



# September Newsletter



SEASON #33 CLASSES BEGIN 9/16

♡ *Fall Registrations are open!!*

ENROLLING FOR FALL CLASSES

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BEGINS 9/16



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## Welcome

Thank you for choosing SFLA Dance Complex! We are excited to share our dance experience and passion with you and your child. As part of the SFLA Dance Community, you will receive monthly newsletters and updates keeping you in the loop of our dance happenings. If you have any dance related questions, please email Director, Susan Cloutier, at [studiofortheivingarts@yahoo.com](mailto:studiofortheivingarts@yahoo.com).

## STUDENT HANDBOOK

Please check the "Student Handbook" link located on our website: [www.studiofortheivingarts.com](http://www.studiofortheivingarts.com) for Course Descriptions, How to Register, Fees and more! In order to maintain a professional environment, we require all dancers to follow dress code. Please consult the "Dress Codes" section in the handbook. We carry children's dance footwear at the studio. Our advanced level footwear, including pointe shoes, is available Petit Jete' Dancewear Boutique in Brunswick. Petit Jete' also carries a large selection of dancewear: <http://petitjetedance.com/> The studio carries tights for all ages and dance styles.

# Mark YOUR Calendar

Sept. 16, 2024 Classes Begin  
 Sept. 27, 2024 Nutcracker Auditions  
 Oct. 14, 2024 Indigenous People's Day "OPEN"  
 Oct. 14- Nov. 18, 2024 Fall 6 Week Mini Sessions  
 Oct. 31, 2024 Halloween ~ No Classes are Held  
 Nov. 11, 2024 Veteran's Day "OPEN"  
 Nov. 27-30, 2024 Thanksgiving Recess  
 Dec. 11, 2024 Nutcracker Dress Rehearsal  
 Dec. 13+14, 2024 Nutcracker Performances  
 Dec. 23 - Jan. 4, 2025 Holiday Recess  
 Jan. 6, 2025 Second Semester Payments Due  
 Jan. 6, 2025 Recital Costume Fees Due  
 Jan.13 - Feb.20, 2025 Winter 6 Week Mini Sessions  
 Jan. 20, 2025 Martin Luther King Day "OPEN"  
 Feb. 17-22, 2025 Winter Recess  
 March 10-April 17, 2025 Spring 6 Week Mini Sessions  
 April 21 -26, 2025 Spring Recess  
 May 9+10, 2025 Picture Days at SFLA  
 May 11, 2025 Pulse Comp Team Auditions  
 May 23-May 26, 2025 Memorial Day Recess ~  
 June 2025 Dress Rehearsal ~ Date tbd  
 June 14, 2025 Last day of classes for the season  
 June 16, 2025 33rd Annual Recital  
 July 7, 2025 6 Week Summer Session Begins

## ACRO ITEMS YOU WILL NEED TO BRING TO CLASS!



It's time to start preparing your dance bags for classes! Here are some items you will need to bring to class:

- \*2 Yoga Blocks (all levels) Levels 3+,
- \*KNK Miami Stretch Band
- \*12"x2" Resistance Bands.

\*Order KNK Stretch Bands:

<https://knkmiami.com>

"stretchband-premium"

Yoga Blocks and Resistance Bands :  
Amazon or Sporting Goods Stores

## PREPARING FOR COMBO CLASSES

**TAP/BALLET COMBO CLASS:** The dancers enter the classroom with their tap shoes on as this is the first half of class, then they will change into their ballet slippers.

**LYRICAL/JAZZ COMBO CLASS:** The dancers enter the classroom prepared for lyrical (barefeet) first, and the second half of the class is jazz . Please bring your small dance bag into class with your jazz shoes!

**JAZZ/HIP-HOP COMBO CLASS:** The dancers enter the classroom with their hip-hop sneakers on as this is the first half of class, then they will change into their jazz shoes.

Please plan to bring a small dance bag into the class room for changing shoes. Once the first half of class is over, the dancers remove their shoes which will go into their dance bag and the dancer changes into their next shoes. Please be sure all dance shoes have your dancer's name inside!



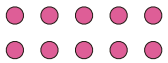
# CARE AND SAFETY OF STUDENTS

## PICK-UP / DROP-OFF POLICIES

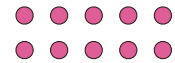
We are unable to take responsibility for our students before or after their scheduled classes and it is the responsibility of the parent to ensure that their child is picked up and dropped off on time. Once the younger dancer is dismissed from class you will need to be in the student lounge or at the front door to pick them up. In the case of an emergency or unavoidable delay, please contact the studio immediately via phone 207-657-3006 to inform us of the situation so we can assign the receptionist to watch over your dancer until they can be picked up.

