as the serious student who is looking to train intensively.

If you are a serious dancer looking to refine your technique, we offer a comprehensive summer training program for all levels through a weekly series of classes, Intensives, Master Classes, and Children's Camps. Our summer program is open to all students from any studio or school. At SFLA we support all that wish to improve. If you have not taken class at SFLA Dance Complex before we will help place you in the right level and the right style to achieve your summer goals.

Our summer schedule has no shortage of creative and unique dance classes offering the opportunity to experience, experiment, and explore, the many different aspects of dance!

6 Week Courses July 12 - August 19

- ↳ Acro/Tumbling Classes
- ↳ Acting Classes
- ↳ Ballet, Pointe and Pre-Pointe Classes
- ↳ Contemporary Classes
- ↳ Competition Classes
- ↳ Industry Class Commercial Jazz
- ↳ Hip-Hop Classes
- ↳ Jazz Classes
- ↳ Leaps, Turns, Technique, Improv
- ↳ Lyrical Classes
- ↳ Tap Classes
- ↳ Adult Hip-Hop, Fitness, and Barre Classes

Summer Camps

- ↳ **6 WEEK CAMP "BE OUR GUEST"**
 AGES 3-6 / TUESDAYS, 5:30-6:15PM, JULY 13 - AUGUST 17
 CREATIVE MOVEMENT CAMP MEETS ONCE A WEEK FOR 6 WEEKS
- ↳ **4 DAY MUSICAL THEATER CAMP**
 AGES 6-12 / MON-THURS/ AUGUST 23 - 26. 5:00-8:00PM
- ↳ **1 DAY #dancecampREMIX : HIP-HOP AND ACRO CAMP**
 AGES 8-12 / THURSDAY/ JULY 8, 9:00AM-2PM
- ↳ **ONE DAY, FUN DAY, CAMP "MAGICAL UNICORN" THEME**
 AGES 3-8 / TUESDAY, JULY 13, 9AM-12PM
- ↳ **ONE DAY, FUN DAY, CAMP "SUPERHERO" THEME**
 AGES 3-8 / TUESDAY, JULY 20, 9AM-12PM
- ↳ **ONE DAY, FUN DAY, CAMP "DISNEY" THEME**
 AGES 3-8 / TUESDAY, AUGUST 3, 9AM-12PM

Summer Intensives

- ↳ **SUMMER BALLET INTENSIVE June 21 - June 25th**
 9:30am-12:30pm Jr., 9:30am-2:30pm and Inter Adv+ Advanced Intensive
 3 level program is designed for students age 7 and up. Ballet Technique, Pre-Pointe/Pointe class, Variations, Modern, and "Progressing Ballet Technique (PBT)"

Summer Master Classes/Conventions

- ↳ **SUMMER MASTER CLASSES, AND DROP-IN POP-UP CLASSES**
 Our annual summer session brings a variety of Master Classes for New England area dancers with different visiting guest artists. Dancers from all over New England come together to take part in this unique summer training opportunity.

6 WEEK SUMMER FEE SCHEDULE

July 12 - August 19, 2021

6WK SCHEDULE OF CLASSES Add total hours per student	TUITION 6 Week Session
.5 hr	\$65
.75 - 1 hour	\$85
1.25 - 2 hours	\$135
2 .25 - 3 hours	\$178
3.25 - 4 hours	\$225
4.25 - 5 hours	\$250
5.25 - 6 hours	\$285
6.25 - 7 hours	\$320
7.25 - 8 hours	\$335
9+ hrs = unlimited summer session*	\$355
Family Unlimited summer session*	\$485
Private lessons (scheduled through the office)	\$30 half hour \$60 hour
SUMMER CAMPS, INTENSIVES, AND ADULT CLASSES	FEES
Adult Fitness "Burn" 6wks	\$75
Adult "Barre" Fitness 6wks	\$55
Adult Hip Hop 6wks	\$75
Be Our Guest Camp 6wks 7/13- 8/17	\$75
#dancecampREMIX! 7/8	\$65
One Day, Fun day, Camps	\$45
Musical Theater Camp 8/23-8/26	\$125
Junior Ballet Intensive 6/21-6/25	\$125
InterAdv+Adv Ballet Intensive 6/21-6/25	\$225
Master Classes + Pop Ups	Fees vary per guest teacher

*Unlimited fees do not include dance camps, adult fitness, Pop-Up classes, intensives, or master classes, which are separate.

REGISTRATION is first-come, first served. Many popular classes fill before June so we recommend registering early to secure placement in class. For full classes, please email us and we can recommend an alternate course. There is no registration fee for our 6 week Summer Session of classes. Payment is due at the time of registration to secure your space in class.

REFUNDS: Absence from summer classes/camps is non-refundable/non-transferrable. There are no refunds for tuition. Tuition is not prorated. Although we are unable to pro-rate tuition, students may take advantage of making up any missed classes with another class offered over the Summer Session. *Please stop at the desk and inform the receptionist when you are making up a class.*

ONLINE REGISTRATIONS OR BY PHONE You may register online (recommended) by following the link provided on our website www.studioforthelivingarts.com. Once registered you will have 24-hour access to your dance account. You can view charges and payments, as well as make payments online at any time. You may also register in person at the studio, or by phone: 207.657.3006.

LEVEL PLACEMENT All classes are taught with proper terminology, conditioning stretches for flexibility, body awareness for appropriate ages and levels, and creatively challenged in a positive and caring dance environment. We place all children in classes according to skill, ability and improvement, rather than age. Please note: Age reference is merely for "new" student enrollment until instructor has properly observed student's ability.

Returning Students Our goal is to keep each class progressing together at a similar pace while paying attention to the slight mixed level that will naturally arise and change throughout the year.

New Students: For dancers who come to us with experience at other studios or who have been absent from us for some time, we need to ask a few questions to familiarize ourselves with your skill level and capabilities. Once the initial placement is determined, the first class is then used as a trial. After the first class the teacher will make an assessment and advise if proper placement has been achieved or if a switch to another class is a better fit.

CLASS LEVEL GUIDE:

Level 1 Beginner: Basic fundamentals are introduced, including body alignment, vocabulary, and basic positions of the feet & arms.

