

Student Handbook



2021-2022

21 Portland Rd., Gray
207.657.3006

www.studioforthearts.com

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Educating Dancers for 30 years ~

WELCOME! Thank you for choosing Studio for the Living Arts Dance Complex for your child's dance lessons! It is our 30th season and we are proud to have built a reputation for excellence in dance instruction and involvement in the community. We trust that your dancer will have a positive experience, building confidence, poise, and self-expression.

Studio for the Living Arts (SFLA) Dance Complex is dedicated to providing a positive, caring, professional dance environment which encourages the growth of well-trained and confident dancers. We offer an innovative year-round program expanding the standard dance curriculum and our studio is staffed with the highest qualified instructors who are committed to helping students develop life skills, dedication, technique, and performance ability. Our entire faculty provides the highest quality of instruction and we continuously strive to raise dance standards by renewing and updating our teaching skills.

Our schedule has no shortage of creative and unique dance classes offering the opportunity to experience, experiment, and explore, the many different aspects of dance! We believe that dance can enhance the lives of all people and it can be an integral part of the development of every child.

RECITAL PROGRAM:

Our Recital Program runs from September through mid June and culminates with our annual show. Recital classes are offered to students, ages 3-19, in various disciplines including ballet, jazz, tap, lyrical, contemporary, acro and hip hop.

COMPETITIVE PROGRAM "PULSE DANCE COMPANY"

Our Competitive Program offers exceptional instruction with a professional faculty, innovative and current choreography, limitless opportunities, and professional mentorship. "Pulse Dance Company" is a cutting-edge competition and performing dance company for the experienced, serious student age 6-18. "Pulse" is made up of over 100+ dancers from over 20 towns and cities. Our competition dance program is offered at various levels of commitment and the limitations to your training and level of dancing is set by you the dancer. Acceptance by invitation or audition. For more information, or to request an audition, please contact the office.

SUPPLEMENTARY CLASSES:

In addition to our weekly core classes we also offer students the opportunity to take additional drop-in classes as supplementary training. Supplementary classes are held throughout the year in a variety of dance styles. Check our monthly newsletters and Facebook Page for updates!

6 WEEK MINI SESSIONS:

6 week Mini Sessions are offered throughout the season. This is a great way to sample classes without a long commitment or if you have a busy schedule.

Fall 2021 Mini Sessions - October 11-November 20

Winter 2022 Mini Sessions - January 3-February 12

Spring 2022 Mini Sessions: February 28-April 9

PRIVATE LESSONS:

One-on-one instruction can be scheduled with all instructors in all forms of dance, in ½ hr. or full hour sessions. Please contact the office to schedule your session.

COURSES

ACRO/TUMBLING Learn how to properly execute acrobatic tricks and develop gymnastic skills including walkovers, flips, handsprings, aerials, and more. Our acro training program also gives our students a veritable performance edge! Additional class focus is placed on strengthening and core exercises along with increasing flexibility. Here are some items you will need to bring to class: 2 Yoga Blocks (all levels), and for Levels 3+, a KNK Miami Stretch Band and 12"x2" Resistance Bands. Our instructor is certified in Acrobatic Arts, a world renowned comprehensive program, providing a safe and fun environment for our students.

*Order KNK Stretch Bands <https://knkmiami.com/products/stretchband-premium>

* Yoga Blocks and Resistance Bands : Amazon or local Sporting Goods Stores

ACRO/TUMBLING PRE-SCHOOL 6 WEEK MINI SESSIONS AGES 4-6 This 6 week mini session series of classes is designed to introduce the basic, fundamental tumbling skills while increasing your child's flexibility, balance, strength, muscle control, discipline and concentration. This class will focus on such skills such as headstands, handstands, forward rolls, cartwheels, and bridges at each student's individual level. This is a great way to sample classes without a long commitment or if you have a busy schedule. 6 week session tuition is due upon registration.