## STUDENT LOUNGE

We want all children to be and feel safe. With that, we are a very BUSY studio! We have 3 full classrooms that are in session every day, and there are times that the student lounge can get very crowded (and loud) until students enter the classroom. Our policy is no cartwheeling, piggybacks, running, etc. Siblings/students that are waiting in the lounge must be able to stay occupied and sit quietly. Please do not bring messy snacks that create crumbs (which make their way onto the dance floor) such as chips, goldfish etc. Children should not climb on, or move, any furniture. Thank you for your help!



## SPECIAL NOTE TO OUR YOUNGEST DANCER PARENT



It is important to know that for some of our young dancers, this will be their first experience away from mom or dad in a new environment. For this reason, it may take them a few weeks (or more) to acclimate to our busy lobby area and/or the classroom setting. It is normal for some to just watch and take it all in while others may have a few tears. Many times, those tears will go away as soon as they have been in class a few minutes and we have a chance to make your dancer feel comfortable. Probably the most important...we ask that you take your dancer to the restroom before class. Please let them know if they need to use the restroom at any time during class they should tell their instructor.

When you arrive for your class, there will be staff and assistants to show you which dance room your dancer will be in (studio 1, 2, or 3). Once your dancer is settled in class, parents with young children are free to wait in the lounge area or run an errand. We do suggest that parents of our youngest dancers wait until your dancer is comfortable with our staff and space before choosing to leave. If your young dancer is still at the age where they need assistance using the restroom, please remain at the studio during your child's class times.



# NEW! CLASSES

DanceLab is a class that is offered to intermediate through advanced level students. Nothin' but combos and conditioning will build strength, endurance, balance, control, confidence, and STyLe. A weekly blend of choreography combos from contemporary to lyrical (and everything in-between) will have you picking up choreo faster than ever. Come and create with us!

**DANCE LAB**  
#BEfierce



reg: [studiofortheivingarts.com](http://studiofortheivingarts.com)

## "NEXT LEVEL" CONDITIONING + TRICKS

Elevate your training with our Acrobatic Arts Certified instructor, Miss Pam! Conditioning segments are intended to challenge dancers to perform at a higher level by incorporating core workouts, stretches, flexibility, and balance control techniques. This class will also teach high level tricks.

SFLADANCECOMPLEX



## "CREW" BOYS ONLY

A CREW IS A GROUP OF LIKE-MINDED ARTISTS WHO WORK CLOSELY TOGETHER TO CREATE DANCE, MUSIC, ART, AND PROVIDE SUPPORT TO EACH OTHER. BOYS HIP-HOP: WEDNESDAYS 5:45-6:45PM FALL CLASSES BEGIN THE WK OF 9/16

REG: [WWW.STUDIOFORTHELIVINGARTS.COM](http://WWW.STUDIOFORTHELIVINGARTS.COM)

## "Move with Me"

### 6 week mini session

music, dance, tumbling, props, and lots of fun!

FALL 6 WEEK  
"MINI SESSION"

AGES 2-4  
THURSDAYS  
OCT. 17 - NOV. 21  
1:15-2:00 pm  
\$75 per 6 wk. Session



*Pam Collins-Stahle*

Register : [www.studiofortheivingarts.com](http://www.studiofortheivingarts.com)  
select course "minisession"



## ACROBATIC ARTS

AGES 4+  
Oct. 17 - Nov. 21, 2024  
Thursdays 2:15-3:00pm  
\$75 per 6 wk. Session  
Instructor: Pam Collins-Stahle

Register, Select Course "Mini Session"  
[www.studiofortheivingarts.com](http://www.studiofortheivingarts.com)





Your paragraph text.

**Ballet Level 1/2+ are invited to participate in "The Nutcracker" with Artistic Directors Elizabeth Avantaggio and Kate Smedal**

It's already time to start thinking about our annual production of "The Nutcracker" which is held at one of our local theaters ( tba pending availability).

DETAILS: Each year Studio for the Living Arts performs a full-length production of the Christmas classic, The Nutcracker Ballet. The cast will bring the magical tale of the Nutcracker to life over the weekend December 13-15, 2024. Dates and times tba once we have theater approval. There will be two performances. Each performance is approximately 1.5 hrs. in length with one intermission. Dancers will appear in both performances and some dancers will be doublecast.

*click here* →

**LINK FOR NUTCRACKER AUDITION FORM**  
**LINK FOR NUTCRACKER HANDBOOK 2024**



After the Summer break, ZUMBA starts up again this month at SFLA!

CLASS TIME: MONDAYS 9am  
 Beginning 9/9/2024

ALL classes have a \$10 drop in option or a \$45, 6 class card option.

All fees are paid directly to the instructor Erin Houle Hamlin.

*Thank you for dancing with us!* ♥