



Studio for the Living Arts Dance Complex

Recital 2025 Handbook

33rd Annual Student Performance "TIME OF MY LIFE"

Our 33rd Recital is being held Sunday, June 15, 2025. There will be two separate shows held at the Westbrook Performing Arts Center. INCLUDED IN THIS HANDBOOK: Performances, Picture Day and Dress Rehearsal, Show Designations, Order Forms for Recital Flowers and Commemorative Recital Tee Shirts, and everything else RECITAL! The actual show line ups will be emailed at a later date.

IMPORTANT DATES TO REMEMBER~MARK YOUR CALENDARS

April 12, 2025 EARLY BIRD RECITAL TICKET DAY 10:30am-1:30pm (held @SFLA Dance Complex) (\$17 PER TICKET +\$2 City of Westbrook PAC Fee) **TOTAL \$19**

April 14-June 13, 2025 REGULAR PRICE RECITAL TICKET SALES Tickets on sale during office hours @SFLA Dance Complex). **(\$22 PER TICKET +\$2 City of Westbrook PAC Fee) TOTAL \$24.** Following June 13, Recital Tickets will be sold at the door if available. PLEASE NOTE WE DID SELL OUT LAST SEASON.

May 1, 2025 Commemorative Recital T-Shirt order. LINK AND DESIGN TO BE EMAILED SOON

May 10, 2025 Recital Media Fees are Due on Accounts

May 9+10, 2025 Picture Days Friday and Saturday at the studio (schedule is emailed soon). Pictures only over Picture Days, no regular classes are held.

June 11, 2025 Mandatory Dress Rehearsal is held Wednesday 6/11 at the Westbrook PAC. Dress Rehearsal Schedule is included in this handbook. No regular dance classes are held at the studio on Dress Rehearsal Day.

June 14, 2025 Last official day of dance classes for the season.

June 15, 2025 DATE TIMES @ Westbrook PAC 9:30am and 1:00pm Performances

Try to take a moment to remind your dancer that recital is a fun day – just smile and have a great time on stage. These are some of the greatest moments of a dancer's life. Enjoy! Susan and Faculty

RECITAL PERFORMANCE DATE, TIME, LOCATION, MISC INFORMATION

The Recital Performance is an exciting conclusion to our dance season, and it celebrates the hard work and accomplishments of our talented students. We will be celebrating our 32nd recital at the Westbrook Performing Arts Center, 471 Stroudwater St, Westbrook, ME, on Sunday, June 15, 2025. The performance is called "Time of My Life".

We will be hosting two performances to accommodate our audience. The first show will begin at 9:30am the second show begins at 1:00pm. Each show is approximately 140 minutes in length. Seating begins 30-minutes before show time. Your child will dance in only one of the shows unless your child takes multiple dance classes, they could appear in both. Please consult the DETAILED CHART (included in this handbook) to see which show(s) your dancer will appear in. The actual order of each show will be emailed and posted at the studio soon.

The Recital programs will be distributed digitally, a PDF of the program will also be available on our website. QR codes will be posted throughout the theater.

PARKING: Car pooling to the recital performance is recommended. Once the parking lot is full the theater runs a shuttle bus for additional parking at Westbrook High School. The shuttle runs back and forth for those that park there. We will have parking attendants for all shows and they will direct you if the lot is full.

RECITAL TICKET SALES

All seating is reserved so the earlier you purchase, the better seating options you will have. There is no limit to the amount of ticket purchases.

APRIL 12, 2025 EARLYBIRD RECITAL TICKET PURCHASES \$19

Earlybird Tickets will be on sale at the studio on Saturday, April 12, 2025 (10:30am-1pm) (\$17 PER TICKET +\$2 City of Westbrook PAC Fee) TOTAL \$19 (*cash/check accepted*).

We are unable to accept credit card payments for recital tickets. You may purchase for other families, however we cannot accept multiple checks and cash combinations for the transaction as it holds the line up for reconciling multiple families' payments.

APRIL 14 - JUNE 13, 2025 RECITAL TICKET PURCHASES \$24

(\$22 PER TICKET +\$2 City of Westbrook PAC Fee) TOTAL Ticket cost includes +\$2 City of Westbrook PAC Fee (*cash/check accepted*). Tickets are on sale in-person during office hours Monday-Friday: 2pm-6:30pm, and Saturday 9am-12pm. June 13, 2025 will be the last day to purchase advance recital tickets.

RECITAL TICKETS FOR PURCHASE AT THE DOOR

Both performances did sell out last season, however, if available, we will have tickets for sale at the door the day of the show. Cash transactions only. We are unable to accept checks at the door.

Please note: Due to the Fire Marshall and their City of Westbrook Fire Code, dancers cannot sit on anyone's lap. A "Lap Child" may sit with the parent in the same seat if they are non-walking.

The theater does have wheelchair spaces (with a companion seat). Please notify us prior to ticket day if you will be needing wheelchair seating.

Refunds & exchanges policy: Performance exchanges are allowed if you purchase to the wrong show. Exchanges for wrong performance are made but no refunds are issued once tickets have been purchased. We do not purchase back any unused tickets.

- **RECITAL TICKETS FOR STUDENTS:** Many students wish to see their friends, classmates and/or family members perform, and your dancer may sit in the audience with you before and after they perform. Students seated in the audience must purchase a ticket. A majority of our younger students do sit with their family in the theater to enjoy some of the show when they are not performing as it's hard to keep them occupied in the backstage area for long lengths of time. We will have a live feed of the show backstage in the female gymnasium.
- If you elect to have your dancer sit with you in the theater, please be sure to get your dancer backstage in time for their line-up. Classes "line-up" in the backstage hallway at least 4 numbers prior to their class performance. Dancers are not permitted to wear costumes in the audience (please wear a cover up over your costume or wear street clothes).

MEDIA FEE The \$25 recital media fee (one per family) is posted to accounts and they are due no later than May 10, 2025. The media fee covers a digital copy of the recitals. "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. If you have a credit card on file and the "use for recurring billing" box is checked, your media fee will be drafted. The media fee is non-refundable. There is no videotaping from the audience at the recital as it is very distracting to the performers and those seated around you.

CLASS PICTURE DAYS: MAY 9+10 (FRIDAY AND SATURDAY) @ SFLA DANCE COMPLEX

Pictures are all held at SFLA Dance Complex by Megan Edmonds Photography. We do not hold regular classes over Picture Days, just photos. Your class and individual picture time is listed in the 2 charts at the end of this Handbook. Group and single photos will be uploaded for purchasing and a memo will be sent home with information if you wish to purchase. There are memory mate picture options (a group photo of the class which also includes a single full body photo of your dancer on the same sheet), and many other options for sizes and packages. Each dancer has their individual photo taken along with their class group photo.

>>Please note that you do not need to purchase your individual or class photo, nor do you need to bring in a picture order form. All photos are taken and then uploaded to a site where you can order if desired. Our studio will receive an 8x10 photo of each class for our "Wall of Fame", located in our entryway lobby! Please attend even if you do not wish to purchase so we can have a record of the full class. You can let the photographer know if you would like a sibling photo taken, and dancers may also have special friend photos done if we have a written note from the parent indicating that you wish to have a "friend" photo taken for purchasing if the parent is not present to give permission.

>>Please arrive for pictures in costume, with hair and makeup done as noted on the detailed chart in this handbook. Only the dancer and instructor are allowed in the photo room.

>> Please consult the detailed chart and be sure to wear your hair as indicated for pictures and for the show. Remove jewelry and any bright nail polish, and remove from toenail polishes if you are in bare feet for your number.