Levels 2-3 Advanced Beginner /intermediate Each level is structured to provide more advanced training as the student is ready.

Levels 4-6 Inter. Advanced/Advanced These Inter. Adv. and Adv. levels are the culmination of study and hard work. Students should possess 5+ years of recent and consistent training.

SUMMER SESSION DROP-IN MASTER CLASSES

Summer Session offers a community-wide series of master classes for New England area dancers and it is the place to be for the intermediate thorough advanced dancer who wants to gain the experience of taking class with master instructors and choreographers. Dancers from all over come together to take part in this unique summer training opportunity! Register online for as many Master Classes as you wish. Register early to reserve your spot. Master Class Fees are non-transferrable/non-refundable. Check back frequently for updated schedule add ons. Master Class fees vary per guest teacher.

SCOTT FOWLER - JAZZ MASTER CLASS

Scott has performed on Broadway in six shows as well as two national tours.....his most memorable being JEROME ROBBINS BROADWAY, SWING and Twyla Tharp's MOVIN OUT. Feature films include ROCK OF AGES, GANGSTER SQUAD, GNOMEO & JULIET ,BEDTIME STORIES,THE PRODUCERS, GUESS WHO, GEORGE OF THE JUNGLE, INSPECTOR GADGET, MIGHTY APHRODITE and his personal favorite, the best picture Oscar winner CHICAGO. Television appearances include BUNHEADS, SO YOU THINK YOU CAN DANCE, DANCING WITH THE STARS, GLEE, WILL & GRACE, SWINGTOWN, ELLEN, SUDDENLY SUSAN, CINDERELLA, TRACY ULLMAN-live and exposed, and the Tony Bennett TV Special AN AMERICAN CLASSIC. Scott, who also danced early in his career with the NEW YORK CITY BALLET, has been in over 30 national commercials from NISSAN to OLD NAVY, GAP and DIET COKE. He continues to perform in live shows from the Oscars to the Emmys as well as teach, choreograph and spread the love of dance in and around this country. After a three year run dancing with CHER from Las Vegas to Moscow Russia, Scott is happy to be back home in Los Angeles. Recently Scott just finished filming a bonus live action musical number to be included on the DVD release of Disney's animation FROZEN. He is very proud of the longevity and variety of his dance career. Scott is grateful and gives thanks to his uncle and mentor Bill Fowler for this life and love of dance.

BREA PERDUE - LYRICAL MASTER CLASS

Brea has trained with and assisted some of the top teachers and choreographers in the country including Mia Michaels, Stacey Tookey, John Crutchman, Dee Caspary and Doug Caldwell at his Broadway Dance Center intensives. Touring with regional ballet companies, and performing with choreographer, Dan Karaty (N'Sync, So You Think You Can Dance), Brea is well versed in all forms of dance. She has established a name for herself as a highly skilled dancer and choreographer, taking her own performances as well as her students to the next level. Brea can be seen in Disney hits such as Teen Beach Movie, High School Musical, and Shake it Up. She has danced in numerous commercials and industrials, appeared in the off-Broadway show, "Break The Floor" and was also a semi-finalist on Season 2 of FOX's hit television show, "So You Think You Can Dance." In addition, Brea has performed in numerous parades and shows at Walt Disney World. Recently, Brea is on faculty at Revel Dance Conventions faculty. Her unique choreography keeps Brea in high demand throughout the country where she teaches workshops and at dance intensives.

RORY FREEMAN - CONTEMPORARY MASTER CLASS

Rory Freeman toured with Travis Wall's Shaping Sound on the brand new show "After The Curtain." He has toured with the company for the past 3 years across the nation as well as performing on The Ellen Degeneres Show. Most recently, he had the honor of performing in Sonya Tayeh's first full length show in New York City called "You Still Call Me By Name." You may have seen him as a Featured Dancer on the hit television shows America's Got Talent Season 11. Rory has worked with some of the top music artists such as: Taylor Swift, Paula Abdul, Earth, Wind, & Fire, and Jack Wagner. Music video credits include: Taylor Swifts' "Shake it Off" and Paula Abdul's' "Check Yourself". Rory is blessed to have been able to perform all over the world with the world renowned dance company, MOMIX. Before his career started he proudly earned his BFA in Modern Dance from SUNY Purchase (NY) in 2010. Rory is a part of the faculty and judges for various national conventions and competitions. Date tba.

TEDDY FORANCE CONTEMPORARY MASTER CLASS Teddy Forance grew up surrounded by dance as the fourth generation to live in his family's studio, the Hackworth School of Performing Arts in Massachusetts. He took his career to a professional level at the age of 17 by traveling throughout Greece as a dancer for international pop star Anna Vissi. In the years following, Teddy partnered with many esteemed choreographers including Mia Michaels, where he assisted the Celine Dion Taking Chances tour, as well as performing as a lead dancer on Cirque du Soleil's Delerium. Well-known for his work with seasons two and three of the Fox reality show So You Think You Can Dance, he received an honorary Emmy nomination. Teddy has begun to carve his career on the Dancing with the Stars stage as well, both as a featured performer and as a choreographer for Julianne Hough and Kenny Wormald. He has also performed with award-winning artists including Lady Gaga on American Idol, Usher at the American Music Awards, Florence and the Machine at the MTV Video Music Awards, among others, and choreographed for Kelly Clarkson on the American Music Awards. Currently, he teaches around the world for JUMP Dance Convention. Teddy is a founding member of the Los Angeles based dance company Shaping Sound. Follow him at @TeddyForance

DREW BURGESS ACRO MASTER CLASS Ohio native, Drew, relocated to California, and trained at L.A.'s best studios including EDGE, Millennium, Fusion, and the PAC Annex. Drew is highly sought after as a performer, choreographer and guest teacher. Drew can be seen on teaching & on adjudication panels for: Chicago National Association of Dance Masters, Dance Teachers Club of Boston, Leap! Competition, Dance Masters of America Regional Chapters, Dance Educators of America, Encore Dance & the Rhee Gold Company. Drew is certified by test to teach through DMA & DEA in Ballet, Tap, Jazz, & Acrobatics and is an active member in both organizations. Drew is also proud to be Acrobatic Arts Certified (M1-M3) & part of their U.S. Division Staff of Course Conductors & Adjudicators. Drew's passion for dance circles the globe with guest workshop classes, technique clinics, & choreography, year-round. His corporate & live entertainment credits include performances with the Radio City Rockettes, Taylor Swift, & The Baha Men. His National Choreography merits include the Sherry Gold Memorial Choreography Award from DMA & Best Small Group & Production from NexStar. Drew has toured worldwide with Rasta Thomas' Bad Boys of Dance as a Swing in Rock the Ballet 2 and Romeo & Juliet. Drew now resides in Columbus, Ohio and is part of the weekly teaching staff at Straub Dance Center. Drew has also filmed several episodes of class content at CLI Studios in Los Angeles.