ACTING is for those students seeking a performance training class. Our Acting program is offered in special Pop-Up classes throughout the regular season, and for our Summer Session it is offered as a 6 week course. Classes 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.

BALLET 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 and Pointe work is available by teacher permission. By age 9, many students have taken a few years of training and are ready for more of a challenge. It is recommended that all students ages 9 and up enroll in one ballet class per week. Two ballet classes per week will help students age 11 and up reach their goals and prepare them for pointe class.

BARRE CLASS FOR ADULTS WITH ERIN MARENGHI Erin is 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.

COMBINATION CLASSES Combination (combo) classes are one of the oldest and most highly successful programs where children are introduced to the basic elements of dance in 2 different genres. Students learn basic steps and rhythms and focus on body placement and correct terminology. Students perform 1 of the genres in the year end recital.

COMPANY CLASSES are rehearsal and training classes for the Pulse Competition Team students. Acceptance by invitation or audition. For more information, or to request an audition, please contact the office.

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.

CREATIVE MOVEMENT This popular class is designed for our youngest dance enthusiasts age 4+5 who want to express their independence without the assistance of mom or dad. Class combines elements of beginner Ballet, Rhythmic Skills, and Dance Appreciation. Students will improve flexibility, learn the basic positions of classical Ballet, and explore creative movement in a fun, encouraging atmosphere.

HIP-HOP Our hip-hop is a fast moving, high energy style class that is taught to the latest music of today. Warm-up, stretches, and isolation segments are followed by combinations and hip-hop choreography. Hip-Hop mixes Funk and Street 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. Class starts 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. Offered through Pop-Up classes and/or 6 week sessions.

JAZZ A popular form of dance that combines many styles and techniques from traditional to contemporary. Classes: technique, isolations, flexibility/strengthening exercises, across the floor progressions 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 for this popular and recognized form of dance. A solid ballet-based technique is an essential component of this style of dance as is various other forms of jazz and contemporary dance.

PIROUETTES AND JUMPS Elevate your ballet technique! 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. Offered through Pop-Up classes and/or 6 week sessions.

PROGRESSING BALLET TECHNIQUE referred to as PBT, is an innovative and modern program in the dance world that progressively trains the muscle memory required to develop strong Ballet Technique, and improve flexibility and strength. PBT is offered through special workshops and/or incorporated into our regular ballet classes for Junior through Advanced levels 3-6. PBT is taught by certified PBT Instructors.

TAP classes are designed to develop rhythm, style and sound. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students progress through each level, curriculum will become increasingly more complex and intricate.

TINY DANCER PROGRAM (PARENT OR GUARDIAN ASSISTED)

Our Tiny Dancer program is designed for 2-3 year olds, and it is the perfect way to start your little one in dance class. Our main goal is to teach your young dancer to love dance!! This class will have the option to perform a dance in the end of year recital. At this age level, we introduce principles of musicality and overall coordination. We use song and dance as well as basic ballet to help engage the student's attention and imagination. This class is assisted by a parent or guardian. This 30-minute class meets once weekly.

URNS, JUMPS, AND COMBO Designed for the motivated and dedicated dancer to improve, practice, and maintain technique. Class starts with warm up, then focuses on the 3 key elements of technique: Core Work, Body Alignment, and Balance. Some of the more basic skills (Level 2-3) include chaîné turns, pencil turns, piqué turns, pirouettes, spotting, and coupe turns, through the more Advanced Levels with À la seconde turns, calypso ,firebirds, floats, illusions, leg hold turns, and multiple pirouettes. Turns, Jumps and Combos are also offered through Pop-Up classes throughout the season.

VARIATIONS AND PARTNERING This class is will introduce a range of classical variations along with the fundamental skills of partnering.

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CREATING A NEW ONLINE ACCOUNT Visit our website and select the "Register for Classes" link, then "Create New Account". When creating a new account, please use a parent name for the account. The student name is entered separately. Please enter all parent information completely and also enter a student email address if your dancer has their own email account. 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. Please note that credit/debit card information is not required for registrations or making tuition payments, and if you prefer to create the account, then register in person at the studio, or print and mail your registration, please see the instructions included in this Handbook.