**** PICTURES CAN RUN AHEAD OR BEHIND!** We recommend arriving dressed and ready, 20 mins. early and dancers may be accompanied by a parent. Dressing room signs will be posted throughout the studio. We do wait to take the group photo until the time shown on the Picture Schedule Chart, but we cannot wait for late arrivals as we must stay on schedule. We often will run behind then get back on sch. etc. If you arrive late and miss your group photo you can always get a single photo of your dancer any time over the 2 days. *Please do not take photos anywhere in the dressing rooms.

PICTURE DAY SCHEDULE IS INCLUDED ON THE LAST PAGES OF THIS HANDBOOK

DRESS REHEARSAL, WEDNESDAY JUNE 11, 2025 @ WESTBROOK PAC

Dress Rehearsal gives dancers the opportunity to familiarize themselves with the theater space and procedures in preparation for performance day. Dancers need to be in their full recital costume and make-up, and have their dance shoes and any accessories, so please come to the theater fully prepared. You can choose to wear an older pair of tights of the same color and save your performance tights for Recital day. Participation in the dress rehearsal is mandatory not optional. If there is going to be a conflict, please let us know as soon as possible. Please arrive to the theater "show ready" with hair and make-up done, just as you will wear it for recital day. Please plan to be ready backstage with your class at 30 minutes prior to your scheduled time if possible.

*** DRESS REHEARSAL CHECK IN AT THE DESK UPON ARRIVAL**

All dancers will be checked in at the "Dress Rehearsal Check In Desk" upon arriving. Please be sure your tuition account is up to date including June tuition if you make installment payments. Any other past due fees must also be paid prior to participating in Dress Rehearsal with a zero balance on account. This is strictly enforced. Please contact us via email if you have any questions regarding your balance, prior to arriving.

***DRESS REHEARSAL IS CLOSED TO PARENTS AND THE PUBLIC** One same-sex parent will wait inside the dressing room with their dancer and their backstage class chaperone. Creative Movement , Mini Movers and Levels 1-4, will have assigned backstage parents who also assist for rehearsal and on the day of the recital. The backstage parent escorts the dancers inside theater area when they are called for their rehearsal, they wait with them during their rehearsal time.

Please be sure all young dancers are chaperoned at all times in the dressing room by one parent or caregiver before and after rehearsals.

For the rehearsal, every class will enter and exit the stage to check lighting and spacing. Each class takes about 5-10 minutes for staging and running the number once (or twice if needed). Dancers may leave following their class rehearsal. If your dancer has multiple numbers, the chaperone will escort the group back to the dressing room, and parents/caregivers will change the dancer into the next costume and wait in the dressing room for the chaperone of your next piece to escort them back to the theater.

We do run a timely and organized rehearsal, and we are unable to run the piece again for dancers who arrive late. We cannot guarantee when each rehearsal will end but we do our best to estimate that time on the schedule. We appreciate your understanding and cooperation. We pride ourselves on being organized, but it can be a hectic day!

Bottled water is allowed backstage. PLEASE do not send any soda, fruit drinks, sports drinks, or coffee backstage with your dancer for rehearsal or recital. Please do not bring candy backstage (m&m's, etc. are very messy on hands and costumes!). A small blanket to sit on backstage is great, (color books/ no markers), video games, etc. There are also general public areas throughout the theater to eat a light meal if you are there for long periods of time.

**** DRESS REHEARSAL:** Please plan to be ready in costume, “show ready”, and backstage with your class at 30 minutes before your scheduled time. We may occasionally go out of order when needed if we have dancers with a quick change.

DRESS REHEARSAL CHART YOUR CLASS:	DRESS REHEARSAL TIMES Time blocks rehearsed in this order.
“BLACK AND GOLD” JAZZ 6 (finale) Thurs 4:45pm to 5:45pm Teacher: VICTORIA PERREAULT	2:40-3:10pm
“WHATCHU KNOW ‘BOUT ME” HIP-HOP 6 Tues 5:45pm to 6:30pm Teacher: AMANDA PREBLE	3:20-3:30pm
“MY WAY” BALLET PT - 5/6 Wed 3:45pm to 5:00pm Teacher: ELIZABETH AVANTAGGIO	3:40-4:00pm BLOCK
“RAYMONDA” BALLET/POINTE - 6 Mon 5:00pm to 6:15pm Teacher: KATE SMEDAL	
“EXPERIENCE” BALLETPT - 6 Thurs 3:30pm to 4:45pm Teacher: ELIZABETH AVANTAGGIO	
“THE AQUARIUM” BALLET - 4 Wed 5:00pm to 6:15pm Teacher: ELIZABETH AVANTAGGIO	4:00-4:35pm BLOCK
“EINE KLEINE NACHTMUSIK” BALLET - 3 Tues 4:45pm to 5:45pm Teacher: KATE SMEDAL	
“BITTE SCHON” BALLET - 3 Thurs 4:45pm to 5:45pm Teacher: ELIZABETH AVANTAGGIO	
“NUIT ETOILEE” BALLET - 2 Mon 4:00pm to 5:00pm Teacher: KATE SMEDAL	
“WALTZ OF THE HOURS” BALLET - 2/3 Sat 11:00am to 12:00pm Teacher: KAITLIN RUSSELL	
“A ROYAL SPRING” BALLET - 2 Fri 4:15pm to 5:00pm Teacher: GRACE KOURY	4:35-5:05pm BLOCK
“TOY SOLDIER PARADE” BALLET - 1/2 Fri 5:00pm to 5:45pm Teacher: GRACE KOURY	

DRESS REHEARSAL CHART YOUR CLASS:	DRESS REHEARSAL TIMES Time blocks rehearsed in this order.
"I SEE THE LIGHT" BALLET - 1 Sat 10:15am to 11:00am Teacher: KAITLIN RUSSELL	
"ITTY BITTY PRETTY ONE" TAP/BALLET Sat 9:30am to 10:15am Teacher: KAREN GILLES	
"IN THE NAVY" MINI MOVERS Tues 4:00pm to 4:45pm Teacher: SUSAN CLOUTIER	5:05-5:40pm BLOCK
"BEAUTY AND THE BEAST" MINI MOVERS Sat 9:00am to 9:30am Teacher: KAREN GILLES	
"GOOD SHIP LOLLIPOP" MINI MOVERS FRI 3:45pm to 4:15pm Teacher: SUSAN CLOUTIER	
"HOW FAR I'LL GO" LYRICAL 1 Thurs 5:15pm to 6:00pm Teacher: MICHELLE PERRY	
"I BELIEVE" LYRICAL 1/2 Fri 4:15pm to 5:00pm Teacher: MICHELLE PERRY	
"DANCE TO THE MUSIC" JAZZ 1/2 Mon 5:00pm to 5:45pm Teacher: SUSAN CLOUTIER	5:40-6:25pm BLOCK
LYRICAL/JAZZ 2 Fri 5:00pm to 5:45pm Teacher: MICHELLE PERRY	
"CONGA" JAZZ/LYRICAL 3 Thurs 6:00pm to 6:45pm Teacher: MICHELLE PERRY	
"FINESSE" HIP-HOP/JAZZ 1 Fri 5:45pm to 6:30pm Teacher: ELIZABETH STILES	
"BEYOND" ACRO - 1 Thurs 4:30pm to 5:15pm Teacher: PAM COLLINS-STAHLE	
"SEPTEMBER" ACRO 1/2 Sat 8:45am to 9:30am Teacher: ADELYNN SPLANE	
"ONE SHORT DAY" TAP 2 Mon 5:45pm to 6:30pm Teacher: KELLY FANTIGROSSI	