ALEX WONG MASTERCLASS Alex was born in Canada. In 2000 Alex won two Junior World Titles in Tap and Showdance. Alex won the Audience Choice Award and was a Bronze Medallist in the 2003 Genee International Ballet Competition. In 2004, he became the first Canadian to win the Prix de Lausanne competition in Switzerland. He danced with American Ballet Theatre and was a Principal Soloist with the Miami City Ballet. Alex was a finalist on Season 7 of the FOX hit series "So You Think You Can Dance" competing for the title of America's favorite dancer but was sidelined by an injury halfway through the season. Later that year, both pieces Alex danced on So You Think You Can Dance choreographed by Mia Michaels and Tabatha & Napoleon both won Emmy Awards. Alex has returned as an All Star for many seasons on SYTYCD and several of his pieces he danced in received Emmy nominations or wins. Alex was also a Semi Finalist on American Idol Season 11 and in 2011, Alex had his Broadway debut, playing the role of "Sniper" in the Original Broadway Cast of the Disney musical "Newsies" which won two Tony Awards and received six other Tony nominations. Alex also won the ACCA Award for Outstanding Original Chorus for the Broadway 2011-2012 season and the album was nominated for a Grammy Award. Alex's recent notable credits include Dancing with the Stars, Taylor Swift, Jonas Brothers, Ariana Grande, Dolly Partons' "Christmas on the Square, Mariah Carey's Christmas Special, Rebel Wilson's "Isn't It Romantic", Starz TV series drama "Flesh & Bone" playing the role of "Kim", NBC's Peter Pan, Ted 2, Glee, The King & I on Broadway, CW's "Crazy Ex Girlfriend", Drunk History, The Voice, SNL, The Daily Show, James Corden, Fosse/Verdon, the Billboard Awards with Paula Abdul, The Oscars, Little Mermaid Live, and he has been the cover star of Dance Magazine, Dance Spirit and many others. Alex was a part of the hit movie musical "The Greatest Showman" starring Hugh Jackman, Zac Efron, Zendaya and Michelle Williams playing the role of "Oriental Oddity". He is also part of the film adaptation movie musical "In the Heights" set to premiere in the summer. Alex continues to create content on his social media pages IG and TikTok amassing over 1.5 million followers and is also traveling around the world headlining dance conventions.

*Check back frequently!
We are still adding Master Classes and Pop-Ups for Summer Session*

SUMMER DANCE CAMPS

#dancecampREMIX! ACRO+HIP-HOP CAMP AGES 8-12: JULY 8 9AM-2PM /FEE \$65

Get ready to mix up the summer with #dancecampREMIX! for boys and girls ages 8-12 (broken into ability and age appropriate groups). Students will start the day with Acro Tricks and Tumbling then we switch gears with tons of Hip Hop Choreography and Improv. The day ends with a photoshoot so bring a wardrobe change and dress the part with your coolest, freshest + fun hip hop fashion!

4 DAY MUSICAL THEATER CAMP AGES 6-TEEN: AUGUST 23-26 5PM-8PM /FEE:\$125

Our dynamic Musical Theater duo Pam Collins-Stahle and Kelly Fantigrossi are back to bring you an unparalleled Musical Theater experience! Students ages 6-teen are broken into levels 2-4. Theater Camp students will study singing, dancing and acting while rehearsing for an end of week performance from the classics to our modern age. Camp will conclude with a showcase of the students work on the last day . Kelly holds a M.F.A. in Acting from UCLA and a B.A. in Theater with a Minor in Dance from Temple University. In addition to teaching tap and acting at SLA Dance Complex, Kelly's teaching history includes Acting classes at the University of California, The American Academy of Dramatic Arts/Manhattan, and The NYC National Dance Institute. Miss Pam has been working as a Musical theater choreographer for over ten years with Lake Region Community Theater and Lake Region High School. Her productions include, "The Wizard of Oz", "Gypsy", "Oliver", "Annie", "Willy Wonka", "My Fair Lady", "Suessical the Musical", "Beauty and the Beast", "High School Musical", "Oklahoma", "Little Shop of Horrors", "Hello Dolly", "Grease" and "Cinderella". Her professional career has carried her overseas to Singapore and Taiwan while employed with "DisneyFest" and "Sesame Street Live". She has graced the Disney World stages performing in "Mickey's International Songbook" at Epcot Center and the 25th Anniversary "Spectro Magic Parade".

"BE OUR GUEST" 6 WK DANCE CAMP AGES 3-7: JULY 13 - AUG 17 5:30-6:15PM

This popular children's summer camp meets once a week for 6 weeks each Tuesday. "Be Our Guest" is a fun and educational camp that covers a combination of dance styles, tumbling, and creative movement. Each week features a different live Princess character guest. In addition to Belle, some of her visiting "guests" will include Frozen's Anna and Elsa, Ariel, Tinker Bell, Félicie, and Moana.

ONE DAY, FUN DAY, CAMPS! AGE 3-8: TUESDAYS 9AM-12PM/ FEE \$45 PER CAMP

These action packed half-day camps include dancing, tumbling, themed crafts and fun energetic dance games. Please pack a nut free snack and a drink. Please let us know if your dancer has any food allergies. Students will be broken into ability and age appropriate groups.

JULY 20 "MAGICAL UNICORN CAMP" This magical camp is full of all things unicorn, from the dancing, to the glittery crafts, it's sure to be a magical time!