REGISTERING FOR CLASSES When submitting your registration (online, in person, or by mail) your non-refundable annual Registration Fee and first monthly installment or discounted payment option must be paid in order to secure your placement in the class. Registrations are not processed and your space in class is not confirmed until payment is received. As many of our classes fill quickly, we are unable to hold space in class without payment.

Many popular classes do fill before September, so we recommend registering early to secure placement in class. When you select your courses, once your information has been sent you will receive an email back from us indicating that your course selections have been received and they are "pending". This gives our faculty a chance to review your submission to be sure the requested class is age and level appropriate for your dancer. For assistance with class placement, please email us if you have questions.

REGISTRATION FEE: There is an annual registration fee of \$20 for one student or \$30 for families living in the same household. There are no summer term registration fees. Registration fees are used to offset costs involved in invoicing, newsletters, memos, miscellaneous communications, and the maintenance of tuition accounts.

1. ONLINE REGISTRATIONS WITH ONE TIME CREDIT DEBIT/CARD PAYMENT

Visit www.studiofortheivingarts.com and click on the “register for classes” link and choose your desired courses from the class list online. Review all 3 tuition payment options below, and select your preferred tuition payment method. The online registration method requires a credit or debit card as your registration is processed upon submission so that we can secure your space in class immediately with your non-refundable registration fee and first payment using your option selected (monthly or discounted tuition options). If you wish for us to automatically draft future tuition payments from your credit or debit card, be sure to check the box “use for recurring billing”. Please see the autopay section in this Handbook.

The Online Registration method immediately secures your space in class, however you may also choose the option to come to the studio to register and make payment at the office using check, cash, or credit/debit card payments in person. Registrations may also be processed via mail.

2. REGISTER IN PERSON OR BY MAIL If you prefer to register by mail, please total your hourly tuition using the Fee Schedule located in the Student Handbook link on our website. Please forward your non-refundable registration fee and first payment using your desired tuition method (budgeted monthly payments or discounted options) to Studio for the Living Arts Dance Complex, 21 Portland Rd., Suite 2, Gray, ME 04039. Once payment is received, we will process your registration and email your receipt and confirmation for classes. You may also choose to register in person at the studio. Please note that we are unable to hold space in classes. If when your payment is received and your course selection is full, we will promptly notify you via email along with a similar class option if available.

TUITION is based on the full school year beginning with classes in September and culminating with recital in June. Our 6 week summer term is offered July-August. Tuition is not prorated for student absences, sickness or scheduled holiday breaks. For accounts over 60 days past due the student will not be allowed to attend classes until the account is current. The studio accepts checks, cash, Mastercard, Discover, and Visa payments which may be made online, placed in the lobby payment slot, or mailed to our business office. Returned Check fee is \$25. For your convenience we offer 3 tuition payment options for our September - June school year Recital Program.

TUITION OPTION 1: MONTHLY INSTALLMENT PAYMENTS

Annual tuition can be divided into 10 monthly installment payments to make budgeting easier. This makes the monthly payment the same amount every month regardless of missed classes or holidays/school vacations. Equal installment payments are due on the 5th of each month. Your non-refundable September installment is due when you register, your second Installment is due October 5th, and each month on the 5th following, with the last installment being due June 5th for a total of 10 installments. Payments received after the 10th of the month will be assessed a \$15 late fee.

TUITION OPTION 2: TWO 5% DISCOUNTED SEMESTER PAYMENTS

If you choose to make two semester payments, you will receive a 5% discount when the Fall semester payment is paid in full upon registration, and again when the full Spring Semester is paid in full prior to January 09, 2022. Students enrolling after the month of September are not eligible for the semester discount. We are unable to apply the semester discount for payments received after January 9, 2022.

