

JANUARY SFLA NEWSLETTER

ENROLL
NOW

PRE-SCHOOL ACRO/TUMBLING

6 week Winter Mini Session



ACROBATIC
ARTS

AGES 4+

Jan. 9 - Feb. 13, 2025

Thursdays 9:00 - 9:45am

\$75 per 6 wk. Winter Session

Instructor: Pam Collins-Stahle

Register, Select Course "Mini Session"
www.studiofortheivingarts.com



"Move with Me"
6 week mini session
music, dance, tumbling, props, and lots of fun!

WINTER 6 WEEK
"MINI SESSION"

AGES 2-4
THURSDAYS
Jan. 9 - Feb. 13, 2025
10:00-10:45 am
\$75 per 6 wk. Session



Pam Collins-Stahle

Register : www.studiofortheivingarts.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.studiofortheivingarts.com, and select course "minisess"



get YOUR TICKETS

**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

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!

PULSE DANCE CO.

Annual Gift Card Raffle
FUNDRAISER

WIN Over \$1000 in Gift Cards !!

1st Prize \$1000+ value

\$5 per chance

Pulse Dance Company

Drawing Held : January 25, 2025
 "PULSE PERFORMS 2pm
 SHOWCASE"
 WINDHAM PERFORMING ARTS CTR
 Winner does not need to be present to win.
 #SEASON33

Take a chance! Raffles are available from all Pulse Dance Team members, at the dance studio, or at the show!

Thank you for your support!

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!