JULY 27 " THE GREATEST SUPERHERO CAMP" All of the best superheroes will surely save the day! Hero Training: Hero Stunts & Dance Moves (Tumbling and Dance) "Save The Universe" Obstacle Courses, Hero Arts & Crafts. Boom!!

AUGUST 3 "DISNEY CAMP" Channel your inner Disney Prince or Princess through music, dance and tumbling, all to our favorite Disney Songs!

SUMMER BALLET INTENSIVE

SUMMER BALLET INTENSIVE : MONDAY-FRIDAY , JUNE 21-JUNE 25

The Studio for the Living Arts (SFLA) Summer Ballet Intensive is a 3 level program designed for students age 7 and up. Over the week, students will study with SFLA faculty and guest teachers refining their skills in technique and artistry. Students receive training in ballet, pre-pointe, pointe, modern, variations, and Progressive Ballet Technique (PBT) classes. Students will also participate in a closing demonstration at the end of the week.

Studio for the Living Arts Faculty:

Elizabeth Avantaggio
Grace Koury
Kate Smedal

Guest Faculty:

Joseph Jefferies, Boston Ballet
Kate Marchessault, Casco Bay Movers
Sasha Yapparov, Portland Ballet

Levels/Fees:

Advanced Beginner : Age 7+ (9:30am-12:30pm) \$125
Intermediate, Inter Advanced : Age 10+ (9:30am-2:30pm) \$225
Advanced: Age 15+ (9:30am-2:30pm) \$225

Dress Code:

FEMALES: Black leotard and pink ballet tights; short dance skirts are acceptable on occasion. Pink ballet slippers and pointe shoes, if applicable. Hair must be pulled back into a bun. MALES: White t-shirt and black pants for classes . Ballet slippers.

What to Bring: * Advanced Beginner: Water bottle and snack. * Intermediate-Advanced: Water bottle, snack, lunch.

The safety of our students has been a priority since our June 2020 re-opening. SFLA has been operating with the most up-to-date health and safety protocols including thorough cleaning procedures, enforced mask use, and social distancing. Please contact Director , Susan Cloutier, studiofortheivingarts@yahoo.com , with any questions.

6 WEEK COURSE DESCRIPTIONS – CLASSES BEGIN JULY 12th

ACRO/TUMBLING CLASSES FROM PRE-SCHOOL THROUGH ADVANCED Students learn a variety of skills including walkovers, flips, handsprings, aerials, and more. Additional focus is also placed on core strengthening exercises and increasing flexibility. Acro can be incorporated into dance, cheerleading and gymnastics. Our classes are taught by Certified teachers and we are an Acrobatic Arts Certified studio.

ACTING is for those students seeking a performance training class. This 6 week course includes theater movement/vocal based techniques, exercises pertaining to terminology related to the actor, and a performance workshop segment that gives students practical experience in the rehearsal and performance process. After our final class there will be an "in studio performance-in-progress" to highlight work developed in our performance workshop and/or any work developed as a result of our creative endeavors.

BARRE CLASS FOR ADULTS Erin Marengi is the mother of two teenagers, a former gymnast, lifelong dancer, and certified yoga instructor who has recently completed a 100-hour barre teacher training with The Portland Yoga Project after many years of enjoying the strengthening/toning benefits of supplementing her yoga practice with regular barre classes. Barre classes are an energetic series of targeted muscle exercises, usually smaller range movements and higher reps focusing on alignment and core engagement, with yoga-inspired stretching throughout for the muscle groups worked - all set to a fun playlist! The workout is done barefoot on a yoga mat and uses light hand weights, a yoga block, small exercise ball. The ballet barre is used for balance for some of the ballet-inspired moves.

BALLET/POINTE is essential to building a solid dance education. A classical form of dance which concentrates on barre, centre floor, proper body alignment, and technique. Pre-Pointe/Pointe work is available by teacher permission. Twice a week summer training is recommended for ballet levels 3-5. Pointe work is available by teacher permission. Pointe students must be enrolled in 2 ballet classes per week.

BURN is an adult fitness class. Expect the unexpected! Pam brings her own unique style to this ultimate calorie-burning workout through challenging combinations of cardiovascular drills and strength training: Cardio, Lower Body Strength, Upper Body Strength, and Core (paired with a great playlist)! All Burn workouts can be modified up or down, so it will push you no matter where you are in your fitness journey. Bring your hand weights, bands, and a yoga mat. Studio provides stability balls.

CONTEMPORARY dance is a style of expressive dance that combines elements of several dance genres, including modern, jazz, lyrical and ballet. Contemporary dancer combines fluid dance movement and technique.

HIP-HOP Our hip-hop is a fast moving, high energy style class that is taught to the latest music of today. Warm-up, strength, stretches, and isolation segments are followed by combinations and hip-hop choreography. Hip-Hop mixes Funk and Street dance styles that are commonly seen in music videos. No technical training needed!

INDUSTRY CLASS (COMMERCIAL JAZZ) Industry Class features commercial jazz, a stylized combination of funk, hip hop and jazz, similar to styles seen in music videos for Beyonce and Lady Gaga. We offer Junior and Senior level classes which start out with a warm up and weekly combinations that will fine tune your ability to pick up quickly, retain choreography, and perform like a professional! Footwear: Industry class is done in heels, anything you feel comfortable walking in: they can be 1 inch character shoes, stilettos, Latin heels, boots, booties, etc. Feel free to bring a couple different pairs to try.

JAZZ Class will consist of weekly warm ups focusing on strong technique, across the floor jumps and turns, and dance combinations.

LYRICAL Class is designed for dancers looking to grow and challenge themselves with technique, style, and artistry. A song's lyrics are a driving force and key inspiration for the movement. A solid ballet-based technique is an essential component of this style of dance as is various other forms of jazz and modern dance.

LEAPS, TURNS, TECHNIQUE If your summer goal is to perfect your turns or reach new heights with your leaps, then jump into this class! Class is geared towards helping the highly motivated dancer improve on their technique and skills of leaps and turns. Class focuses on technique and progressions for turns & leaps as well as core strength and flexibility.

PIROUETTES AND JUMPS Elevate your ballet technique this summer! In addition to ballet jumps, pirouette work will progress from simple pirouette en dehors and en dedans to pirouette in attitude, arabesque and à la seconde. It will also include the breakdown of Fouetté turns, pique, chaine and combinations en manège.