TUITION OPTION 3: ONE 10% DISCOUNTED ANNUAL PAYMENT

When the annual tuition is paid in full upon registration a 10% discount is applied, and the annual registration fee is waived. We are unable extend the due date for annual discounted payments and it is only available when processing and completing your registration. We are unable to hold space in any classes without payment.

RECURRING TUITION AUTOPAY OPTION This is an automated system where your tuition payment is automatically drafted from your Credit or Debit Card on the 1st of each month for the amount of your monthly tuition installment fee. This will ensure that your monthly payments are received on time. Your Recital costume fee (due the first week in January) will also be deducted with your January tuition payment. You may select this option when you enter your credit card number on your account by checking the box “use for recurring billing”. You may also uncheck the box at anytime to stop the recurring billing.

REFUND POLICY

Unattended classes will not be refunded or pro-rated.
Studio for the Living Arts Dance Complex does not offer refunds on the following:

- Tuition
- Registration Fees
- Master Classes / Workshops/ Camps
- Intensives
- Private lessons
- Choreography

CANCELLATIONS

The full term Recital Program schedule has 3 additional days built in to allow for cancellations for extreme weather or events beyond our control. Make-up classes are scheduled beyond 3 cancellations. As we have an expansive schedule of classes, students may make up the missed lesson at any time during the semester by attending an additional class of their level or the level below. Please let the receptionist know when you are making up a class. In the event of a storm, you can contact the studio at 657-3006. A recorded outgoing message will tell you if classes have been cancelled. We also post on WGME, WCSH, WMTW

- * Decisions on closing the school are not typically made until after 1:00 pm.
- * SFLA does not necessarily cancel classes when the local school districts do.
- * Please use your own judgment when deciding to drive in inclement weather.

FEE SCHEDULE 2021-2022

Hours of classes per week per student	Payment Option 1 10 Equal Budgeted mthly installments	Payment Option 2 Annual Tuition divided into two 5% discounted semester payments	Payment Option 3 Annual Tuition paid in full with 10% discount, reg fee waived
30min.	\$45	\$213.75 Sept. \$213.75 Jan. Total: \$427.50	\$405
45min - 1hr	\$57	\$270.75 Sept. \$270.75 Jan. Total: \$541.50	\$513.00
1.25 - 2hrs.	\$88	\$418.00 Sept. \$418.00 Jan. Total: \$836	\$792.00
2.25- 3hrs.	\$125	\$593.75 Sept. \$593.75 Jan. Total: \$1187.50	\$1125.00
3.25 - 4hrs.	\$152	\$722.00 Sept. \$722.00 Jan. Total: \$1444.00	\$1368.00
4.25 - 5hrs.	\$173	\$821.75 Sept. \$821.75 Jan Total: \$1643.50	\$1557.00
5.25 - 6hrs.	\$188	\$893.00 Sept. \$893.00 Jan. Total: \$1786.00	\$1692.00
6.25- 7hrs.	\$209	\$992.75 Sept. \$992.75 Jan. Total: \$1985.50	\$1881.00
7.25- 9hrs.	\$252	\$1197.00 Sept. \$1197.00 Jan. Total: \$2394.00	\$2268.00
9.25-11hrs.	\$264	\$1254.00 Sept. \$1254.00 Jan. Total: \$2508.00	\$2376.00
11.25-11.75hrs.	\$285	\$1353.75 Sept. \$1353.75 Jan. Total: \$2707.50	\$2565.00
12+ hrs. Unlimited Rate	\$305	\$1448.75 Sept. \$1448.75 Jan. \$2897.50	\$2745.00
Unlimited Family	\$385	\$1828.75 Sept. \$1828.75 Jan. Total: \$3657.50	\$3465.00
Private Lessons	\$30 HALF HR \$60 PER HR		
6 Week Mini Sessions	\$65 per session		
"Pop-Up" Drop In Classes	\$22 per class 45min-1hr	\$25 per class 1.5hr	

TUITION DISCOUNTS When using the Fee Schedule, families deduct 10% for each additional student. This does not apply to the Family Unlimited rate. Unlimited Individual/Family rates do not include private class fees, workshops or master classes. We do not offer family discounts on Workshops, Camps, Pop-Ups or Mini-Sessions.

