

Handbook

2024-25



Gray Shopping Plaza

21 Portland Rd., Gray 207.657.3006

Educating Dancers for 33 years

DANCE TRAINING FOR BEGINNER - PRE-PROFESSIONAL

CONTACT US: (207)657-3006 Director,
Susan Cloutier

We use e-mail as the preferred method of communication with teachers as they often have back-to-back classes. To email a faculty member or studio director, please use:

E-MAIL: studiofortheivingarts@yahoo.com

WEBSITE ADDRESS:

www.studiofortheivingarts.com

DIRECTIONS: We are located in the Gray Shopping Plaza, 21 Portland Rd., Gray, ME. When using the interstate, use Exit 63 of the Maine Turnpike in Gray.

POWER OF POSITIVITY

We encourage our entire dance family to foster a positive environment and culture for our students. Our goal is for this responsibility to be shared, whether you are a parent, student, teacher or director. Avoid gossip and drama. Be supportive. Address concerns directly. Get involved!

We look forward to dancing with you this season.

Susan Cloutier, Director and SFLA Faculty

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WELCOME! Thank you for choosing Studio for the Living Arts Dance Complex for your child's dance education. We are entering our 33rd season and we are proud to have built a reputation for excellence in dance instruction in the community. We trust that your dancer will have a positive experience, building confidence, 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 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! Our studio offers two tracks of training with an Educational Program or our Competitive/Pre-professional Program. We also offer non-recital 6 week "Mini Session" class options

EDUCATIONAL TRACK PROGRAM: Our Educational Program runs from September through mid-June, and culminates with an annual recital performance. The Educational Program offers classes for students, ages 3-19, in various disciplines including ballet, jazz, tap, lyrical, contemporary, acro, hip-hop and creative movement.

COMPETITIVE/PRE-PROFESSIONAL PROGRAM "PULSE DANCE COMPANY" Our Competitive Program offers exceptional instruction with a professional faculty, innovative and current choreography, limitless training and travel opportunities, and pre-professional mentorship. These students are members of "Pulse Dance Company" which is a cutting-edge competition and performing group for the experienced, serious students age 5-18. "Pulse" is made up of 90-100+ dancers from over 20 towns and cities. The Competition program offers various levels of commitment. Acceptance by invitation or audition.

POP-UP DROP-IN CLASSES: In addition to our weekly core classes, we also offer students the opportunity to take additional drop-in classes as supplementary training in a variety of dance styles. Drop-Ins are Community Wide classes and open to all. 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. There is no registration fee, and the \$75.00 6 week session fee is due at the time of registration. 6 week session fees are non-refundable.

Fall 2023: Oct. 14- Nov.18, 2024

Winter 2024: Jan.9 - Feb.13, 2025

Spring 2024: March 10-April 17, 2025

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 PRESCHOOL AGES 4-6 This course 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. We also offer three 6 week mini sessions of our preschool class. This is a great way to sample classes without a long commitment.

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. 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 10 and up reach their goals and prepare them for pointe class.

BALLET/POINTE This advanced class designation is structured to allow for freedom to work some weeks more on ballet technique and some weeks more on pointe if applicable. For advanced students who are not on pointe you will have the full 1.25 hr. ballet class. Dancers en pointe must train in 2 weekly ballet classes along with their 2 weekly pointe classes.

COMBINATION 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.

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

CREW / BOYS ONLY HIP-HOP A high energy, fast paced dance style is perfect for your boy dancer. Class focuses on traditional hip-hop foot work, moves, and tricks! We created this boys only class in order to empower and connect our male dancers in the studio with a bond we hope they forever share. Perfect for ages 8-12.

CREATIVE MOVEMENT is designed for our youngest dance enthusiasts age 3-5 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.

COMPANY CLASSES are training classes for the studio's "Pulse Dance Company" Competition Team. What sets us apart is our ability to prepare dancers for college or the industry, i.e. auditioning, longevity in their career, master classes with industry leaders, choreography, and performance experience. We strive to educate our dancers in all disciplines of dance (Jazz, Musical Theater, Ballet, Pointe, Lyrical, Contemporary, Hip-Hop, Tap, Latin Ballroom) through ongoing technical training with our dedicated and professional faculty.