PROGRESSING BALLET TECHNIQUE PBT referred to as PBT, is an innovative program designed to train dancers to improve technique, flexibility and strength to achieve their personal best in classical ballet. PBT is an innovative program developed by Marie Walton-Manhon and her team of physiotherapists. PBT classes at Studio for the Living Arts Dance Complex (SFLA) are taught by faculty member Elizabeth Avantaggio who recently completed her PBT certification as an instructor. PBT class is geared towards junior dancers ages 8+ through adult, (level 3-6 ballet).

TAP Basic steps are introduced and turned into fun and challenging combinations. Emphasis will be placed on learning technique, timing, rhythm and syncopation.



PULSE DANCE COMPANY AUDITIONS, SUNDAY, JUNE 6, 2021

Pulse Dance Company is designed as a conservatory-type program that prepares students to become technically proficient dancers and artists. The Company serves as a performance and competition group.

At Studio for the Living Arts Dance Complex, we offer exceptional instruction with a professional faculty, innovative and current choreography, limitless opportunities, and professional mentorship. Our competition dance experience is also offered at various levels of commitment. The limitations to your training and level of dancing are set by you the dancer. Our goal is to create a positive and nurturing environment at the studio while we develop diverse dancers that have a strong understanding of technique, choreography, and performance.

Pulse is one of the largest and longest running competition dance teams in Southern Maine. Pulse consists of 100+ members from 15 different towns and cities. Our informational meeting for interested members will be held Sunday, May 19, 12pm, at the studio. If you would like to join us for our 30th season, please email the Director for an Audition packet. Susan Cloutier: studiofortheivingarts@yahoo.com

SUMMER SESSION DRESS CODE

BALLET CLASSES LEVELS I –VI

FEMALES: Hair in a ballet bun, any solid color Leotard, Footed Ballet Pink tights, Pink ballet slippers (leather or canvas). Males: Black pants/shorts, white t-shirt.

JAZZ /TECHNIQUE CLASSES/ TAP/ACRO CONTEMPORARY/LYRICAL/MUSICAL THEATER

Solid or Print Leotard any color, fitted camisole, or crop tank top
Dance shorts, leggings. Males: Dance pants/shorts, t-shirt.
Hair secured back away from the face.

HIP-HOP

Loose fitting, athletic type top and bottom and
clean sneakers (not worn in off the street).

CREATIVE MOVEMENT AND CHILDREN'S CAMPS DRESS CODE

Leotard (any solid color or print)
Tutu/Skirt/Dance Shorts/Leggings. Tights optional
Leather ballet slippers or barefeet.
Boys: Comfortable pants or shorts and t-shirt.

BALLET INTENSIVE DRESS CODE

Females: black leotard and pink ballet tights; short dance skirts are acceptable on occasion. Pink ballet slippers and pointe shoes, if applicable. Hair must be pulled back into a bun. Males: White t-shirt and black pants for classes. Ballet slippers.

NUTCRACKER AUDITIONS COMING THIS FALL!

with **Elizabeth Avantaggio and Kate Smedal**

Our ballet students bring the magical tale of the Nutcracker to life at our annual holiday performance each December. This season we will be holding an evening performance on Friday, December 10, 2021 at 7pm, and a 1pm matinee performance on Saturday December 11th. Theater location tba. Ballet students in levels 1-6 will be performing. Our Nutcracker 2021 Handbook will be available soon on our website.

** Our youngest students enrolled in our ballet program (Levels 1-3) learn their Nutcracker roles during a small portion of their weekly ballet classes and they do not need to attend the audition unless they wish to be considered for extra roles beyond their role taught in class.*

AUDITION LOCATION: Studio for the Living Arts Dance Complex, Gray, ME

There are no Audition Fees. Look for our Nutcracker Audition Form and Nutcracker 2021 Handbook coming this Fall.



CONTACT US: (207)657-3006

Director, Susan Cloutier

e-mail: studiofortheivingarts@yahoo.com

Web: www.studiofortheivingarts.com

Mail: Studio for the Living Arts Dance Complex
Gray Shopping Plaza, 21 Portland Rd., Suite 2
Gray, Me 04039

DIRECTIONS We are located in the Gray Shopping Plaza, 21 Portland Rd., Gray. When using the interstate use Exit 63 of the Maine Turnpike in Gray then turn right to the first set of lights at Gray Corner. Take a right onto Route 100 south. The Gray Shopping Plaza will be on your left.

Classes are held at our main Dance Complex for studios 1-3. Within the same shopping Plaza, 3 doors down from the Complex, we also house "The Annex", our 7,000 Sq. Ft. studio and convention space.

Join us this
Summer
ACTING
SCENE AND MONOLOGUE WORK
IMPROV. AND AUDITIONING
THURSDAYS 6:15-7:15PM
AGES 10-TEEN

**STUDIO FOR THE LIVING ARTS
SLA
DANCE COMPLEX**

KELLY FANTIGROSSI

SUMMER SESSION
July 12-August 19

Registrations open soon: www.studiofortheivingarts.com

Join us this
Summer
INDUSTRY CLASS

Industry Class features commercial jazz, a stylized combination of funk, hip hop and jazz, similar to styles seen in music videos for Beyonce and Lady Gaga. We offer Junior and Senior level classes which start out with a warm up, stylized across the floor progressions, and weekly combinations that will fine tune your ability to pick up quickly, retain choreography, and perform like a professional! Footwear: class is recommended to be danced in heels. Choose what height/ style are right for you: 1 inch character shoes, stilettos, Latin heels, booties, etc. Feel free to bring a couple different pairs to try!