LEVEL PLACEMENT We are committed to finding the absolute best class for each student so that we can ensure proper training and a safe and enjoyable learning environment. All classes are planned thoroughly; to be 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 our students in classes according to skill, ability and improvement, rather than age. Please note: Age reference is merely for a guide for new student enrollment until our instructor has properly observed student's ability.

Returning Student Placements: 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. If it is determined by the teacher that a student has not been enrolled in the proper class the studio will contact the parent/guardian immediately.

New Student Placements: For dancers who come to us with experience at other studios or who have been absent from us for some time, your first class is 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 GUIDES: Age range provides a general guideline for initial placement.

Creative Movement

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.

Level 4 Inter Advanced This inter. advanced level is the culmination of study and hard work. Students should possess 5+ years of recent and consistent training.

Levels 5-6: Advanced classes are designed to challenge the skill level of our most advanced students with 7+years of consistent training.

LOW-ENROLLMENT OR FULL CLASSES: A minimum of 8 students is needed to keep a class open. If a class has low enrollment it may be combined with another class or rescheduled on a different day/time and we would notify you immediately. If a class is full we will notify you with some recommended alternate classes.

WITHDRAWAL POLICY If a student wishes to drop a class, please forward prompt written notification to our office and tuition payments will cease at the end of the current month. Discounted Semester or Annual tuition payments are non-refundable as we have reserved the student's place in class for the full term. Credit on account only. Full or partial refunds are granted for medical conditions, with a physician's note. Absence from class is non-refundable. If a student is absent from class due to sickness or inclement weather, they may attend a makeup the class of the same format. Tuition, registration fees, costume payments, and recital tickets, are non-refundable and non-transferable.

NUTCRACKER HOLIDAY PERFORMANCE Each year Studio for the Living Arts performs a full production of the Christmas classic, "The Nutcracker Ballet". Our Ballet students will bring the magical tale of the Nutcracker to life on Saturday, December 11, 2021 (2 performances, matinee and evening). All dancers will appear in both performances and some dancers will be double cast.

Auditions are open to SFLA Ballet students Levels 2-6, and we also welcome dancers from all schools. Audition date: SATURDAY, SEPTEMBER 18, 2021 AT 10AM AT STUDIO FOR THE LIVING ARTS

NUTCRACKER REHEARSALS for all roles are held at the studio on the following dates:

10/2, 10/16, 10/23: 9am-12pm

11/6, 11/13, 11/20: 9am-12pm

11/28: 2pm-4pm

12/2 time tba

NUTCRACKER COSTUMES: There are no costume purchase fees as all Nutcracker costumes are owned by Studio for the Living Arts Dance Complex and they are loaned to the cast members. Tiara/headpieces, Tights and Leotard or leggings (if applicable) to be worn under costumes, are the responsibility of the student if needed.

NUTCRACKER PRODUCTION FEE There is a \$45 Production Fee that covers the rehearsals for the cast members who will be attending the Saturday classes to learn their role(s).

JUNE RECITAL We believe performing is an integral part of a student's dance education and our annual recitals give students an exciting opportunity to perform in a professional theatre. We present 2 shows on the same day, and students will appear in one show or the other. If students are in multiple classes they may appear in both shows. We try to place a variety of different numbers and levels in each performance so we can exhibit a variety of genres in order to keep the shows as entertaining as possible. We are not always able to accommodate putting all of sibling's classes in the same show. Students wishing to see the performance from the audience must purchase a ticket. *Recital performers are asked to make a commitment to class attendance. Instructors reserve the right to omit a student from all/or parts of a recital performance if they have consistently missed classes. A zero account balance is required prior to participating in recital.*

RECITAL COSTUMES Costume fees are due no later than January 10, 2022. Students require a costume for each class that they are enrolled in. Costume fees for our annual June recital are \$75 per dancer, per class, for all classes. "Combo" classes will perform one recital number.