DANCELAB Nothin' but combos and conditioning which 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!

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!

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.

LEAPS AND TURNS Designed for the motivated and dedicated dancer to improve, practice, and maintain technique. Class 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.

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.

MINI MOVERS is designed for our youngest dance enthusiasts age 3-5 who want to express their independence without the assistance of Mom or Dad. This class will combine elements of beginner Ballet and Jazz, Rhythmic Skills, and Dance Appreciation. Students will improve flexibility, learn basic dance terminology, and explore creative movement in a fun and encouraging atmosphere. Everyone always looks forward to our talented Mini Movers recital performance!

"MOVE WITH ME" PARENT/CAREGIVER + CHILD 6 WEEK MINI SESSIONS

This mini session series of classes is for you AND your child! Our instructor Miss Pam, will provide you with guided dance activities, tumbling movement, and music! From parachute play to obstacle courses, you and your child will love this course. We only ask that your child is able to walk in order to participate!

NEXT LEVEL 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

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.

REGISTRATION FEES: There is an annual registration fee of \$25 for one student or \$35 for families living in the same household. There are no summer term registration fees. Registration fee is non-refundable and applies to both new and returning students. Registration fees are used to offset costs involved in invoicing, newsletters, miscellaneous communications, and the maintenance of accounts.

The registration fee is waived with the 10% one Annual Payment option.

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's 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.

REGISTERING FOR CLASSES Non-Refundable Registration fee and 1st month's tuition or discounted semester or annual payment is due upon registration. Starting in October tuition is due on the first of the month if you choose the monthly installment payment option.

REGISTRATION INSTRUCTIONS FOR ONLINE /MAIL/ IN-PERSON

➤ **ONLINE REGISTRATION METHOD:** This is the quickest way to secure your spot in class. Select the "register for classes" link on our website and choose your desired courses from the class list online. Review all 3 tuition payment options that are available, and select your preferred tuition payment method. When you submit your registration, 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 payment, we accept MC, Visa, and Discover. Once the classes are approved your credit/debit card will be charged for your non-refundable registration fee and 1st month's tuition or discounted semester or annual payment. Please note that this is a one-time payment and we do not store your card on file for future payments unless you check the box that says "use for recurring billing". Your online Registration immediately secures your space in class. If we are unable to approve a registration for a declined card transaction, an automated email will be sent.

➤ **REGISTER BY MAIL OR IN PERSON:** If you prefer to register by mail, please email for a printed Registration Form. Once received, please complete and forward your non-refundable registration fee and 1st month's tuition or discounted semester or annual payment to: Studio for the Living Arts Dance Complex, 21 Portland Rd., Suite 2, Gray, ME 04039. Once received we will process your registration and

email your receipt and confirmation for classes. Registrations are also accepted 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 term beginning with classes in September and culminating with recital, mid June 2025. Our annual 6 week summer term is offered following the week of July 4th. 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, or MasterCard, Discover, and Visa payments which may be made online or in person. Returned Check fee is \$25. For your convenience we offer 3 tuition payment options for our September - June school term.

TUITION OPTION 1: BUDGETED 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. When registering for classes, your first non-refundable tuition installment and annual registration fee is due in order to secure your spot. Following your first installment at registration, subsequent payments are due on the 5th of each month. Example: If you register in September, future payments would be due October 5th, and each month forward on the 5th, 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 \$20 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 with your registration, and again when the full Spring Semester is paid in full prior to January 06, 2025. Students enrolling after the month of September are not eligible for the 1st semester discount. We are unable to apply the semester 2 discount for payments received after January 6, 2025.

TUITION OPTION 3: ONE 10% DISCOUNTED ANNUAL PAYMENT

When the annual tuition is paid in full at the time and with your registration submission, a 10% discount is applied, and the annual registration fee is waived. This discount is only available when processing and completing your registration.

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 or your discounted tuition option. This will ensure that your payments are received on time. Please note: when storing your credit card to our secure account portal, please be sure to also check the "use for recurring billing" box. You may add or uncheck the recurring box at any time if you wish to make a one time credit/debit card payment, or if you wish to pay by check or cash.

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 / 6 Week Sessions/Workshops/ Camps, Intensives, Private lessons, Choreography.