DRESS REHEARSAL CHART YOUR CLASS:	DRESS REHEARSAL TIMES Time blocks rehearsed in this order.
"SFLA OLYMPICS" ACRO 2 Wed 4:15pm to 5:00pm Teacher: PAM COLLINS-STAHLE	6:25-7:10pm BLOCK
"DOUBLE LIFE" ACRO 2/3 Sat 9:30am to 10:15am Teacher: ADELYNN SPLANE	
"MAKE NOISE" HIP-HOP+JAZZ 2 Tues 4:45pm to 5:30pm Teacher: AMANDA PREBLE	
"GHOST BUSTERS" HIP-HOP 2 Wed 5:00pm to 5:45pm Teacher: AMANDA PREBLE	
"YOU CAN'T STOP THE BEAT" ACRO - 3 Wed 5:00pm to 5:45pm Teacher: PAM COLLINS-STAHLE	
"THE SEA" LYRICAL 2/3 Sat 10:15am to 11:00am Teacher: MIA MILLETT	
"LET'S GROOVE" TAP 3 Mon 6:45pm to 7:30pm Teacher: KELLY FANTIGROSSI	
"BELLA DONNA TWIST" ACRO 3/4 Wed 6:00pm to 6:45pm Teacher: PAM COLLINS-STAHLE	7:10-7:45pm BLOCK
"MOON RIVER" CONTEMPORARY 3 Tues 5:45pm to 6:30pm Teacher: VICTORIA PERREAULT	
"ROCKET FUEL" HIPHOP BOYS ONLY Wed 5:45pm to 6:45pm Teacher: AMANDA PREBLE	
"RECESS " HIP-HOP 3 Tues 6:45pm to 7:30pm Teacher: AMANDA PREBLE	
"LOST SOUL" ACRO 5 Thurs 3:30pm to 4:15pm Teacher: PAM COLLINS-STAHLE	
"WELCOME TO THE PARTY" HIP-HOP 4/5 Wed 7:00pm to 7:45pm Teacher: AMANDA PREBLE	7:45-8:20pm BLOCK
"ROAD TO NOWHERE" TAP 4 Wed 4:15pm to 5:00pm Teacher: KELLY FANTIGROSSI	

DRESS REHEARSAL CHART YOUR CLASS:	DRESS REHEARSAL TIMES Time blocks rehearsed in this order.
"DREAMS" CONTEMPORARY 4/5 Mon 4:00pm to 4:45pm Teacher: ELIZABETH STILES	
"BLOWN AWAY" TAP 5/6 Mon 7:45pm to 8:30pm Teacher: KELLY FANTIGROSSI	
"BAD LEROY BROWN" JAZZ 4 Tues 4:30pm to 5:15pm Teacher: VICTORIA PERREAULT	
"GOOD TIMES" JAZZ 5/6 Wed 6:15pm to 7:00pm Teacher: VICTORIA PERREAULT	
"DIRTY DADS" DAD'S DANCE Thurs 6:45pm Teacher: VICTORIA PERREAULT	8:20pm

BACKSTAGE DRESSING ROOMS AND COSTUME CHANGES

Visitors are not allowed backstage or in the dressing rooms during rehearsals or at the recital. The same applies during intermission and after the show. There is a lot of backstage activity in a limited space, and dressing rooms are a private area. Visitors cause disruption and infringe on dancers' privacy while changing. PLEASE do not bring friends and relatives into the dressing room area.

Thank you for understanding. Parent/Caregivers are responsible for their child's costume changes if they are in multiple numbers, and they should assist them backstage before their next number. If desired, for female costume changes you can step into the locker room that is located within our auxiliary gym dressing room for extra privacy, and some dancers bring their own mini pop-up changing tent similar to this: https://www.amazon.com/GigaTent-Pop-Pod-Changing-Room/dp/B00CP8SJVW/ref=sr_1_8?keywords=dancer+changing+tent&qid=1677261179&sr=8-8

REMINDER: Please do not take any photos in the dressing room.

DRESSING ROOM ASSIGNMENTS FOR DRESS REHEARSAL AND THE RECITAL DAY

FEMALES: ALL AGES - GYMNASIUM

MALES: CHORUS ROOM: DIRECTLY ACROSS THE HALL FROM THE LEVEL 6 DRESSING ROOMS.

PULSE COMPANY LEVEL 6 FEMALES: 2 SIDE DRESSING ROOMS - BACKSTAGE HALLWAY

COSTUMES/ACCESSORIES/SHOES - SPECIFICS ARE INCLUDED IN THE DETAILED CHART

When you receive your recital costume, you may need to make slight alterations to make sure that your child's costume fits properly and that all parts are secure. The costume companies send us a costume that is closest to your child's measurements, but few are exact fits and any slight alterations are up to the dancer. We aim to lightly steam all costumes if needed before sending them home. If yours needs touching up for Picture Day or recital, please hang it in the shower area, close the door, and let the steam remove wrinkles! We suggest that you place all of your costume accessories (headpieces, gloves, etc.) in a plastic zip-loc bag, poke a small hole through it, and hang it on the costume hanger. Please place the student's name on your costumes and dance shoes.

Recital Tights:

BALLET Levels 3-6: Body Wrappers backseam tights are required and they are available for purchase at the studio or online (Style 45A or 45C, color: Ballet Pink). We do not automatically charge the dancers for these as many have an extra new pair handy. If you do not have "like new" tights for the show, please be sure to purchase a pair. Please plan to purchase your tights early at the studio. You can also purchase them online through Amazon, Discount Dance. Please do not use any other brand of backseam tights for uniformity.

For all other recital tights, if your costume requires tights as indicated in the Recital Costume Chart, they have been distributed with the costume and the fee is included in the costume cost. We order one pair per color, and if you'd like to purchase an extra pair to have on hand, please let us know.

RECITAL TIGHTS ARE NOT RETURNABLE ONCE OPENED. Please view the size chart on the back side of your recital tights packaging. If you would like a bigger or smaller size please stop at the desk to exchange. Please do this early, as once we get closer to recital our inventory can get depleted.

Undergarments: Do not wear underwear under your tights or costume as it shows through (we explain to our youngest dancers that it is like wearing a bathing suit). If dancers need to wear a bra, tan/beige/nude shades work best with most costumes. Some costumes may require a strapless bra or a "stick on bra". If you need a stick on bra they have Adhesive Bras with side wings or similar at Amazon, WalMart, and Target. All undergarment straps must be well hidden (pinned if needed) to avoid peeking out of costumes. Colored bra straps cannot be showing through with costumes.

DANCE FOOTWEAR (if required): Ballet and Creative Movement: pink leather ballet slippers (no satin slipper style shoes for recital) girls (pink), boys (black). Jazz: bare feet or Jazz shoes purchased at the studio for uniformity, Tap: black shoes, Hip-hop: sneakers (see detailed chart in this memo for color guide), Lyrical, contemporary, acro: Bare Feet. Some shoes may be purchased at Petit' Jete Dancewear in Brunswick. Petit' Jete has all of our required styles and colors on file, and they will also offer you a discount if you mention that you are a student at SFLA. See the Detailed Costume Chart in this handout for other shoe details.

THEATER ETIQUETTE AT WESTBROOK PERFORMING ARTS CENTER

Our faculty works very hard to educate our students on how to behave in a professional theater setting. Courtesy is contagious. If the adults practice courtesy, our young dancers will learn from that. It is important to be quiet in the audience & backstage areas. We ask that you move in and out of the theater during the applause BETWEEN numbers only. It is very distracting to the audience and to the performers on stage when people are moving around during the show. You may unfortunately stand up right in front of a family who is trying to see their child's performance.

Indoor theater etiquette is different from an outdoor sporting event. Your enthusiastic applause is greatly appreciated and encouraged, however yelling names and other calls to the stage during recital is inappropriate and distracting to the performers. Please silence your cell phones and pagers upon entering the theater.