All accessories such as headpieces, gloves, etc. are included in the cost. If a costume needs tights, a new pair will be required for each costume for each new dance season. Recital Tights fees are \$12. The studio orders all tights to ensure they are the same shade. We are unable to order costumes without payment.

*Costumes not paid for by January 10th, or for students joining the session after January 10, the account will be charged a \$10 late/separate ship fee per costume.

*Costumes not paid for by January 20, 2022 will not be ordered.

Costumes are non-exchangeable and payment is non-refundable once ordered. Costume companies offer sizes in small, medium, large and XL. Although rare, if alterations are needed, they will be the responsibility of the student's parent.

CARE OF STUDENTS/ SAFETY We are only responsible for our students during the time of their class with us. SFLA is not staffed to provide before and after childcare. We are concerned about the safety of every individual that we deal with and we want everyone to maintain awareness of how to be safe when coming to and from classes. The safest situation is to park your vehicle and walk with your child into our lobby. We also suggest that you come into the lobby to pick up your child after class. Please make every effort to pick students up from the studio on time. We do not assume responsibility for young students after class is dismissed as we do not have adequate staffing to supervise their activities.

CODE OF CONDUCT Our most important rule: RESPECT. Proper respect of the director, faculty, office staff, curriculum, and fellow students is expected of all students, parents and siblings. The SFLA staff reserves the right to ask a student to take some personal time outside of the classroom if he/she is not actively participating or showing respect. The studio reserves the right to dismiss a dancer at any time they feel their behavior or parent's behavior is not in keeping with the studio philosophy and policies.

CLASSROOM ETIQUETTE AND POLICIES

*Students may bring water in closed container into class. No juices, sodas, etc.

*Observers are not permitted into the classrooms unless invited by an instructor.

*Cell Phones are not permitted in the dance rooms.

*Food and Gum, are not permitted in the dance rooms.

*All students must be in proper dance attire & footwear .

*Hair must be secured back off the face.

*Students should not touch mirrors or hang on barres.

*Absolutely no running in the classroom and/or student lounge area.

*Students/siblings are not allowed in classrooms without an instructor.

*Street shoes are not allowed on the dance floors.

Running and playing high volume games are dangerous, they are a distraction to the dance classes, and they will not be tolerated. Teachers reserve the right to drop or remove any student(s) from class if the policies are not followed.

CONCERNS Concerns must be emailed to the Director, Susan Cloutier, at studiofortheivingarts@yahoo. com. Concerns should be limited to our studio policies and procedures.

DIRECTIONS TO OUR STUDIO: We have 2 facilities, and both 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.

WE HAVE TWO FACILITIES LOCATED IN THE GRAY SHOPPING PLAZA

THE DANCE COMPLEX: The fun and professional experience of attending Studio for the Living Arts Dance Complex begins with our state-of-the-art 6000 sq. foot facility which provides optimum conditions for dance training :

- 3 studios with suspended wood floors and Marley floor coverings
- Mirrors and Full Practice Barres, Professional Sound Systems
- Dancewear sales featuring dancewear, tights, and dance shoes
- Spacious Student Lounge / Free Wifi/ Microwave/ Refrigerator
- Central Air-Conditioning, 3 Restrooms, Changing Room, Student Lockers
- HEPA/UVC Air Purifier systems

THE ANNEX: The Annex is a 7,000 sq ft facility that provides technical and industry-relevant dance training in an inclusive environment that is inspiring, innovative and impactful to dancers of all ages. The Annex is an extension of Studio for the Living Arts Dance Complex, and it is located just a few doors down from the Complex. Master Classes, Pop-Up Classes, and Specialty Training Workshop events are held at the Annex along with some of our weekly larger classes. Check back for our event listings frequently!

