



## 6 Week Courses July 7 - August 16, 2025

### Reg. opens 4/1/25

- Acro/Tumbling Classes
- Ballet, Pointe, and Pre-Pointe Classes
- Contemporary Classes
- Competition Classes
- Commercial Jazz/Heels
- Hip-Hop Classes
- Jazz Classes
- Leaps, Turns, Flexibility Classes
- Tap Classes

### Camps Reg. opens 4/1/25

➤ **ACRO/HIP-HOP LEVEL UP CAMP JUNE 30, 2025**  
THIS CAMP PROVIDES PURE ACRO AND HIP-HOP TRAINING AND CHOREOGRAPHY. AGES 7-12 / 9AM-2PM

➤ **ONE DAY, FUN DAY SUMMER CAMP**  
"WICKED" WEDNESDAY, JULY 16, 2025  
AGES 5-9 / 9AM-12PM

➤ **ONE DAY, FUN DAY SUMMER CAMP**  
"OLYMPICS ACRO FUN" WEDNESDAY, JULY 23, 2025  
AGES 5-9 / 9AM-12PM

### Dates and Times TBA Reg. opens 4/7/25

**Summer Master Classes:** SFLA offers a summer series of Drop-In Open Classes to the public for New England area dancers with different visiting guest artists. Dancers from all over New England come together to take part in this unique summer training opportunity.

#### **Additional guest list to be added!**

- LYRICAL/BREA PERDUE
- JAZZ/ SCOTT FOWLER
- ACRO/DREW BURGESS
- TURN LAB/NIKKI SAO PAUL
- CONTEMPORARY/MICHAEL SUSTEN
- CONTEMPORARY/FRANCISCO GELLA
- TAP COLLAB
- HIP-HOP KEVIN SAMESKI

### SUMMER POP-UPS Reg. opens 4/7/25

**TRENDING TIKTOK POP-UPS** "Trending TikToks". Class is designed to combine the excitement and creativity of trending TikTok dances with a structured learning environment typical of a regular dance class to include warm-up, across-the-floor skills, and choreography. Suitable for Levels 3-5 ages 10+

**BALLET POP-UPS** will be offered to include variations, technique, stretch, pirouette and partnering work.

#### **LINE DANCING POP-UPS (TEEN CLASS POP-UPS /ADULT CLASS POP-UPS)**

Instructor: Dee Dee Allen. Whether you're a seasoned pro or a beginner, these Pop-Ups are FUN and perfect for all. Grab your boots and get ready to hit the dance floor with DeeDee!

Studio for the Living Arts (SFLA) Dance Complex offers an extensive Summer Program for dancers of all ages and abilities. Our professional faculty and high-energy atmosphere provides complete and personalized dance training.

Whether your goal for enrolling at SFLA Dance Complex is to stay active and dance as an extracurricular activity, or you dream of something bigger such as participating on a competition team or pursuing a dance education or professional career in the industry, we look forward to helping you reach your goals! If you are a serious dancer looking to refine your technique, we offer a comprehensive summer training program for all levels through a weekly series of classes, Intensives, Master Classes, and Children's Camps. Our summer program is open to all students from any studio or school. At SFLA we support all that wish to improve. If you have not taken class with us before, we will help place you in the right level and the right style to achieve your summer goals.

Our summer schedule has no shortage of creative and unique dance classes offering the opportunity to experience, experiment, and explore, the many different aspects of dance!