We also take pride in teaching our dancers to be respectful of their performing facility, and as a studio we like to leave our backstage areas clean! Please be sure your dancer leaves their dressing room space trash and debris free. Even our youngest dancers should begin taking responsibility for good backstage theater etiquette. Please discard any bobbi pins or trash from the floor or tables into the trash receptacles after Dress Rehearsal and on the day of the show. Thank you!

WESTBROOK PERFORMING ARTS CENTER BEVERAGE/FOOD POLICIES Food and beverages (with the exception of bottled water) are not allowed into the theater seating area.

If you are a backstage volunteer class parent, you can watch your child's dance from the stage wings. If you are not the class parent, please do not stand in the wings as it adds to the congestion backstage.

No photos or videos are allowed during the performances. Both are distracting to the dancers and those seated around you. Every dancer will receive a digital download of their performance!!

STARGRAMS

Send a personalized message to your dancer at the recital that is attached to a Mylar Balloon or custom SFLA Stuffedie! Stargrams will be available in the lobby at recital. All proceeds benefit our Pulse Performance/Competition Dance Company Educational Fund for the new 2025-26 season. The Pulse Fund provides no cost supplemental dance training through Master Classes, and it also supplements other misc. Pulse costs.

SPECIAL AWARDS AND SENIOR PRESENTATIONS AT RECITAL

At recital we recognize students who have dedicated their time to dance for 5, 10, and 15 years at our studio. We hand out awards on stage at each recital performance. If you are in multiple shows you will receive your award at one pre-designated performance. Please EMAIL US if you are receiving your 5, 10, or 15 year award. We will be sending a draft list soon with details.

*YOU WILL RECEIVE A 5 YEAR AWARD : (YOUR FIRST RECITAL WAS THE 2021 SHOW)

*YOU WILL RECEIVE A 10 YEAR AWARD: (YOU RECEIVED YOUR 5 YR AWARD AT THE 2020 RECITAL)

*YOU WILL RECEIVE A 15 YEAR AWARD: (YOU RECEIVED YOUR 10 YR AWARD AT THE 2020 RECITAL)

ARRIVAL AND DISMISSAL PROCEDURES FOR RECITAL DAY

PARKING: We always recommend car-pooling to recital performances as the theater's parking lot can get full. The theater does provide overflow parking at the Westbrook High School if needed. If the theater's lot does become full, there will be a Shuttle Bus back and forth from the theater to the High School. Parking attendants will be circulating throughout the day for the 2 shows and they will advise you of the shuttle procedures. Please allow some extra time for parking!

ARRIVALS FOR RECITAL DAY: PLEASE ARRIVE 30 MINUTES PRIOR TO SHOWTIME and report to the dressing room with one parent/caregiver at that time. Recital day will be a bit more chaotic than dress rehearsal as all dancers will arrive at the same time and not on a staggered schedule. Dancers should arrive to recital "show-ready" with hair and make-up completed with tights on for their first number if applicable. You can slip into your costume once you are settled in the dressing room.

If your dancer is in multiple numbers, please have all other costumes on hangers in the order of the performance. Be sure to bring your stage make-up and hair products in case there is need for touch ups or adjustments. You can bring a small blanket for younger dancers to sit on, and crayons, books, (no markers) video games, etc. to stay occupied.

YOUNG DANCERS: CREATIVE MOVEMENT /MINI MOVERS THROUGH LEVEL 3:

A majority of our young dancers sit in the theater with their family until it is time to line up backstage. Due to the size of our cast, we do not have adequate backstage babysitting for all of our younger dancers, however many families do bring a babysitter so they can watch the shows. If you plan to have your dancer sit with you in the theater, please check in and set up in the dressing room first, and report backstage in time to be in costume and “stage ready”, 4 numbers prior to your performance. We will have one or 2 backstage parents that will supervise each class when it is time for them to line up to the stage (4 numbers prior to their performance), and at that time, you can get back to the audience! The backstage parent will return the dancers to the dressing room after the performance where they should be picked up promptly by the parent/caregiver. Please be sure to always have a parent/caregiver with your young dancer at all times in the dressing room until the Backstage parent takes over. Following their performance, many dancers will return to the theater to watch the show. Due to the size of our cast we do not hold a full cast finale with bows as it can be very overwhelming and hectic for the littles!

DANCERS IN LEVELS 4+ TEENS

Some young teens are seasoned performers and they understand that they are expected to stay in the gymnasium unless they have a ticket to watch the performance. Some young teens may want their parent/caregiver to remain with them backstage which is recommended if they do! If they do decide to watch portions of the show and they have a ticket, they must be backstage in costume, and show ready, 4 numbers prior to their performance, for line up. Parents must monitor this so their dancer does not miss their performance. We do not stop the show to look for missing dancers as we must stay on schedule. When not lining up or performing, dancers are not allowed to hang out in the hallways or watch the show from the wings on stage. Feel free to bring a small blanket for the dressing room to sit on. We will have a livestream TV airing the show in the gymnasium. We recommend that young teenagers have a parent or friend handy for helping them with costume changes. Please advise your teenager that they should not go outside or roam the hallway areas of the school.

GREETING DANCERS AND PRESENTING FLOWERS AFTER DISMISSALS: If family and guests wish to greet a performer after the show or present flowers, they can do so in the theater’s main lobby area after the dancer has been picked up backstage by their parent/chaperone. We will have an area set up with our studio backdrop for dancers and family pictures.

FINALE: The last dance of each show will be the “finale” and it features our advanced level dancers and our graduating senior’s last bow with faculty with lots of glitter and confetti! Your dancer does not need to report backstage for finale unless they are in the last piece, and they can enjoy the performance from the audience. Also, don’t miss our Dad’s Dance which precedes the finale in both shows!!

IN-BETWEEN SHOWS

If your dancer is appearing in multiple performances, dancer and one same-sex parent may elect to stay backstage in the dressing rooms in between shows or the parent and dancer may leave the theater and return if time allows. The theater lobby areas are open as well in between shows. If you are attending both shows, we do need to clear out the entire seating area at the theater in between shows for cleaning. Doors will be closed then re-opened by the ushers when seating for the next performance begins. Parents are responsible for chaperoning their dancer in-between shows.

FINAL TUITION PAYMENTS FOR THE DANCE SEASON

In order to participate in Dress Rehearsal and Recital, dancers must have a zero tuition balance on their account including any miscellaneous charges, costume balance, tights fees, media fee, etc. If you budget your tuition payments into 10 per season, your 9th installment is due in May and your 10th installment will be due in June prior to participation for the Dress Rehearsal and Recital. If you have a question about your account, please feel free to e-mail us.

If you budget your tuition: We often receive inquiries asking “why is a June installment due ?” Tuition is a seasonal rate based on the full school year beginning with classes in September and culminating with recital in June. Tuition is not based on how many classes are in a particular month . Some families elect to pay the full year in September and for those who elect to spread out the tuition and budget it by making monthly installment payments, the annual tuition is divided into 10 equal payments for your convenience. This makes the monthly installment amount the same for 10 months and June is the last installment due.

RECITAL VOLUNTEERS AND BACKSTAGE MOMS/DADS

It takes many hands in order to make our production stress-free, safe, and successful! Our annual performance would not be possible without the generous help of many dedicated parent volunteers. We will be sending out a Sign-Up Genius if you can help

COMMEMORATIVE RECITAL TEE SHIRTS

The 33rd ANNUAL RECITAL T-SHIRT - PRE-ORDERS ONLY
SHORT SLEEVE \$24 ORDER DEADLINE APRIL 29, 2025

We will be unable to take emailed orders

OUR SFLA MERCH STORE THAT HAS OUR LOGO ITEMS FOR ALL DANCERS , PULSE
COMPANY DANCERS, PARENTS AND FACULTY!