STUDENT LOUNGE AND WAITING AREAS

Our spacious lounge and waiting area is for your convenience. Please keep the waiting room lobby areas as quiet and clean as possible. Free WiFi connection allows our older students to work on homework between classes and keeps parents connected while they are in our studio. **We do not allow "messy snacks" into the lounge area (i.e popcorn, chips, goldfish, etc.)** Meals must be eaten at the bar area and not on any carpeted areas of the studio space.

LOCKER RENTALS The studio provides a limited number of locker rentals for students to store their dance attire/shoes. Locker rental forms are available online on our website. Payment in full is required for locker reservation. \$85 (\$7 month) from September–September. Fees are not refundable. Sticker application is not allowed anywhere on lockers (inside or outside surfaces). Each dancer is responsible for keeping his or her locker clean. Please do not keep perishable food items in your locker.

NEWSLETTERS/SOCIAL MEDIA Newsletters are sent via email only. To protect your privacy, we do not send bulk emails which display your personal email address, nor do we share your email address with other students. Communication is the key! We update our Facebook page regularly. If you have not done so already, please friend us! Studio for the Living Arts also has an Instagram account.

Facebook: www.facebook.com/susan.cloutier.73

Facebook: www.facebook.com/Studio-for-the-Living-Arts-Dance-Complex-122269647785315/

Instagram: @sfladancecomplex

DRESS CODE The studio carries leotards, dance shorts, tights and all SFLA logo wear. Proper dance attire must be worn at all classes for the purpose of seeing bodylines and proper placement. Dance shoes may be purchased at the studio for Creative Movement and Level 1+2 classes. Levels 3+ dance shoes, and all Pointe shoes, may be fitted and purchased at Petite Jete' Dance Boutique, 124 Maine St. Brunswick. Phone: (207) 370-7891

CLASS	ATTIRE	FOOTWEAR
Creative Movement and Tiny Dancer Program	GIRLS Any color leotard (with or without attached skirt) and footed tights color of your choice. Dance shorts/skirts optional. Hair pulled back and securely fastened. Males: T-shirt with sweatpants or shorts	FULL SOLE LEATHER BALLETT SLIPPERS GIRLS : PINK/ BOYS: BLACK
Ballet Level I Ballet 6-Week Mini Session	GIRLS: Ballet Pink solid leotard Ballet pink footed tights. Hair pulled back in a ballet bun. BOYS: Black shorts or pants(not baggy), white T-shirt	FULL SOLE LEATHER BALLETT SLIPPERS GIRLS : PINK/ BOYS: BLACK
Ballet Levels II	GIRLS: Black solid leotard Ballet pink footed tights. Hair pulled back in a ballet bun. BOYS: Black shorts or pants(not baggy), white T-shirt	SPLIT SOLE LEATHER BALLETT SLIPPERS GIRLS : PINK/ BOYS: BLACK
Ballet Level III-IV	GIRLS: Black solid leotard Ballet pink footed tights. Hair pulled back in a ballet bun. BOYS: Black shorts or pants(not baggy), white T-shirt	SPLIT SOLE CANVAS BALLETT SLIPPERS "CAPEZIO HAMANI" GIRLS: PINK/ BOYS: BLACK
Ballet Level V-VI	GIRLS: Solid color leotard (color of your choice), Ballet pink footed tights. Hair pulled back in a ballet bun BOYS: Black shorts or pants(not baggy), white T-shirt	SPLIT SOLE CANVAS BALLETT SLIPPERS "CAPEZIO HAMANI" GIRLS : PINK / BOYS: BLACK
Tap	Dancewear GIRLS: (leotard/camisole with dance shorts, dance pants, leggings, dance skirts etc.) Hair pulled back and securely fastened. BOYS: Tshirt and shorts or pants	Black Buckle Tap for Beginners and Level 1 Black Oxford Tap Level 2+
Jazz, Lyrical , Contemporary	Dancewear GIRLS: (leotard/camisole with dance shorts, dance pants, leggings, dance skirts etc.) Hair pulled back and securely fastened. BOYS: Tshirt and shorts or pants	bare feet
Acro/Tumbling	GIRLS: Leotard or form fitting camisole, shorts, bare legs. Hair pulled back and securely fastened in a bun. BOYS Form fitting T-shirt/shorts	Bare feet
Hip-Hop	Non-restrictive clothing (sweatpants/tee's etc.) no jeans	Any Flat Sole Sneakers not worn in from the street
Pulse Dance Company classes/rehearsals	All solid black dance attire, hair back pulled back into a slick bun.	