COMMERCIAL JAZZ CLASSES:
INTERMEDIATE WED. 5:30PM
INTER ADV. TEENS TUES. 5:45PM
ADVANCED TEENS WED. 6:30PM

**STUDIO FOR THE LIVING ARTS
SLA
DANCE COMPLEX**

VICTORIA PERREAU

SUMMER SESSION

Register: www.studiofortheivingarts.com

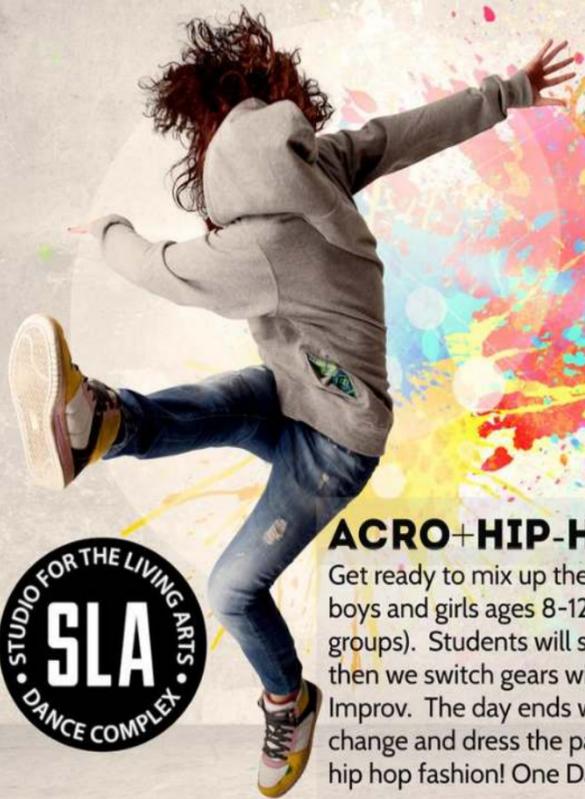
6 WEEK SUMMER SCHEDULE OF CLASSES BEGINS JULY 12 - AUGUST 19, 2021

MONDAY STUDIO #1	MONDAY STUDIO #2	MONDAY STUDIO #3	MONDAY THE ANNEX	TUESDAY STUDIO #1	TUESDAY STUDIO #2	TUESDAY STUDIO #3	TUESDAY THE ANNEX
4:00-4:45pm Hip-Hop Level 4/5 Inter Adv Age 13+ Amanda	4:00-4:30pm Pre-Pointe Level 3 Intermediate Age 10+ Kate	4:00-4:45pm Leaps, Turns, Improv Level 2 Age 8+ Veronica	3:30-4:00pm** Company Rehearsals Acro 6 Adv Drew Burgess/Pam Collins-Stahle		2:30-3:00pm Pirouettes and Jumps Inter/InterAdv Level 3/4 Advanced Grace		3:30-4:00pm** Company Rehearsals Lyrical 5 Brea Perdue Victoria
4:45-5:30pm Hip-Hop Level 2 Adv Beg Age 8+ Amanda	4:30-5:30pm Ballet Intermediate Level 3 Age 10+ Kate	4:45-5:30pm Company Rehearsals TBA Extras Veronica	4:00-5:00pm Acro/Tumbling Level 6 Advanced Age 15+ Pam	4:30-5:30pm Acro+ Tumbling Level 1 Age 5-8 Pam	3:00-4:00pm Ballet Inter/InterAdv Level 3/4 Age 10+ Grace	4:00-4:30pm** Company Rehearsals Ballet 2 Ensemble Kate	4:00-4:30pm** Company Rehearsals Scott Fowler Bdway Jazz 5 Victoria
5:30-6:15pm Hip-Hop Intermediate Level 3 Age 10+ Amanda	5:30-6:30pm Ballet Level 6 Advanced Age 14+ Kate	5:30-6:15pm Ballet Level 1/2 Age 6-8 Veronica	5:00-6:00pm Acro/Tumbling Inter Adv Level 4 Age 12+ Pam	5:30-6:15pm "Be Our Guest" Dance Camp Age 3-6 Pam	4:00-4:30pm Pointe Level 6 Advanced Age 14+ Grace	4:30-5:30pm Ballet Level 2 Adv Beg Age 8+ Kate	4:30-5:45pm** Contemporary Levels 4/5 Age 13+ Victoria
6:15-7:00pm Hip-Hop Level 1/2 Age 6+ Amanda	6:30-7:00pm Pointe Level 6 Advanced Age 14+ Kate	6:15-7:15pm Ballet Level 4/5 Advanced Age 13+ Elizabeth	6:00-6:45pm Acro/Tumbling Adv Beg Level 2 Age 8+ Pam	5:30-6:30pm Tap Level 2 Adv Beg Ages 8+ Kelly	4:30-5:30pm Level 6 Advanced Ballet Age 14+ Grace	5:30-9:00pm Check dates for summer session MASTER CLASSES, GUEST TEACHERS, AND POP-UP CLASSES	5:45-6:30pm INDUSTRY CLASS Commercial Jazz Inter Advanced Levels 4/5 Age 13+ Victoria
7:00-8:00pm Hip-Hop Level 6 Age 15+ Amanda		7:15-7:45pm Pointe Level 4/5 Advanced Age 13+ Elizabeth	6:45-7:45pm Acro/Tumbling Intermediate Level 3 Age 10+ Pam	6:30-7:30pm Lyrical/Jazz Level 3 Age 11+ Stefanie	5:30-6:15pm Pirouettes and Jumps Level 5/6 Advanced Kate		
					6:30-7:15pm BURN Adult Fitness Pam		

****Company Rehearsal Classes are by audition for Pulse Dance Company.
To request an Audition Packet: studiofortheivingarts@yahoo.com**