YOUR COMMEMORATIVE RECITAL TEE SHIRT MAY ALSO ORDERED THROUGH THE STORE
AND YOU CAN ADD ANY OTHER ITEMS IF DESIRED. WE PICK UP THE FINISHED ORDERS
WHEN COMPLETE AND THEY ARE AVAILABLE AT THE STUDIO PRIOR TO RECITAL.

RECITAL TEE SHIRT DESIGN AND SFLA MERCH STORE ITEMS ORDER LINK WILL BE
EMAILED ONCE THE STORE IS OPEN.

RECITAL FLOWERS

It is customary for dancers to receive flowers from family members/friends after a performance. Many dancers also present their friends and teachers with roses. Single, 3 Rose, 6 Rose and Dozen bouquets are available for pre-order. The “Posh Posies” Flower Order Form is included in this handbook. Completed forms with payment in the form of check made payable to “POSH POSIES” may be dropped off at the office. Flowers may be picked up in the lobby area when you arrive at the theater. We cannot accept emailed order forms sent to the studio.



Recital 2025

We will have pre-ordered bouquets available for pick up at the June 1Sth Sunday am show..

We will be offering Rose bouquets. All will be water-picked with fresh greens and a seasonal filler. They will be wrapped in a cellophane sleeve with a bow.

Colors this year will be Red, Pink, or a mix of colored seasonal Rose

Single rose \$12.00
3 Rose Bouquet \$ 25.00
6 Rose Bouquet \$ 38.00
1 Dozen Bouquet \$ 50.00

Order name _____ Dancer Name _____

Single Qty _____ Color _____
3 rose Qty _____ Color _____
6 rose Qty _____ Color _____
12 rose Qty _____ Color _____

Total \$ _____

Stargrams

Write a special Good Luck message on a star card and we will attach it to your custom SFLA Plushie and deliver your STAR GRAM backstage to your special performer, or dance friend. Proceeds benefit Our Pulse Dance Company Educational Fund which provides "no cost" supplemental dance training through Guest Teacher Master Classes.



Stargrams

Write a special Good Luck message on a star card and we will deliver your STAR GRAM backstage to your special performer, or dance friend. Proceeds benefit Our Pulse Dance Company Educational Fund which provides "no cost" supplemental dance training through Guest Teacher Master Classes.



Recital

STAR GRAM

At the Recital, we will deliver your STAR GRAM mylar balloon backstage to your special performer, or dance friend. Write your special message on the attached card! Available for purchase in the lobby at the show. Proceeds benefit our "Pulse Dance Company" Educational Fund which provides "no cost" supplemental dance training through Guest Teacher Master Classes.



LOOK FOR OUR STARGRAM TABLE AT THE RECITAL
*Located at the Theater Entrance,
and send a special message to your dancer !!*

NOTES FOR RECITAL MAKE UP AND JEWELRY

What You'll Need for Hair: Close bristle brush works best, gel , hair spray and bobbi pins and hair elastics that best match your hair color (no colored elastics). Please do not add any hair accessories such as crochet bun covers, decorative clips, bows, or hair glitters.

BALLET BUN NO PART:

<https://youtu.be/3yG7Hcozrf8?feature=shared>

CENTER PART LOW BUN :

(Your dancer may or may not need a hair net, depending on how much hair you have and how thick it is).

<https://youtu.be/Q3dPpY9Qknc?feature=shared>

<https://youtu.be/iD6NKY14sho?feature=shared>

FOR CENTER PART LOW PONY

<https://youtu.be/ck0BCcVWYPo?feature=shared>

JEWELRY/ PERFORMANCE EARRINGS FOR LEVELS 1-4 (\$11)

PERFORMANCE BUTTON STYLE EARRINGS, Levels 1-4: /AVAILABLE AT THE DESK. WE HAVE PIERCED AND CLIP-ONS AVAILABLE. IF YOUR CHILD IS ALLERGIC, OR UNCOMFORTABLE WEARING EARRINGS, THEY ARE NOT REQUIRED.

Levels 1+2 small size, Levels 3+4 Larger size

JEWELRY/ PERFORMANCE EARRINGS FOR LEVELS 5+6:

CRYSTAL ROUND DROP EARRINGS \$21

NAIL POLISH:

COLOR NAIL POLISH (HANDS AND FEET) NEEDS TO BE REMOVED FOR PERFORMANCES. PLEASE PACK DISPOSABLE POLISH REMOVER WIPES IF YOU WEAR POLISH.

LIPSTICKS: Keeping it simple and professional for recital and using Red Lipsticks for all.

WE KEEP A SUPPLY OF REVLONLIPSTICKS ON HAND. PLEASE CHECK EARLY OR YOU CAN OFTEN PURCHASE AT TARGET, CVS, ETC. Our Revlon shades are \$11 which includes tax

ALL LEVELS *(These shades below are all similar . Revlon /really Red Preferred)*

REVLON #006 REALLY RED *(preferred for levels 1-3)*

REVLON #740 CERTAINLY RED *(preferred for levels 1-3)*

REVLON #777 VAMPIRE LOVE *(levels 4+)*

MAKE UP CREATIVE MOVEMENT-LEVEL 2

NO LASHES (OPTIONAL: REQUIRED FOR PULSE COMPANY) ARDELL 101
BLUSH (SOFT PINK COLORS) , LIPSTICK, MASCARA OPTIONAL

MAKE UP LEVELS 3-6

LASHES ARDELL#105 /#101 SM SIZE (OPTIONAL/REQUIRED FOR PULSE COMPANY)
FOUNDATION, BLUSH, MASCARA, EYE LINER, SOFT MATTE BROWN EYESHADOW (OPTIONAL/REQUIRED FOR PULSE COMPANY) (NO BLUES, FROSTS, OR OTHER COLOR EYESHADOWS)

DETAILED CHART 2025 YOUR CLASS:	9:30am SHOW	1:00pm SHOW	SHOES TIGHTS	HAIR, MAKE-UP AND MISC. INFORMATION
"BEYOND" ACRO - 1 Thurs 4:30pm to 5:15pm Teacher: PAM COLLINS-STAHLE		✓	BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"SEPTEMBER" ACRO - 1/2 Sat 8:45am to 9:30am Teacher: ADELYNN SPLANE	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"SFLA OLYMPICS" ACRO - 2 Wed 4:15pm to 5:00pm Teacher: PAM COLLINS-STAHLE		✓	BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"DOUBLE LIFE" ACRO - 2/3 Sat 9:30am to 10:15am Teacher: ADELYNN SPLANE	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"YOU CAN'T STOP THE BEAT" ACRO - 3 Wed 5:00pm to 5:45pm Teacher: PAM COLLINS-STAHLE	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: HIGH PONY NO CENTER PART
"BELLA DONNA TWIST" ACRO - 3/4 - ACRO Wed 6:00pm to 6:45pm Teacher: PAM COLLINS-STAHLE		✓	BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"LOST SOUL" ACRO - 5 - ACRO Thurs 3:30pm to 4:15pm Teacher: PAM COLLINS-STAHLE	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"I SEE THE LIGHT" BALLET - 1 Sat 10:15am to 11:00am Teacher: KAITLIN RUSSELL	✓		PINK TIGHTS PINK LEATHER BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"TOY SOLDIER PARADE" BALLET - 1/2 Fri 5:00pm to 5:45pm Teacher: GRACE KOURY	✓		PINK TIGHTS PINK LEATHER BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	<i>RED MOLESKIN CHEEKS WILL BE DISTRIBUTED</i> NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN

DETAILED CHART 2025 YOUR CLASS:	9:30am SHOW	1:00pm SHOW	SHOES TIGHTS	HAIR, MAKE-UP AND MISC. INFORMATION
"NUIT ETOILEE" BALLET - 2 Mon 4:00pm to 5:00pm Teacher: KATE SMEDAL		✓	PINK TIGHTS PINK LEATHER BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"A ROYAL SPRING" BALLET - 2 Fri 4:15pm to 5:00pm Teacher: GRACE KOURY	✓		PINK TIGHTS PINK LEATHER BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"WALTZ OF THE HOURS" BALLET - 2/3 Sat 11:00am to 12:00pm Teacher: KAITLIN RUSSELL	✓		PINK TIGHTS PINK LEATHER BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"EINE KLEINE NACHTMUSIK" BALLET - 3 Tues 4:45pm to 5:45pm Teacher: KATE SMEDAL	✓		BODYWRAPPER "BALLET PINK" BACKSEAM TIGHTS PINK CANVAS BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"BITTE SCHON" BALLET - 3 Thurs 4:45pm to 5:45pm Teacher: ELIZABETH AVANTAGGIO		✓	BODYWRAPPER "BALLET PINK" BACKSEAM TIGHTS PINK CANVAS BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"THE AQUARIUM" BALLET - 4 Wed 5:00pm to 6:15pm Teacher: ELIZABETH AVANTAGGIO		✓	BODYWRAPPER "BALLET PINK" BACKSEAM TIGHTS PINK CANVAS BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	PERFORMANCE EARRINGS HAIR: CENTER PART/LOW BUN
"MY WAY" BALLET PT - 5/6 Wed 3:45pm to 5:00pm Teacher: ELIZABETH AVANTAGGIO	✓		BLACK STIRRUP TIGHTS (studio will purchase) PINK CANVAS BALLET SLIPPERS BLACK BALLET SLIPPERS FOR BOYS	CRYSTAL DROP PERFORMANCE EARRINGS HAIR: CENTER PART/LOW BUN
"RAYMONDA" BALLET/POINTE - 6 Mon 5:00pm to 6:15pm Teacher: KATE SMEDAL		✓	POINTE: BODYWRAPPER "BALLET PINK" BACKSEAM TIGHTS	CRYSTAL DROP PERFORMANCE EARRINGS HAIR: CENTER PART/LOW BUN
"EXPERIENCE" BALLET - 6 Thurs 3:30pm to 4:45pm Teacher: ELIZABETH AVANTAGGIO	✓		BALLET: BLACK STIRRUP TIGHTS (studio will purchase) PINK CANVAS BALLET SLIPPERS	CRYSTAL DROP PERFORMANCE EARRINGS HAIR: CENTER PART/LOW BUN
"MOON RIVER" CONTEMPORARY 3 Tues 5:45pm to 6:30pm Teacher: VICTORIA PERREAULT	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN

DETAILED CHART 2025 YOUR CLASS:	9:30am SHOW	1:00pm SHOW	SHOES TIGHTS	HAIR, MAKE-UP AND MISC. INFORMATION
"DREAMS" CONTEMPORARY 4/5 4:00pm to 4:45pm Teacher: ELIZABETH STILES	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"DIRTY DADS" DAD'S DANCE Thurs 6:45pm Teacher: VICTORIA PERREAULT	✓	✓		
"ROCKET FUEL" HIPHOP BOYS ONLY Wed 5:45pm to 6:45pm Teacher: AMANDA PREBLE		✓	SNEAKERS OF YOUR CHOICE	
"FINESSE" HIP-HOP/JAZZ 1 Fri 5:45pm to 6:30pm Teacher: ELIZABETH STILES		✓	ANY CLEAN WHITE SNEAKERS WITH WHITE NO-SHOW SOCKS IF DESIRED	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"MAKE NOISE" HIP-HOP+JAZZ 2 Tues 4:45pm to 5:30pm Teacher: AMANDA PREBLE	✓		ANY CLEAN WHITE SNEAKERS WITH WHITE NO-SHOW SOCKS IF DESIRED	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"GHOST BUSTERS" HIP-HOP - 2 Wed 5:00pm to 5:45pm Teacher: AMANDA PREBLE		✓	ANY CLEAN WHITE SNEAKERS WITH WHITE NO-SHOW SOCKS IF DESIRED	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"RECESS " HIP-HOP 3 Tues 6:45pm to 7:30pm Teacher: AMANDA PREBLE		✓	ANY CLEAN BLACK SNEAKERS WITH BLACK NO-SHOW SOCKS IF DESIRED	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"WELCOME TO THE PARTY" HIP-HOP - 4/5 Wed 7:00pm to 7:45pm Teacher: AMANDA PREBLE		✓	ANY CLEAN WHITE SNEAKERS WITH WHITE NO-SHOW SOCKS IF DESIRED	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"WHATCHU KNOW 'BOUT ME" HIP-HOP - 6 Tues 5:45pm to 6:30pm Teacher: AMANDA PREBLE	✓		ANY CLEAN WHITE SNEAKERS WITH WHITE NO-SHOW SOCKS	NO PERFORMANCE EARRINGS HAIR : TBD
"DANCE TO THE MUSIC" JAZZ - 1/2 Mon 5:00pm to 5:45pm Teacher: SUSAN CLOUTIER	✓		TAN TIGHTS TAN JAZZ SHOES	NO PERFORMANCE EARRINGS HAIR: HIGH PONY NO CENTER PART

DETAILED CHART 2025 YOUR CLASS:	9:30am SHOW	1:00pm SHOW	SHOES TIGHTS	HAIR, MAKE-UP AND MISC. INFORMATION
"CONGA" JAZZ/LYRICAL 3 Thurs 6:00pm to 6:45pm Teacher: MICHELLE PERRY	✓		BAREFOOT NO TIGHTS	PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"BAD LEROY BROWN" JAZZ - 4 Tues 4:30pm to 5:15pm Teacher: VICTORIA PERREAULT	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"GOOD TIMES" JAZZ 5/6 Wed 6:15pm to 7:00pm Teacher: VICTORIA PERREAULT		✓	BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"BLACK AND GOLD" JAZZ - 6 (finale) Thurs 4:45pm to 5:45pm Teacher: VICTORIA PERREAULT	✓	✓	BAREFEET	CRYSTAL ROUND DROP EARRINGS HAIR: CENTER PART LOW BUN
"HOW FAR I'LL GO" LYRICAL 1 Thurs 5:15pm to 6:00pm Teacher: MICHELLE PERRY		✓	BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"I BELIEVE" LYRICAL - 1/2 Fri 4:15pm to 5:00pm Teacher: MICHELLE PERRY	✓		BAREFEET	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"SURVIVE" LYRICAL/JAZZ 2 Fri 5:00pm to 5:45pm Teacher: MICHELLE PERRY		✓	BAREFEET (LYRICAL)	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"THE SEA" LYRICAL - 2/3 Sat 10:15am to 11:00am Teacher: MIA MILLETT	✓		BAREFEET	PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"IN THE NAVY" MINI MOVERS 1 Tues 4:00pm to 4:45pm Teacher: SUSAN CLOUTIER		✓	TAN TIGHTS TAN JAZZ SHOES BLACK JAZZ SHOES FOR BOYS	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN

DETAILED CHART 2025 YOUR CLASS:	9:30am SHOW	1:00pm SHOW	SHOES TIGHTS	HAIR, MAKE-UP AND MISC. INFORMATION
"BEAUTY AND THE BEAST" MINI MOVERS 1 Sat 9:00am to 9:30am Teacher: KAREN GILLES		✓	PINK TIGHTS PINK LEATHER BALLET SLIPPERS	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"GOOD SHIP LOLLIPOP" MINI MOVERS FRI 3:45pm to 4:15pm Teacher: SUSAN CLOUTIER	✓		PINK TIGHTS PINK BALLET SLIPPERS	NO PERFORMANCE EARRINGS HAIR: CENTER PART LOW BUN
"ITTY BITTY PRETTY ONE" TAP/BALLET COMBO Sat 9:30am to 10:15am Teacher: KAREN GILLES	✓		TAN TIGHTS BLACK TAP SHOES	NO PERFORMANCE EARRINGS HAIR: HIGH PONY NO CENTER PART
"ONE SHORT DAY" TAP 2 Mon 5:45pm to 6:30pm Teacher: KELLY FANTIGROSSI		✓	TAN TIGHTS BLACK TAP SHOES	BUTTON PERFORMANCE EARRINGS HAIR: CENTER PART LOW PONY
"LET'S GROOVE" TAP 3 Mon 6:45pm to 7:30pm Teacher: KELLY FANTIGROSSI		✓	TAN TIGHTS BLACK TAP SHOES	BUTTON PERFORMANCE EARRINGS HAIR: HIGH PONY, NO CENTER PART
"ROAD TO NOWHERE" TAP 4 Wed 4:15pm to 5:00pm Teacher: KELLY FANTIGROSSI		✓	SEE INSTRUCTOR	BUTTON PERFORMANCE EARRINGS MULTIPLE CHARACTERS, SEE INSTRUCTOR FOR HAIR INSTRUCTIONS
"BLOWN AWAY" TAP 5/6 Mon 7:45pm to 8:30pm Teacher: KELLY FANTIGROSSI		✓	WHITE DRESSES: TAN TIGHTS	CRYSTAL ROUND DROP EARRINGS WHITE DRESSES CAST: HAIR HALF UP HALF , DOWN TIE SCARF AROUND PONY, PANTS CHARACTERS, HAIR LOW PONY TIE SCARF AROUND HEAD
PULSE COMPANY NUMBERS APPEARING IN RECITAL	9:30am SHOW	1:00pm SHOW		<i>Costuming and make up details are the same as the 2024-25 competition season</i>
"A MOTHER'S PRAYER" PULSE COMPANY LYRICAL 1/2 MICHELLE PERRY		✓		
"OH WHAT A BEAUTIFUL MORNING" PULSE COMPANY TAP 2 KELLY FANTIGROSSI	✓			

PULSE COMPANY NUMBERS APPEARING IN RECITAL	9:30am SHOW	1:00pm SHOW		<i>Costuming and make up details are the same as the 2024-25 competition season</i>
“GLAM” PULSE COMPANY JAZZ 2 Choreography: Michelle Perry	✓			
“WHEN YOU BELIEVE” PULSE COMPANY LYRICAL 2 MICHELLE PERRY	✓			
“HARD KNOCK LIFE” PULSE COMPANY ACRO 2 PAM COLLINS-STAHLE	✓			
“WERK OUT” PULSE COMPANY ACRO LEVEL 3 PAM COLLINS-STAHLE		✓		
“WHAT THE WORLD NEEDS NOW” PULSE COMPANY LYRICAL 3 MICHELLE PERRY		✓		
“THE CONFERENCE RAG” PULSE COMPANY JAZZ 3 MICHELLE PERRY	✓			
“TAXI” PULSE COMPANY TAP 4 KELLY FANTIGROSSI	✓			
“MAN IN FINANCE” PULSE COMPANY JAZZ 4 VICTORIA PERREAULT		✓		
“THE TIDE” PULSE COMPANY 4+5 MICHELLE PERRY	✓			
“DREAM STATE” PULSE COMPANY CONTEMPORARY 5 ELIZABETH S		✓		
“ROCK IT” PULSE COMPANY JAZZ 5/6 VICTORIA PERREAULT		✓		

PULSE COMPANY NUMBERS APPEARING IN RECITAL	9:30am SHOW	1:00pm SHOW		<i>Costuming and make up details are the same as the 2024-25 competition season</i>
“SONNETT D’ AMOUR” POINTE - 6 PULSE COMPANY ELIZABETH AVANTAGGIO	✓			
“WEATHER GIRLS” PULSE COMPANY JAZZ 6 FOWLER	✓	✓		
“MISSIONARY MAN” PULSE COMPANY JAZZ 6 VICTORIA PERREAULT		✓		
“MEETINGS ON THE EDGE” PULSE COMPANY CONTEMPORAY 6 FRANCISCO GELLA	✓			
“WORMHOLE” PULSE COMPANY CONTEMPORARY 6 JENN FINK	✓			
“PATH FOR AIR” PULSE COMPANY CONTEMPORARY 6 JENN FINK		✓		
“WE’RE THROUGH” PULSE COMPANY JAZZ 6 VICTORIA PERREAULT		✓		
“SEEING RED” PULSE COMPANY CONTEMPORARY 6 JENN FINK		✓		
“DON’T BREAK” TAP 6 ALEKSANDR OSTANIN		✓		
“ELEVATOR SONG” CONTEMPORARY 6 JENN FINK		✓		
“SOUP” CONTEMPORARY 6 JENN FINK	✓			
“SCHMIGADOON” JR PULSE COMPANY MUSICAL THEATER MISS PAM, MISS KELLY	✓			
CLASS OF 2025				
EMILIA PERRY		✓		
HAILEY RICKETT		✓		
VICTORIA SPARKS		✓		
AUDREY TORREY		✓		
SUSANNAH WILLIAMS		✓		

PICTURE DAYS – INFORMATION FROM OUR PHOTOGRAPHER
Megan Edmonds Photography

You will be able to view and then purchase your dancers' recital photos right online within 3 weeks of your dancers' picture day.

The company I use delivers high quality prints, as well as digital options. There are many packages, specialty gift items, a la carte, and digital pricing. All orders ship directly to your home. Prices for prints start at \$12.99. Packages start at \$30.00. There are also digital packages available. Memory Mates, Magnets, Keychains, statuettes, mugs, buttons, dogtags and more fun options are available for purchase in addition to prints and digitals. All prints will be shipped to your home address for a flat fee of 6.95.

All purchases will be made directly through a secure website, after seeing and choosing the pictures you want to purchase. There is nothing to do or purchase prior to your Dancers' picture day. We want you to love the photos, so you only purchase what you want after picture day.

Understanding How Photo Day Works:

The software in the gallery uses facial recognition technology where you can quickly go in and look at all of your dancer's photos, including the group photos that he/she appears in. Face recognition may not pull up profile dance shots! Or action shots. So make sure to look through all photos too.

From there, you choose only the pictures you love to build out your packages. What's cool about PhotoDay compared to the old volume process is that you can build your packages with mix/match poses. It used to be that you could only pick one pose per package but now the combinations are endless. Again, you only choose what you love AFTER you've seen it. You can create a favorites folder so it makes putting together packages easier.

Please let me know PRIOR to ordering if you need a different crop or edit. Once you have ordered, I cannot change an order as the company goes into immediate production. There are no refunds or exchanges after purchasing.

PARENTS & DANCERS, PLEASE READ THE FOLLOWING INFORMATION CAREFULLY!

- Dancers should arrive 20 minutes before their scheduled time dressed and completely ready for their picture to be taken. (Hair, make-up, all pieces to their costume, proper shoes and tights).
- **We are NOT able to hold up group/class pictures for late arrivals.**
- Parents/Caregivers will not be allowed in the studio where we are photographing dancers. We love parents, but it is distracting to the dancers and the photographer.
- Please no jewelry (unless noted on your studio costume chart) or colored nail polish.
- ALL dancers will have their class and individual pictures taken in each class costume as scheduled. Pictures will then be uploaded to a secure website for you to see all of your dancer's pictures and purchase the photos you choose right online. This way you are able to see all your dancer's photos before making a decision on which ones you are purchasing.
- If you have multiple children/dancers in the studio and you would like them photographed together for a sibling picture, please send the older dancer (dressed and ready) to the younger dancer's picture time.
- All dancers will have their individual portraits taken in the same costume pieces as the group picture.

