JANUARY SFLA NEWSLETTER



Register, Select Course "Mini Session"

www.studioforthelivingarts.com

Move with Me"





Register: www.studioforthelivingarts.com select course "minisess

SIX WEEK WINTER MINI SESSIONS STARTING JANUARY 9th!

Mini Sessions are a great way to sample classes without a long commitment or if you have a busy schedule.

"MOVE WITH ME" PARENT/CAREGIVER AND CHILD CLASS

This 6 week mini session series of classes is for you AND your child! Our instructor Pam Collins-Stahle will provide you with guided activities, exercises, and stretches to introduce your toddler to the world of tumbling movement and music! From parachute play to obstacle courses, you and your child will love this 6 week course. We only ask that your child is able to walk in order to participate!

ACRO/TUMBLING FOR PRESCHOOLERS 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. Instructor: Pam Collins-Stahle

▶▶▶ Register online @www.studioforthelivingarts.com, and select course "minisess"





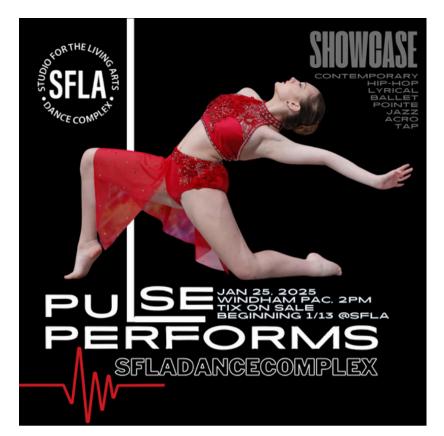
\$55 register for class : www.studioforthelivingarts.com select class "DADDANCE"

SEMESTER 2 COURSE OFFERINGS

Course Fee \$55

MONDAY STUDIO 1	MONDAY STUDIO 2	MONDAY STUDIO 3	TUESDAY STUDIO 1	TUESDAY STUDIO 2	TUESDAY STUDIO 3	WEDNESDAY STUDIO 1	WEDNESDAY STUDIO 2	WEDNESDAY STUDIO 3
		3:15-4:00pm Company Rehearsals Perdue 5 Contemporary 5 Contemporary 4 Abigail	4:00-4:30pm Company Rehearsals Jazz 4 Victoria	3:15-4:15pm* Ballet/Pointe Levels 5-6 Advanced Age 13+ Kate Non-recital	4:00-4:45pm MINI MOVERS Level 1 Age 3.5-5 Abigail		3:00-3:45pm* NEXT LEVEL Conditioning + Acro Tricks Level 5+6 Non-Recital Pam	
5:00-6:00pm Leaps, Turns, Flexibility Levels 4+5 Age 14+ Victoria	3:30-5:00pm Company Rehearsals LV6 Brea Perdue Scott Fowler Francisco Gella Courtney Ortiz Victoria	4:00-4:45pm Contemporary Level 4/5 Age 12+ Abigail	4:30-5:15pm Jazz Level 4 Age 12+ Victoria	4:15-4:45pm Company Rehearsals Ballet 3 Ballet 2 Kate	4:45-5:30pm Jazz/Hip-Hop Level 2 Age 6-8 Abigail	3:30-3:45pm Company Rehearsals Ballet/Pointe 5/6 Elizabeth	4:00-4:15pm Company Rehearsals Acro 2 Pam	4:00-4:15pm Company Rehearsals Tap 4 Kelly
6:00-6:15pm Company Rehearsals Perdue 4/5 Victoria	4:00-5:00pm Ballet 2 Age 7-9 Kate	4:45-5:00pm Micro Mini Company Rehearsals Jazz 1/2 Abigail	5:15-5:45pm Company Rehearsals Contemporary 6B Jenn	4:45-5:45pm Ballet + Pre-Pointe 3 Age 9+ Kate	5:30-5:45pm Company Rehearsals Hip Hop 1 Abigail	3:45-5:00pm Ballet/Pointe Level 5/6 Age 13+ Elizabeth	4:15-5:00pm Acro Level 2 Age 7+ Pam CLASS IS FULL	4:15-5:00pm Tap Level 4 Age 11+ Kelly
6:15-7:30pm* Ballet + Pointe, Pre-Pointe 4 Age 10+ Kate Non-Recital	5:00-6:15pm Ballet/Pointe Level 6 Adv Age 14+ Kate Pointe Recital	5:00-5:45pm Jazz Level 1/2 Age 6-8 Abigail	5:45-6:30pm* DanceLab Combos + Conditioning Inter-Inter-Adv Age 10+ Jenn Non-Recital	5:45-6:30pm Hip-Hop Level 6 Age 13+ Amanda CLASS IS FULL	5:45-6:30pm Contemporary Level 3 Age 9+ Abigail	5:00-6:15pm Ballet + Pre-Pointe Level 4 Age 10+ Elizabeth Ballet Recital	5:00-5:45pm Acro Level 3 Age 9+ Pam	5:00-5:45pm Hip-Hop Level 2 Age 7+ Amanda
7:30-7:45pm Company Rehearsals Ballet 4 Kate	6:15-7:15pm Leaps, Turns, Flexibility Level 6 Adv Age 14+ Victoria CLASS IS FULL	5:45-6:30pm Tap Level 2 Age 7+ Kelly	6:30-6:45pm Company Rehearsals Contemp 4/5 Jenn	6:30-6:45pm Company Rehearsals Hip Hop 6 Amanda	6:30-6:45pm Company Rehearsals Contemporary 3 Abigail	6:15-7:00pm Jazz Levels 5/6-6 Advanced Age 13+ Abigail	5:45-6:00pm Company Rehearsals Acro 3 Pam	5:45-6:45pm "CREW" BOYS ONLY Hip-Hop Age 8-12 Amanda
7:45-8:30pm Tap Level 5/6 Age 13+ Kelly		6:30-6:45pm Company Rehearsals Tap 2 Kelly		6:45-7:45pm Contemporary Level 6 Adv Age 15+ Jenn CLASS IS FULL	6:45-7:30pm Hip Hop Level 3 Age 10+ Amanda	7:00-7:15pm Company Rehearsals Jazz 5 Abigail	6:00-6:45pm Acro 3/4 Age 10+ Level 3/4 Pam	
8:30-9:00pm Company Rehearsals Tap Level 5 Tap Level 6		6:45-7:30pm Tap 3 Age 8-10 Kelly		7:45-8:15pm Company Rehearsals Contemporary Level 6A Jenn	7:30-7:45pm Company Rehearsals Hip-Hop 3 Amanda		6:45-7:00pm Company Rehearsals Acro 3/4 Pam	
		7:30-7:45pm Company Rehearsals Tap 3 Kelly					7:00-7:45pm Hip-Hop Level 4/5 Ages 12+ Amanda	
							7:45-8:00pm Company Rehearsals Hip-Hop 5 Amanda	