## 6 WEEK SUMMER SCHEDULE OF CLASSES BEGINS JULY 7 - AUGUST 16, 2025

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	THURSDAY STUDIO #1	THURSDAY STUDIO #2	THURSDAY STUDIO #3
3:15-3:45pm* Company Rehearsals Jazz 3 Exrtra Victoria	3:00-3:30pm Pointe Level 4-5/6 Age 11+ Kate	3:15-4:00pm Ballet Level 1 Age 5-7 Grace		2:30-3:15pm "Be Our Guest" Dance Class Age 3+4 Pam			3:00-4:00pm Ballet/Pointe Level 4-5/6 Age 12+ Grace		3:30-4:00pm Company Rehearsals Lyrical 1/2 Michelle		
3:45-4:30pm Jazz Level 3 Age 9+ Victoria	3:30-4:30pm Ballet Level 4-5/6 Age 11+ Kate	4:00-4:45pm Ballet Level 1/2 Age 7+ Grace	3:00-4:00pm Ballet and Pre-Pointe Level 3 Age 9+ Kate	3:15-3:45pm* Company Rehearsals Acro Level 5/6 Drew/Pam		4:00-4:30pm* Company Rehearsals JR Contemporary Primary Jenn	4:00-5:00pm Ballet/Pointe Level 6 Age 14+ Grace	4:00-4:45pm Acro Level 1 Age 5-7 Adelynn	4:00-4:45pm Lyrical+Jazz with Leaps and Turns Level 1/2 Age 7-9 Michelle	4:00-4:30pm* Company Rehearsals Jazz 6C Primary Victoria	4:15-4:45pm Mini Movers Beginner Age 3-4 SFLA Faculty
4:30-5:30pm Leaps,Turns, Flexibility Level 4+5/6 Age 11+ Victoria	4:30-5:30pm Ballet and Pre-Pointe Level 3 Age 9+ Kate	4:45-5:30pm Ballet 2 Adv. Beginner Age 8-10 Grace	4:00-4:45pm Leaps, Turns, Flexibility Level 3 Age 8+ Victoria	3:45-4:45pm Acro/Tumbling Level Adv. 5/6 Age 14+ Pam	4:00-4:45pm Jazz Level 2 Pop Star Era Age 7-9 SFLA Faculty	4:30-5:30pm Contemporary Level JR Inter-InterAdv Age 10+ Jenn	5:00-5:45pm Industry Class Commercial Jazz Heels SR Age 14+ Victoria	5:00-5:45pm "Be Our Guest" Dance Class Age 5-7 SFLA Faculty	4:45-5:15pm Leaps, Turns, Flexibility Level 2+3 Age 7-9 Michelle	4:30-5:15pm Jazz Level 6 Age 14 + Victoria	4:45-5:30pm Acro Level 3 Age 9+ Adelynn
5:30-6:15pm Industry Class Commercial Jazz Heels JR/Teen Age 10+ Victoria	5:30-6:00pm Pointe Level 6 Age 14+ Kate	5:30-6:15pm Tap Level 2 Age 8+ Kelly	4:45-5:30pm Jazz Level 4-5/6 Age 11+ Victoria	4:45-5:30pm Acro Level 2 Age 7-9 Pam	4:45-5:30pm Hip-Hop Level 1/2 Age 5-8 Amanda	5:45-6:15pm* Company Rehearsals JR Lyrical Primary Brea Victoria	6:00-7:00pm Contemporary Level 6 Age 14 + Jenn		5:15-6:00pm Lyrical+Jazz Level 2 Age 8-10 Michelle	5:15-6:15pm Leaps, Turns, Flexibility Level 6 Age 11+ Victoria	5:30-6:30pm Contemporary Level 3+4 Age 9-13 Aiden
	6:00-7:00pm Ballet Level 6 Age 14+ Kate	6:15-7:00pm Tap Level 3/4 Age 11+ Kelly	5:30-6:00pm* Company Rehearsals Jazz 4 Primary Victoria	5:30-6:15pm Acro Level 3 Age 9+ Pam	5:30-6:15pm Hip-Hop Level 2 Adv. Beg Age 8+ Amanda		7:00-7:30pm* Company Rehearsals Contemporary 6A Primary Jenn		6:00-6:30pm Company Rehearsals Lyrical 2 Michelle	6:15-6:45pm* Company Rehearsals Jazz 6A Primary Victoria	6:30-7:00pm* Company Rehearsals Jazz 6B Primary Aiden
	7:00-8:00pm Hip-Hop Level 6 Age 15+ Amanda		6:00-6:30pm* Company Rehearsals Jazz 5/6 Primary Victoria	6:15-7:15pm Acro/Tumbling Level 4 Age 10+ Pam	6:15-7:15pm Hip-Hop Level 3 Age 10+ Amanda				6:30-7:15pm Lyrical Level 3+4 Age 11+ Michelle	6:45-7:15pm* Company Rehearsals Lyrical 6A Brea Victoria	7:00-7:30pm* Company Rehearsals Contemporary 6B Primary Aiden
	8:00-8:30pm* Company Rehearsals Hip-Hop 6 Kevin Sameski Amanda			7:15-8:15pm Hip-Hop Level 4+5 Age 12+ Amanda					7:15-7:45pm* Company Rehearsals Lyrical 3 Primary Michelle	7:15-7:45pm* Company Rehearsals Fowler 6A Victoria	

**\*\*Company Rehearsal classes are by audition for our Competition Dance Program "Pulse Dance Company".  
Please inquire if you have interest or wish to hear more about our Competition Program.**

## 6 WEEK SUMMER FEE SCHEDULE

July 7 - August 16, 2025

Add total hours per student.