ABSENCES: Good attendance is imperative to a dancer's progress. Students will be allowed a make-up class at or below their level for a missed class. Students with inconsistent attendance may be dismissed from their class and/or moved to another class. Failure to attend regularly may result in removal from performances.

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 an alternate class option.

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.

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-August. Fees are not refundable.

SCHEDULE PRIVATE LESSONS Private lessons are a wonderful chance to fine-tune your technique and performance quality, perfect or attain an acro skill, gain strength and flexibility, or learn a new leap or turn. Because our teacher will have a lot more time to work with you individually, this will accelerate your progress. We offer private lessons in all genres. Our ballet faculty can also assist you in creating an audition video for College or Summer Dance Intensive programs. All Private lessons are booked through the office utilizing a "JOT FORM" booking link <https://form.jotform.com/201733769898171>

CANCELLATIONS Our full-term schedule has 3 additional days built in to allow for cancellations including extreme weather or events beyond our control. Make-up classes are scheduled beyond 3 cancellations. Students may make up the missed lesson at any time by attending an additional class of their level or the level below. Please let the receptionist know when you are making up a class. Make-up classes do not carry over into the summer session or the following year. 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 and we will also send you an email or automated text message. Storm cancellations are posted on WGME, and WCSH Please use your own judgment when deciding to drive in inclement weather.

FEE SCHEDULE 2024-2025

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
30 min.	\$45	\$213.75 Sept. \$213.75 Jan. Total: \$427.50	\$405
45min-1hr	\$60	\$285.00 Sept. \$285.00 Jan. Total: \$570.00	\$540.00
1.25 - 2hrs.	\$95	\$451.25 Sept. \$451.25 Jan. Total:\$902.50	\$855.00
2.25- 3hrs.	\$135	\$641.25 Sept. \$641.25 Jan. Total: \$1282.50	\$1215.00
3.25 - 4hrs.	\$152	\$722.50 Sept. \$722.50 Jan. Total: \$1445.00	\$1368.00
4.25 - 5hrs.	\$175	\$831.25 Sept. \$811.25 Jan Total:\$1662.50	\$1575.00
5.25 - 6hrs.	\$195	\$926.25 Sept. \$926.25 Jan. Total: \$1852.50	\$1755.00
6.25- 7hrs.	\$215	\$1021.50 Sept. \$1021.50 Jan. Total: \$2043.00	\$1935.00
7.25- 8hrs.	\$255	\$1211.25 Sept. \$1211.25 Jan. Total: \$2422.50	\$2295.00
8.25-9hrs.	\$275	\$1306.25 Sept. \$1306.25 Jan. Total: \$2612.50	\$2475.00
9.25-11hrs.	\$295	\$1401.25 Sept. \$1401.25 Jan. Total: \$2802.50	\$2655.00
11.25-12hrs.	\$325	\$1543.75 Sept. \$1543.75 Jan. Total: \$3087.50	\$2925.00
12.25+ Unlimited Rate	\$345	\$1638.75 Sept. \$1638.75 Jan. Total: \$3277.50	\$3105.00
Unlimited Family	\$425	\$2018.75 Sept. \$2018.75 Jan. Total: \$4037.50	\$3825.00
Private Lessons	\$30 HALF HR	\$60 PER HR	
6 Week Mini Sessions	\$75 per session		

TUITION DISCOUNTS families deduct 10%. for each additional student. This does not apply to Family Unlimited, private classes, workshops,

camps, master classes, or Pop-Up Drop-In classes.

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.

LEVEL GUIDES: Age range provides a general guideline for initial placement.

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

Levels 2-3 Advanced Beginner/intermediate: 1-3 years experience. 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 4+ years of recent and consistent training.

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

NUTCRACKER HOLIDAY PERFORMANCE Each year Studio for the Living Arts performs a full production of the Christmas classic, "The Nutcracker Ballet". SFLA Dance Complex Ballet students Levels 2-6 will bring the magical tale of the Nutcracker to life in December. We host 2 performances and all dancers will appear in both and some dancers will be double cast. Dates and times tba.

NUTCRACKER COSTUMES: There are no costume purchase fees as all Nutcracker costumes are owned by Studio for the Living Arts 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 \$55 Production Fee that covers the rehearsals for the cast members who will be attending class to learn their role(s).