THURSDAY STUDIO 1	THURSDAY STUDIO 2	THURSDAY STUDIO 3	FRIDAY STUDIO 1	FRIDAY STUDIO 2	FRIDAY STUDIO 3	SATURDAY STUDIO 1	SATURDAY STUDIO 2	SATURDAY STUDIO 3
9:00-9:45am Preschool Acro Tumbling Age 4+ 6wk mini sessions Jan.9-Feb.13 Mar.13-Apr.17 Pam			3:15-4:15pm* Ballet Levels 5·6 Advanced Grace Non-recital	3:45-4:15pm MINI MOVERS Pre-School Age 3-4 Abigail	4:00-4:15pm Company Rehearsals Lyrical 1/2 Michelle	8:45-9:30am Acro Level 1/2 Age 6+ Adelynn		9:00-9:30am MINI MOVERS Beginner Age 3+ Karen
10:00-10:45am "Move with Me" Parent/Child Ages 2-4 6wk mini sessions Jan.9-Feb.13 Mar.13-Apr.17 Pam	3:15-3:30pm Company Rehearsals Pointe 6 Adv Elizabeth		4:15-5:00pm Ballet Level 2 Age 7-9 Grace	4:15-5:15pm* DANCELAB Conditioning and Combos Age 12-18 InterAdv-Adv. Abigail Non-Recital	4:15-5:00pm Lyrical Level 1/2 Age 7+ Michelle	9:30-10:15am Acro Level 2/3 Age 8-10 Adelynn	9:30-10:15am Lyrical Level 1 Age 6-8 Mia	9:30-10:15am Tap + Ballet Combo Class Level 1 Age 5-7 Karen
3:30-4:15pm Acro/Tumbling Level 5 Age 11+ Pam	3:30-4:45pm Ballet/Pointe Level 6 Age 14+ Elizabeth Ballet Recital	4:00-4:45pm Leaps, Turns, Flexibility Level 3 Age 9+ Victoria	5:00-5:45pm Ballet Level 1/2 Age 6-8 Grace CLASS IS FULL	5:00-5:45pm Jazz Level 3 Age 9-11 Abigail	5:00-5:45pm Lyrical/Jazz Combo Class Level 2 Age 8-10 Michelle	10:15-11:00am Ballet Level 1 Age 5-7 Kaitlin	10:15-11:00am Lyrical Level 2/3 Age 9+ Mia	
4:15 4:30pm Company Rehearsals Acro 5 Pam	4:45-5:45pm Jazz Level 6 Adv Age 13+ Victoria	4:45-5:45pm Ballet +Pre-Pointe Level 3 Age 9+ Elizabeth	5:45-6:30pm Hip-Hop/Jazz Level 1/2 Age 6-8 Abigail		5:45-6:15pm Company Rehearsals Lyrical 2 3azz 2 Michelle	11:00a-12:00pm Ballet Level 2/3 Age 8-11 Kaitlin		
4:30-5:15pm Acro Level 1 Age 5-7 Pam CLASS IS FULL	5:45-7:00pm Company Rehearsals Jazz 6A Jazz 5/6 Jazz 6B Victoria							
5:15-6:00pm Lyrical Level 1 Age 5-7 Michelle	7:00-7:15pm Company Rehearsals Contemporary 5/6 Victoria							
6:00-6:45pm Lyrical/Jazz Combo Class Level 3 Age 9+ Michelle								
6:45-7:15pm Company Rehearsals Jazz 3 Lyrical 3 Michelle								