*** Please remove jewelry and watches for all classes.**

2021-22 SCHOOL CALENDAR

September 13, 2021	Classes Begin for the new dance season
October 11, 2021	Indigenous People's Day ~ All classes held
October 11- Nov.20	Fall 6 Week Mini Sessions
October 15-17, 2021	JUMP Dance Convention, Portland, ME
November 11, 2021	Veteran's Day ~ All classes held
November 24-27, 2021	Thanksgiving Recess ~ No classes held
Dec. 3-Dec. 5, 2021	Revel Dance Convention, Portland, ME
Dec. 11, 2021	Nutcracker Performance Westbrook PAC
Dec. 20 -Jan. 2, 2022	Holiday Recess ~ No classes held
Jan. 3-Feb.12, 2022	Winter 6 Week Mini Sessions
January 9, 2022	Second Semester Payments are due
January 9, 2022	Recital Costume Fees Due
January 17, 2022	Martin Luther King Day~No classes held
February 21-26, 2022	Winter Recess ~ No classes held
Mar. 7- April 16, 2022	Spring 6 Week Mini Sessions
April 18 -23, 2022	Spring Recess ~ No classes held
May 14-16, 2021	Picture Days at the studio/Pictures only no classes
May 27-30, 2022	Memorial Day Recess~ No classes held
June 8, 2022	Dress Rehearsal (Tentative)
June 11, 2022	Last day of classes
June 12, 2022	30 th Recital, Westbrook PAC



COVID-19 POLICIES & PROCEDURES

(updated 9/1/21)

SFLA is committed to protecting the health and safety of our students and faculty and we follow all state-and CDC-guidelines and recommendations.

Please note, if there are changes to our current policies below, we reserve the right to amend them in order to conform with the guidelines set by the CDC, and our local government.

We have been following the CDC recommendations throughout the COVID-19 pandemic, and for our Summer Session the CDC recommended that any unvaccinated individuals should wear masks, and for vaccinated students it was optional. This guidance proved very successful for us throughout our busy months of July and August as we welcomed our way back to more normalcy!

Recently however, the cases have increased in the Cumberland County areas, and for businesses such as ours that have hundreds of children, teens, and adults coming and going each day, the CDC recommends masks for all when inside of our facilities, including class time. Effective September 1, we will update our policy with that guidance, however, we will be reviewing this every 2 weeks with the Maine CDC and I will advise you with any changes.

When it comes to equipment usage and classroom curriculum, we have returned to our standard pre-COVID practices.

* PARENTS/GUESTS: If you need to come inside the studio to make a payment, drop off items for your dancer, walk them into classes, pick up costumes, etc. you will need to have a mask inside the facilities. Our lounge at the Dance Complex is fully open for our students, and for parents with young children who may choose to wait inside while their dancer takes class.

Regardless of age, over the first couple of weeks of classes it is fine for parents to walk their dancer into the building to help them settle into a routine. Again, I will be reviewing this every 2 weeks with the CDC and I will update you with any changes.

- Please, do not come to the studio if you have a cough, fever or are sick.
- Please notify us if you test positive for COVID-19 and remain home until you have been cleared by a doctor. Please provide documentation.

Thank you for your patience during these unique and changing COVID times