RECITAL: JUNE 15, 2025 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 typically present 2-3 shows on the same day, and students will appear in one show or the other. If students are in multiple classes, they can appear in multiple 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 to each show they wish to attend. Ticket prices range from \$17-25 per person. Ticket pricing includes a \$2 per ticket fee imposed by the theater. 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 by January 6, 2025. Students require a costume for each recital class that they are enrolled in. Costume fees for our annual June recital are \$85 per dancer, per class. "Combo" classes will perform one recital number. If you have a credit card on file and the "use for recurring billing" box is checked, your costume fee will be drafted January 6th. You may add or uncheck the recurring box option at any time. All accessories such as headpieces, gloves, and tights (if applicable) are included in the cost. Backseam tights are required for Recital Ballet Levels 3-6, and these are purchased separately at the studio or online. (Bodywrappers Backseam, Color: Ballet Pink). Costumes not paid for by January 6th, or for students joining the session after that date, the account will be charged a \$10 late fee/separate ship fee per costume. Costumes not paid for by January 15, 2025, will not be ordered. Costumes are non-exchangeable, and payment is non-refundable. Companies offer sizes in sm., med., lg. and XL. Although rare, alterations are the responsibility of the student's parent.

RECITAL MEDIA FEE There will be a \$30 recital media fee (one per family) which is posted to accounts March 1, and the fee is due April 1. The Media Fee covers a digital copy of the recital video. "Keeping Pace" Video productions will be filming. All families pay the media fee in order to participate in the recital and they will receive a download link once the videographer has the finished product complete. Due to the ease of sharing digital content, the media fee is mandatory. The one fee covers all performances that are held on recital day. For recurring billing accounts, your media fee will be drafted on April 1st.

STUDENT DROP-OFF AND PICK-UP POLICIES While we care about your children, we are not a childcare facility. We are only responsible for our students during the time of their class with us. We are concerned about the safety of every individual that we teach, 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 on time. In the case of an emergency or unavoidable delay, please

contact the studio immediately via phone at 657-3006, to inform us of the situation so we can keep your child calm / safe until they can be picked up.

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.
- *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, and 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 or abided by.

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

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
- Spacious Student Lounge / Free Wifi/ Microwave/ Refrigerator
- Central Air-Conditioning, 3 Restrooms, Changing Room, Student Lockers

DIRECTIONS TO THE DANCE COMPLEX

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.

STUDENT LOUNGE AND WAITING AREAS Our spacious lounge is for your convenience. Please keep the waiting room lobby area 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.

2024-25 SCHOOL CALENDAR

- Sept. 16, 2024 Classes Begin for the new dance season
- Oct. 14, 2024 Indigenous People's Day ~ All classes Held
- Oct. 14- Nov. 18, 2024 Fall 6 Week Mini Sessions
- Oct. 31, 2024 Halloween ~ No Classes are Held
- Nov. 11, 2024 Veteran's Day ~ All classes Held
- Nov. 27-30, 2024 Thanksgiving Recess ~ No classes Held
- Dec. 11, 2024 Nutcracker Dress Rehearsal Windham PAC
- Dec. 13+14, 2024 Nutcracker Fri. 6:30pm and Sat. 1pm Shows
- Dec. 23 - Jan. 4, 2025 Holiday Recess ~ No classes held
- Jan. 6, 2025 Second Semester Payments are due
- Jan. 6, 2025 Recital Costume Fees Due
- Jan.9 - Feb.13, 2025 Winter 6 Week Mini Sessions
- Jan. 20, 2025 Martin Luther King Day~ All classes held
- Feb. 17-22, 2025 Winter Recess ~ No classes held
- March 10-April 17, 2025 Spring 6 Week Mini Sessions
- April 21 -26, 2025 Spring Recess ~ No classes held
- May 9+10, 2025 Picture Days at the studio/Pictures only, no classes
- May 4, 2025 Pulse Comp Team Auditions
- May 23-May 26, 2025 Memorial Day Recess ~ No classes held
- June 2025 Dress Rehearsal ~ Tentative Wed. June 11 (Westbrook PAC)
- June 14, 2025 Last day of classes for the season
- June 15, 2025 33rd Annual Recital 9:30am and 1pm shows (Westbrook PAC)
- July 7, 2025 6 Week Summer Session of Classes Begin