Studio for the Living Arts Dance Complex presents its annual showcase of the season's Pulse Dance Company Repertoire 2025 performing Tap, Ballet, Jazz, Lyrical, Hip- Hop, Contemporary, Acro, and Pointe. All proceeds fund master classes, dance education enrichment opportunities, and misc. Pulse expenses for the Company Members. All Pulse Alumni may take master classes for free as well.

Pulse Dance Company, (formerly called "Full- FX"), was founded 32 years ago and their humble beginnings started with just 8 passionate and talented dancers!Today Pulse is one of the largest and longest running youth/teen training programs and competition teams in our region. The company consists of 90 dancers from over 15 towns and cities. Access to the studio's top-notch faculty and exceptional training is the driving force behind the Pulse group's success. Professional, experienced, and energetic, all faculty members bring their own unique teaching style and passion for dance into the classroom. We hope you enjoy our unique and versatile choreography and the passionate performances of our Pulse dancers for which they are known!



UPCOMING SFLA PERFORMANCE PULSE DANCE COMPANY!

Annual "Pulse Performs" Showcase!
JAN. 25, 2025, 2:00pm, Windham PAC
SHOWCASE TICKETS (Reserved Seating)
Earlybird Tickets \$12 JAN. 13-JAN. 17)
Tickets \$20 (JAN. 18-JAN. 25, 2025)
Tickets are available for purchase at:
Studio for the Living Arts Dance Complex
Gray Shopping Plaza, 21 Portland Rd., Gray
Mon-Fri. Hours: 2pm-6pm
Sat. 9am-noon









As part of our complete dance education, our students participate in our Annual Recital which is held on Sunday June 15, 2025, at the Westbrook Performing Arts Center. Costume fees for our annual June recital are \$85 per dancer, per class, and the fees have been posted to accounts. If you have a credit card on file and the "use for recurring billing" box is checked on you account, your costume fee will be drafted on the costume due date of January 10th. LATE PAYMENTS FOR COSTUME ORDERS: If the vendor still has the costume available after the group order is placed, there will be a \$20 late/separate ship fee. We cannot guarantee availability for late orders or for students joining after the order is placed. Please consult our "Student Handbook" link on our website for additional Recital information. Reminder, we will need your dancer's sizing information in order for us to order your recital costume, please submit your dancer's measurements using the Jot Form link below.

https://form.jotform.com/233453452748158. We look forward to celebrating our 33rd recital with you!

VIEW YOUR CLASS RECITAL COSTUME HERE IN OUR DROPBOX LINK. WE DO HAVE SOME TBD'S WHICH WE WILL ADD SOON

https://www.dropbox.com/scl/fo/6r83mfwyy7s77no0rgt2

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<u>rlkey=vowlh3byfvc8x0e64tanautxe&st=hg4ryygm&dl=0</u>

SFLA CALENDAR SEMESTER II - Classes begin January 6th

Jan. 6, 2025 Second Semester Payments are due

Jan. 10, 2025 Recital Costume Fees Due

Jan.9 - Feb.13, 2025 Winter 6 Week Mini Session Dates

Jan. 20, 2025 Martin Luther King Day~ All classes held

Jan. 25, 2025 Pulse Performs Showcase Winsham PAC 2pm

Feb. 10-15, 2025 PEEK WEEK! Visit your dancer's classes

Feb. 17-22, 2025 Winter Recess ~ No classes held

March 10-April 17, 2025 Spring 6 Week Mini Session Dates

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 at SFLA. Times tbd

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



A recorded outgoing message (207-657-3006) will tell you if classes have been canceled due to inclement weather and we will also send you an email or automated text message. Storm cancellations are also posted on WGME, and WCSH TV announcements. Please use your own judgment when deciding to drive in inclement weather!