10% sibling discount applies to multiple siblings

6wk SCHEDULE OF CLASSES Add total hours per student	TUITION Full 6 Week Session
30 minutes	\$75
45 minutes - 1 hour	\$97
1.25 - 2 hours	\$170
2 .25 - 3 hours	\$225
3.25 - 4 hours	\$260
4.25 - 5 hours	\$305
5.25 - 6 hours	\$330
6.25 - 7 hours	\$360
7.25 - 8 hours	\$390
8.25-9 hours	\$415
9.25+ = unlimited summer session*	\$430
Family Unlimited 6week summer session*	\$570
Private lessons (scheduled through the office)	\$30 half hour \$60 hour
<b>SUMMER CAMPS &amp; INTENSIVES</b>	<b>FEES</b>
One Day, Fun Day Camps	\$65
Acro/Hip-Hop Camp 7/1/24	\$75
The Tap Collab Advanced Level 5/6 Dates/Times/Fees tba	
Master Classes /Pop Ups/Open Classes	Fees vary per guest teacher

\*Unlimited fees do not include dance camps, supplemental classes, intensives, or master classes, which are separate.

**10% SIBLING TUITION DISCOUNT** The sibling enrolled in the most classes is considered the first dancer. 10% will be deducted from the total cost of the second dancer's tuition. 10% Discount applies to multiple siblings. This discount does not apply to the family unlimited rate, private class fees, workshops, camps, master classes, or Pop-Up Drop-In classes.

**REGISTRATION** is first come, first served. Many popular classes fill before June so we recommend registering early to secure placement in class. For full classes, please email us and we can recommend an alternate course. There is no registration fee for our 6 Week Summer Session of classes. Payment is due at the time of registration.

**REFUNDS:** Absence from summer classes/camps is non-refundable, non-transferrable. There are no refunds for tuition, camps, master classes. Tuition is not prorated. Although we are unable to pro-rate tuition, students may take Advantage of making up any missed classes with another class offered over the Summer Session. *Please stop at the desk and inform the receptionist when you are making up a class.*

## HOW TO REGISTER FOR SUMMER SESSION:

Registrations are accepted online or in-person at the studio.

**ONLINE METHOD:** To register online, select the "register for classes" link on our website and choose your desired courses from the "SUMMER SESSION 2025" class list. 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.

If you are submitting your registration form online, payment is required at the time of submission to confirm your spot in class. For payment, we accept MC, Visa, and Discover. 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. Once the classes are approved your credit/debit card will be charged for your summer courses. 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". Once payment has been processed your online registration is immediately confirmed and a receipt will be emailed.

**IN-PERSON METHOD:** Register for your classes at the studio to pay by cash, check, or credit card. We have registration forms available, and staff waiting to help if needed. Payment will be due at the time of registration in order to finalize and secure your placement in class. Please note that our Summer Session office hours can vary. Feel free to contact us at [studiofortheivingarts@yahoo.com](mailto:studiofortheivingarts@yahoo.com) to make an appointment time.

**DANCE EDUCATION PROGRAM LEVEL PLACEMENT** All classes are 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 all children in classes according to skill, ability and improvement, rather than age. Please note: Age reference is merely for "new" student enrollment until instructor has properly observed student's ability. 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.

## CLASS LEVEL GUIDE:

### 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.

### Levels 4-6 Inter. Advanced/Advanced

These Inter. Adv. and Adv. levels are the culmination of study and hard work. Students should possess 5+ years of recent and consistent training.



## SUMMER CAMPS, INTENSIVES, EVENTS

### **ACRO/HIP-HOP LEVEL UP CAMP AGES 7-12: MONDAY, JUNE 30, 2025, 9AM-2PM /FEE \$75**

Get ready to mix up your summer dance with our Acro Certified instructor, Pam Collins-Stahle, and our Hip-Hop instructor, Amanda Preble! This Acrobatic and Hip-Hop inspired camp is for boys and girls ages 7-12 (broken into ability and age-appropriate groups). The camp provides pure Acro and Hip Hop training and choreography. Acro work will include walkover variations, partner work, tricks, and tumbling, then we switch gears with tons of Hip-Hop Choreography and Improv. The day ends with a demonstration for parents 1:30-2pm! This super popular annual camp fills quickly so register early to save your spot. Please pack lunch, and a nut free snack. Students should wear any type of non-restrictive dancewear/clothing. Sneakers for Hip Hop /Bare Feet for Acro.

### **“ONE DAY FUN DAY” CAMPS 9AM-12PM /FEE \$65 PER CAMP**

These action-packed half-day themed camps include dancing, tumbling, themed crafts and fun inspirational dance games. Please pack a nut free snack and a drink. Please let us know if your dancer has any food allergies. Students will be broken into ability and age-appropriate groups.

Wednesday, July 16<sup>th</sup> WICKED THEME Age 5-9

Wednesday, July 31<sup>th</sup> OLYMPIC ACRO FUN Age 5-9

### **The TAP COLLAB Schedule, Guests and Fees TBA**

Find your place in an inviting community of tap dancers this summer! Our visiting guest teachers have a passion for educating and guiding the next generation of tap dancers to advance their skill level and artistry. Offered for fast intermediate through advanced levels.