STUDIO FOR THE LIVING ARTS DANCE COMPLEX



Competition Dance Team Training

Has your dancer expressed interest in competition dance? Pulse Dance Company is one of the largest and longest running competition teams in our area. Email us to find out more about our Competition Team training program. Classes start this summer!



studioforthelivingarts@yahoo.com

Nutcracker

AUDITIONS
COMING THIS FALL



DRESS CODE Please see Attire Chart . For convenience, 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 , or at 'Petit Jete' Dance Boutique, 124 Maine St. Brunswick

CLASS	ATTIRE	FOOTWEAR
Creative Movement Tap/Ballet Combo Class	GIRLS Any solid color or print leotard (with or without attached skirt) and pink footed tights. Dance shorts/skirts optional. Hair pulled back and securely fastened. Males: T-shirt with sweatpants or shorts	CREATIVE MOVEMENT : FULL SOLE LEATHER BALLET SLIPPERS GIRLS: PINK/ BOYS: BLACK COMBO CLASS: BLACK BUCKLE TAP SHOES
Ballet Level I+II	GIRLS: Ballet Pink solid leotard Ballet pink footed tights. Hair pulled back securely in a ballet bun. Please spray or gel the hair so there are no wispsys. BOYS: Black shorts or pants fitted white T-shirt	FULL SOLE LEATHER BALLET SLIPPERS GIRLS : PINK/ BOYS: BLACK
Ballet Level III-V	GIRLS: Black solid leotard Ballet pink footed tights. Hair pulled back securely in a ballet bun. Please spray or gel the hair so there are no wispsys. BOYS: Black shorts or pants (not baggy), white T-shirt	SPLIT SOLE HANAMI CANVAS BALLET SLIPPERS GIRLS: PINK/ BOYS: BLACK
Ballet Level VI	GIRLS: Any solid or print leotard (color of your choice), Ballet pink footed tights . Hair ballet bun: no wispsys BOYS: Any Color dance shorts or pants With a fitted T-shirt	SPLIT SOLE CANVAS BALLET SLIPPERS "CAPEZIO HAMANI" GIRLS : PINK / BOYS: BLACK
Tap	GIRLS: (leotard/camisole with dance shorts, dance pants, leggings , dance skirts etc.) Hair pulled back and securely fastened. No wispsys, please spray or gel . No baggy tee shirts BOYS: T-shirt and shorts or pants	BLACK BUCKLE TAP FOR BEGINNERS AND LEVEL 1 BLACK OXFORD TAP LEVEL 2+ PETIT JETE LEVELS 3+
Jazz Lyrical Contemporary Jazz Combo Classes	GIRLS: (leotard/camisole with dance shorts, dance pants, leggings , dance skirts etc.) No baggy tee shirts . Hair pulled back and securely fastened. No wispsys, please spray or gel. BOYS: T-shirt and shorts or pants	CONTEMPORARY+LYRICAL: BARE FEET JAZZ: TAN (CAMEL) JAZZ SHOES FOR LEVELS 1-3
Acro/Tumbling	GIRLS: Leotard or form fitting camisole, shorts, bare legs. Hair pulled back in a bun or braid. No wispsys, please spray or gel NO JEWELRY BOYS Form fitting T-shirt/shorts	BARE FEET
Hip-Hop Hip-Hop Combo Classes	Non-restrictive clothing (sweatpants/shorts, tee's etc.) no jeans Combo Class: Please follow the jazz dress code	ANY FLAT SOLE SNEAKERS, ANY COLOR, NOT WORN IN FROM THE STREET
Pulse Dance Company classes/rehearsals	Lv. 1+2 Solid Black or Solid Pink dance attire. Lv. 3+ All solid black dance attire, no prints, logos or wide stripes, etc. Hair back pulled back into a slick bun. No Baggy tees except for Hip- Hop.	
Pop Up Drop In classes	Dancewear of your choice.	
	Gender Non-Conforming, please mix and match from the above options in order to find dancewear that feels comfortable and productive for you .	