WEDNESDAY STUDIO #1	WEDNESDAY STUDIO #2	WEDNESDAY THE ANNEX	THURSDAY STUDIO #1	THURSDAY STUDIO #2	THURSDAY STUDIO #3	THURSDAY THE ANNEX
	3:45-4:30pm Leaps, Turns, Jumps InterAdv/Adv Level 4/5 Age 13+ Victoria	4:15-4:45pm Pointe Level 6 Advanced Age 15+ Elizabeth	3:15-4:00pm Leaps, Turns, Jumps Inter/InterAdv Level 3/4 Age 10+ Michelle	3:00-3:30pm Pointe Level 5/6 Advanced Age 15+ Daniela	4:00-4:30pm Creative Movement I Beginner Age 3+4 Karen	4:00-4:45pm** Company Rehearsal Bdway Jazz 4 Scott Fowler Victoria
4:45-5:15pm Pointe Levels 4/5 Inter Adv/Adv Age 13+ Grace	4:30-5:30pm Contemporary Level 3 Intermediate Age 10+ Victoria	4:45-5:45pm Ballet Level 6 Advanced Age 15+ Elizabeth	4:00-4:30pm Company Rehearsals* Lyrical 2 Michelle	3:30-4:30pm Ballet Level 5/6 Advanced Age 15+ Daniela	4:30-5:15pm Tap Level 1 Age 6+ Karen	4:45-5:15pm** Company Rehearsal Lyrical 4 Brea Perdue Victoria
5:15-6:15pm Ballet Levels 4/5 Inter Adv/Adv Age 13+ Grace	5:30-6:15pm INDUSTRY CLASS Commercial Jazz Intermediate Age 10+ Victoria	5:45-6:15pm Progressing Ballet Technique (PBT) Advanced Elizabeth	4:30-5:30pm Lyrical/Jazz Level 2 Adv Beg Age 8+ Michelle	4:30-5:30pm Ballet Pre-Pointe/Pointe Inter/Inter Adv Level 3/4 Grace	5:30-6:30pm Ballet Level 2 Adv Beg Age 8+ Grace	5:00-6:15pm Contemporary Levels 6 Advanced Age 15+ Victoria
6:30-7:30pm Barre Class Adults Erin	6:30-7:30pm INDUSTRY CLASS Commercial Jazz Advanced Age 15+ Victoria	6:30-7:00pm Progressing Ballet Technique (PBT) Inter/InterAdv Elizabeth	5:30-6:15pm Lyrical Level 1 Beginner Age 6+ Michelle	5:30-6:15pm Tap Inter/Inter Adv Level 3/4 Ages 10+ Kelly		6:15-6:45pm** Company Rehearsals Contemporary 6 Forance/Perreault
		7:00-8:00pm Ballet+ Pre-pointe Intermediate Level 3 Age 10+ Elizabeth	6:15-6:30pm Company Rehearsals Lyrical 1 Michelle	6:15-7:15pm Acting Ages 10-teen Kelly		6:45-7:15pm** Company Rehearsals Lyrical 6 Extra Advanced Brea Perdue Victoria
			6:30-7:30pm Hip-Hop Adults Amanda	7:30-8:15pm Tap Teens Level 5 Adv Kelly		

#dancecampREMIX!



ACRO+HIP-HOP CAMP JULY 8TH

Get ready to mix up the summer with #dancecampREMIX! for boys and girls ages 8-12 (broken into ability and age appropriate groups). Students will start the day with Acro Tricks and Tumbling then we switch gears with tons of Hip Hop Choreography and Improv. The day ends with a photoshoot so bring a wardrobe change and dress the part with your coolest, freshest + fun hip hop fashion! One Day Camp: 9am-2pm / Fee \$65

with Amanda Preble + Pam Collins-Stahle

BE OUR GUEST



WITH PAM COLLINS-STAHLE

JOIN US FOR A
6 WEEK DANCE CAMP FOR
AGES 3-5



JULY 13-AUGUST 17

Camp meets on Tuesdays
5:30-6:15pm, for Dance,
Tumbling, and Creative
Movement! Each week features
a different live Princess
character guest. In addition to
Belle, "guests" will include
Frozen's Anna and Elsa, Ariel,
Tinker Bell, Moana, and Félicie
from Leap". Course Fee \$75



Magical UNICORN

TUESDAY, July 13, 2021 9am-12pm
Ages 3-8

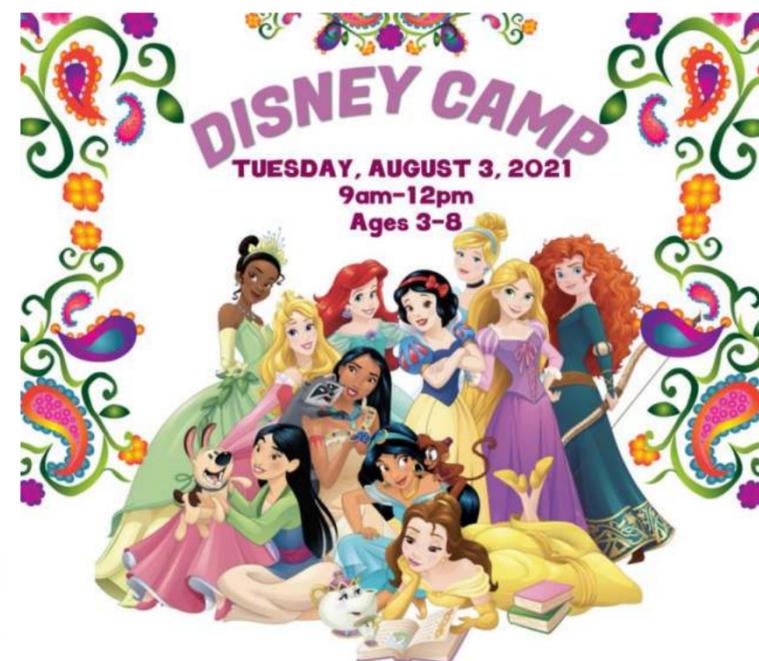
This One Day, Fun Day, Camp is full of all things unicorn! Students will be broken into ability and age appropriate groups for dancing, tumbling, activities, and glittery unicorn crafts. It is sure to be a magical time.

SUPERHERO CAMP

TUESDAY, July 20, 2021 9am-12pm
Ages 3-8



All of the best superheroes will surely save the day! Hero Training will include: Hero Stunts & Dance Moves (Tumbling and Dance) "Save The Universe" Obstacle Courses, and Hero Arts & Crafts!



DISNEY CAMP

TUESDAY, AUGUST 3, 2021
9am-12pm
Ages 3-8

It's another One Day, Fun Day, Camp! Channel your inner Disney Prince or Princess through music, dance, and tumbling, to all of their favorite Disney Songs.