### **TURN LAB Dates/Fees TBA**

Take your turns to the next level with Nikki Sao Pedro-Welch, Coordinator of Dance, Assistant Professor, and Head Coach of the Endicott College nationally ranked DanceTeam. Nikki will help you push beyond your limits as a dancer to become a successful turner. If you are on a dance team, competition team, or want to dance in college, TURN LAB is for you! Private class options also available.

## 6 WEEK COURSE DESCRIPTIONS – CLASSES BEGIN JULY 7<sup>th</sup>

**ACRO/TUMBLING CLASSES FOR BEGINNERS THROUGH ADVANCED** Students learn a variety of skills including walkovers, flips, handsprings, aerials, and more. Additional focus is also placed on core strengthening exercises and increasing flexibility. Acro can be incorporated into dance, cheerleading and gymnastics. We are an Acrobatic Arts Certified studio.

**BALLET/POINTE** 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/Pointe work is available by teacher permission. Twice a week summer training is recommended for ballet levels 3-6. Pointe students must be enrolled in 2 ballet classes per week.

**CONDITIONING AND COMBOS** An extended conditioning series of exercises that will build strength and endurance. Classes end with a different combo each week.

**“BE OUR GUEST” AGES (3+4) and (5-7)** “Be Our Guest” is an SFLA annual summer exclusive where each class is magical and enchanting! Each week offers a fun and educational course that covers a combination of dance styles, tumbling, and creative movement. Our live characters that join our faculty are gifted and trained dancers who love children and will bring your child's favorite fairy tale character to life. Each week features a different live Princess character guest. Guest samples include: Belle, Frozen's Elsa and Anna, Cinderella, Moana, Jasmine, Ariel, the “Encanto” family, and more! Register early, this class fills quickly.

**COMPANY CLASSES** Rehearsal/training classes for the studio's Pulse Competition Team. Acceptance by invitation or audition. For more information, or to request an audition, please contact the Complex at [studiofortheivingarts@yahoo.com](mailto:studiofortheivingarts@yahoo.com). 2025 Interested Members Info. meeting is held 4/12/25 @2:30pm. Auditions are held each May.

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

**HIP-HOP** originated as a form of street dancing. Our Hip Hop classes combine a warm up, grooves, across the floor combinations and a center combination. This class allows any dancer to let loose, find their individual style, & just have fun.

**INDUSTRY CLASS (COMMERCIAL JAZZ HEELS)** features commercial jazz, a stylized combination of funk, hip-hop and jazz, similar to styles seen in music videos for Beyonce and Lady Gaga. Classes start 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: class is often 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.

**JAZZ** Class format consists of warm-up, stretches, leaps, turns, and jump progressions across the floor, and choreography. Class material also places an emphasis on strength, flexibility, and control for more Advanced combinations and technique.

**IN MY POP STAR ERA JAZZ CLASS** Embrace your inner pop-star in this exciting jazz class packed with age-appropriate dance moves and songs from today's most popular artists. Whether your dancer is experienced or just starting out, this fun-filled high-energy jazz class is the perfect way to make new friends, explore a new style, or just have a blast!! Class starts with warm-up, stretches, across the floor jazz skills, and jazz choreography.

**LEAPS, TURNS, FLEXIBILITY** Class is geared towards helping the highly motivated dancer improve on their technique and skills of leaps and turns. Class focuses on technique and progressions for turns & leaps as well as core strength and flexibility.

**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. Ballet technique is an essential component of this style of dance as is various other forms.

**MINI MOVERS** A great introduction to dance for our youngest enthusiasts and one of our most popular classes! This class will combine elements of beginner Jazz, 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.

### **SUMMER SESSION DRESS CODE**

*Gender Non-Conforming, please mix and match from the below options in order to find dancewear that feels comfortable and productive for you to work in.*

**BALLET LEVELS I –VI** Hair in a ballet bun, any solid color or print leotard, footed Ballet Pink tights worn over the feet, Pink ballet slippers (leather for levels 1+2 and canvas level 3+). Males: Black ballet slippers, Black pants/shorts, or any color male ballet tights, fitted t-shirt.

**CLASSES AND CAMPS** Solid or Print Leotard any color, fitted camisole, or crop tank top. Dance shorts, leggings. Males: Dance pants/shorts, fitted t-shirt. Long Hair secured with an elastic.

**HIP-HOP** Loose fitting, athletic type top and bottom and clean sneakers (not worn in off the street).

**MINI MOVERS, CREATIVE MOVEMENT AND CHILDREN'S CAMPS** Leotard (any solid color or print). Tutu/Skirt/Dance Shorts/Leggings. Tights are optional. Leather ballet slippers or barefeet. Boys: Comfortable pants or shorts and t-shirt.

**We look forward to dancing with you this summer! Check back for our April 7<sup>th</sup> Summer Brochure Edition which includes dates and details for Master Classes and Pop-Ups!**