STUDIO FOR THE LIVING ARTS
SLA
 DANCE COMPLEX

August 23-26, 5-8pm

BROADWAY ALL-STAR Musical Theater Camp

Our dynamic Musical Theater duo Pam Collins-Stahle and Kelly Fantigrossi are back to bring you an unparalleled Summer Musical Theater experience! Curriculum will focus on dance, acting, character work, setting scenes, and Improv. This camp will provide an exciting and interactive environment for all, with performances from the classics to our modern age. Course Fee \$125

Levels 2-4, ages 6+ divided by age/ability

Pam Collins-Stahle and Kelly Fantigrossi
 register: www.studiofortheivingarts.com

Join us this
 Summer

Burn

STUDIO FOR THE LIVING ARTS
SLA
 DANCE COMPLEX



"BURN" is an adult fitness class. Expect the unexpected! Pam brings her own unique style to this ultimate calorie-burning workout: Intervals of Cardio, Lower Body Strength, Upper Body Strength, and Core (paired with a great playlist)! All Burn workouts can be modified up or down so it will push you no matter where you are in your fitness journey. Bring your hand weights, and a yoga mat. Studio provides stability balls.

July 13-August 17
 6:30-7:30pm
 \$75/bwks

PAM COLLINS-STAHLE SUMMER SESSION

Registrations are open: www.studiofortheivingarts.com

CONTEMPORARY MASTER CLASS ALEX WONG



MONDAY
 JUNE 28th
 FEE \$45

5:30-7:00pm
 JR-TEEN

7:00-8:30pm
 SENIOR

STUDIO FOR THE LIVING ARTS
SLA
 DANCE COMPLEX

Register: www.studiofortheivingarts.com

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STUDIO FOR THE LIVING ARTS
SLA
 DANCE COMPLEX

PULSE COMPANY AUDITIONS



June 6th

#Season30

WWW.STUDIOFORTHIELIVINGARTS.COM

6 WK SUMMER SESSION WITH AMANDA PREBLE
JULY 15-AUGUST 19TH

ADULT HIP HOP CLASSES

WE'RE BRINGING IT BACK FOR SOME OLD SCHOOL SUMMERTIME HIP-HOP! SUPER HIGH ENERGY, GEARED TOWARD ALL LEVELS. WARM-UP, STRENGTH WORK, AND STRETCHES ARE FOLLOWED BY COMBINATIONS AND HIP-HOP CHOREOGRAPHY WHILE WE GROOVE TO ALL THE POPULAR THROWBACKS FROM THE LATE 80'S AND EARLY 90'S. ALL LEVELS!

THURSDAYS 6:30-7:30PM
SEE YOU ON THE DANCE FLOOR!

Register: www.studiofortheivingarts.com FEE: \$75 - 6 Wks




Register: www.studiofortheivingarts.com

STUDIO FOR THE LIVING ARTS
SLA
DANCE COMPLEX

TUES. JULY 6th, Fee: \$45

4:00-5:30pm
PETITE 7+

5:30-7:00pm
JR/TEEN Inter

7:00-8:30pm
SENIOR Inter Adv+Adv

ACRO MASTER CLASS

DREW BURGESS

Join us this Summer

BARRE

6 WEEK SESSION - ADULT BARRE
WEDNESDAYS 6:30-7:30PM, FEE: \$55

Barre classes are an energetic series of targeted muscle exercises, usually smaller range movements and higher reps focusing on alignment and core engagement, with yoga-inspired stretching throughout for the muscle groups worked - all set to a fun playlist! The workout is done barefoot on a yoga mat and uses props like light hand weights, a yoga block, and a small exercise ball. The ballet barre is used for balance for some of the ballet-inspired moves.

July 14-August 18

ERIN BRASSARD MARENGHI

SUMMER SESSION




THURSDAY
JULY 8th
\$35

4:30-5:30PM
PETITE 7+

5:30-7:00PM
JR/TEEN 10+
Inter+Inter Adv

7:00-8:30pm
SENIOR 14+
Advanced

Register: www.studiofortheivingarts.com



STUDIO FOR THE LIVING ARTS
SLA
DANCE COMPLEX

@theannex

BREA PERDUE

LYRICAL MASTER CLASS

STUDIO FOR THE LIVING ARTS
SLA
DANCE COMPLEX

JULY 20th

SCOTT FOWLER

STYLE

5:30-7:00pm JR Inter + Inter/Adv
7:00-8:30pm SR Advanced

JAZZ

MASTER CLASS

\$35 PER CLASS
Register: www.studiofortheivingarts.com



@theannex

Register: www.studiofortheivingarts.com

STUDIO FOR THE LIVING ARTS
SLA
DANCE COMPLEX

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WED.
JULY 21st
FEE \$45

6:15-7:45pm
JR-TEEN

7:45-9:15pm
SENIOR



TEDDY FORANCE

CONTEMPORARY MASTER CLASS

3 LEVEL PROGRAM
Ballet Technique, Pre-Pointe,
Pointe, Modern, Variations,
Progressing Ballet Technique (PBT)
End of Week Demonstration



Summer BALLET INTENSIVE

Studio for the Living Arts Faculty: Elizabeth Avantaggio, Kate Smedal,
Grace Koury, Guest Faculty: Sasha Yapparov: Portland Ballet,
Joseph Jefferies: Boston Ballet, Kate Marchessault: Casco Bay Movers

June 21 - June 25, 2021

INTERMEDIATE AND ADVANCED
INTENSIVE \$225
9:30-2:30
ages 11+ *grouped by ability

ADVANCED BEGINNER
INTENSIVE \$125 9:30-12:30
ages 7+



PROGRESSING BALLET TECHNIQUE

ELIZABETH AVANTAGGIO
PBT *Certified Instructor* **PBT™**

PLEASE BRING:
9ft Medium Strength Theraband
Yoga Mat

STUDIO PROVIDES:
8" Lacrosse Balls
Exercise/Fit Balls

Join us this
Summer

WWW.STUDIOFORTHELIVINGARTS.COM



PIROUETTES AND JUMPS

*Elevate your ballet
technique this summer!*

July 13-August 17

TUESDAYS 2:30-3:00PM INTER/INTER ADV
Grace Koury

TUESDAYS 5:30-6:15PM ADVANCED
Kate Smedal

In addition to ballet jumps, pirouette work will progress from simple pirouette en dehors and en dedans to pirouette in attitude, arabesque and à la seconde. It will also include the breakdown of Fouetté turns, pique, chaine and combinations en manège.