THANK YOU IN ADVANCE FOR YOUR COOPERATION IN MAKING THIS PICTURE DAY SUCCESSFUL!

Megan Edmonds Photography

YOUR CLASS PICTURE DAY FRIDAY MAY 9, 2025	YOUR INDIVIDUAL AND CLASS PHOTO TIME
Optional Time Slots: Solo, Duo, Trio, Small Groups <i>Please email Susan to be added to the list</i> <i>(studioforthelivingarts@yahoo.com)</i>	3:00-3:20pm
2025 GRADUATING CLASS (ANY ALL-WHITE ATTIRE/BARE FEET)	3:20pm
ASSISTANT TEACHERS (any all black attire/bare feet) *note, please attend our 2 nd assistant teacher Friday photo time if you cannot make this slot	3:25pm
"THE WAITER'S GALLOP" LEVEL 5 TAP Teacher: KELLY FANTIGROSSI	3:30pm
"SONNET D'AMOUR" COMPANY POINTE 6A Teacher: ELIZABETH AVANTAGGIO	3:35pm
"I WILL WAIT" COMPANY LYRICAL 5 Teacher: ELIZABETH STILES	3:40pm
"RAYMONDA" POINTE 6 Mon 5:00pm to 6:15pm Teacher: KATE SMEDAL	3:45pm
"FAUST" COMPANY POINTE 5/6 PRIMARY Teacher: ELIZABETH AVANTAGGIO	3:50pm
"EXPERIENCE" BALLET - 6 Thurs 3:30 pm to 4:45pm Teacher: ELIZABETH AVANTAGGIO	3:55pm

"MY WAY" BALLET PT 5/6 Wed 3:45pm to 5:00pm Teacher: ELIZABETH AVANTAGGIO	4:00pm
"ME" COMPANY LYRICAL 6A Choreography: Brea Perdue Teacher: VICTORIA PERREAULT	4:05pm
"DARLING" COMPANY LYRICAL 6 Teacher: VICTORIA PERREAULT	4:10pm
"DREAM STATE" CONTEMPORARY 5 Teacher: ELIZABETH STILES	4:15pm
"MEETINGS ALONG THE EDGE" COMPANY CONTEMPORARY 6A Teacher: VICTORIA PERREAULT	4:20pm
"GOOD SHIP LOLLIPOP" MINI MOVERS FRI 3:45pm to 4:15pm Teacher: SUSAN CLOUTIER	4:25pm
MISSIONARY MAN" COMPANY COMPANY JAZZ 6A Teacher: VICTORIA PERREAULT	4:30pm
"WE'RE THROUGH" COMPANY AZZ 6B Teacher: VICTORIA PERREAULT	4:35pm
"GOOD TIMES" JAZZ 5/6 Wed 6:15pm to 7:00pm Teacher: VICTORIA PERREAULT	4:40pm
"WORMHOLE" COMPANY CONTEMPORARY 6A Teacher: JENN FINK	4:45pm

“A REMINDER” CONTEMPORARY 5/6 Teacher: VICTORIA PERREAULT	4:47pm
“WHEN YOU BELIEVE” COMPANY LYRICAL 2 Teacher: MICHELLE MELVIN PERRY	4:50pm
“BLACK AND GOLD” JAZZ - 6 (finale) Thurs 4:45pm to 5:45pm Teacher: VICTORIA PERREAULT	4:55pm
“TOY SOLDIER PARADE” BALLET 1/2 Fri 5:00pm to 5:45pm Teacher: GRACE KOURY	5:00pm
COMPANY “THE WEATHER GIRLS” COMPANY JAZZ Teacher: VICTORIA PERREAULT	5:10pm
“ROCK IT” COMPANY JAZZ 5/6 Choreography: Victoria Perreault	5:15pm
“GLAM” COMPANY JAZZ 2 Teacher: MICHELLE MELVIN PERRY	5:20pm
“WHATCHU KNOW ‘BOUT ME” HIP-HOP - 6 Tues 5:45pm to 6:30pm Teacher: AMANDA PREBLE	5:25pm
“I BELIEVE” LYRICAL - 1/2 Fri 4:15pm to 5:00pm Teacher: MICHELLE MELVIN PERRY	5:30pm
“SYMPHONY” LEVEL 6 TAP Teacher: KELLY FANTIGROSSI	5:35pm

"A ROYAL SPRING" BALLET 2 Fri 4:15pm to 5:00pm Teacher: GRACE KOURY	5:40pm
"BLOWN AWAY" TAP 5/6 Mon 7:45pm to 8:30pm Teacher: KELLY FANTIGROSSI	5:45pm
"LOST SOUL" ACRO 5 Thurs 3:30pm to 4:15pm Teacher: PAM COLLINS-STAHLE	5:50pm
"FINESSE" HIP-HOP/JAZZ 1 Fri 5:45pm to 6:30pm Teacher: ELIZABETH STILES	5:55pm
"PATH FOR AIR" COMPANY CONTEMPORARY 6B Teacher: JENN FINK	6:00pm
"SURVIVE" LYRICAL/JAZZ 2 Fri 5:00pm to 5:45pm Teacher: MICHELLE MELVIN PERRY	6:05pm
"TROUBLE" COMPANY ACRO LEVEL 5 Teacher : PAM COLLINS-STAHLE	6:15pm
"DIRTY DADS" DAD'S DANCE Thurs 6:45pm Teacher: VICTORIA PERREAULT	6:20pm
"PINBALL WIZARD" COMPANY TEEN MUSICAL Teachers : MISS PAM, MISS KELLY	6:25pm
Optional Time Slots: Solo, Duo, Trio, Small Groups <i>Please email Susan to be added to the list. We want to have your photo on our wall of fame!</i> <i>(studioforthelivingarts@yahoo.com)</i>	6:30pm on

YOUR CLASS PICTURE DAY SATURDAY MAY 10, 2025	YOUR INDIVIDUAL AND CLASS PHOTO TIME
"SEPTEMBER" ACRO - 1/2 Sat 8:45am to 9:30am Teacher: ADELYNN SPLANE	9:00am
"DOUBLE LIFE" ACRO 2/3 Sat 9:30am to 10:15am Teacher: ADELYNN SPLANE	9:05am
"BEAUTY AND THE BEAST" MINI MOVERS 1 Sat 9:00am to 9:30am Teacher: KAREN GILLES	9:10am
"THE SEA" LYRICAL - 2/3 Sat 10:15am to 11:00am Teacher: MIA MILLETT	9:20am
"ITTY BITTY PRETTY ONE" TAP/BALLET COMBO Sat 9:30am to 10:15am Teacher: KAREN GILLES	9:25am
"HARD KNOCK LIFE" COMPANY ACRO 2 Teacher: PAM COLLINS-STAHLE	9:35am
"WERK OUT" COMPANY ACRO 3 Teacher: PAM COLLINS-STAHLE	9:45am
"I SEE THE LIGHT" BALLET -1 Sat 10:15am to 11:00am Teacher: KAITLIN RUSSELL	9:50am
"WALTZ OF THE HOURS" BALLET 2/3 Sat 11:00am to 12:00pm Teacher: KAITLIN RUSSELL	9:55am

"IN THE NAVY" MINI MOVERS 1 Tues 4:00pm to 4:45pm Teacher: SUSAN CLOUTIER	10:00am
"MOON RIVER" CONTEMPORARY 3 Tues 5:45pm to 6:30pm Teacher: VICTORIA PERREAULT	10:15am
"SFLA OLYMPICS" ACRO 2 Wed 4:15pm to 5:00pm Teacher: PAM COLLINS-STAHLE	10:25am
"BEYOND" ACRO 1 Thurs 4:30pm to 5:15pm Teacher: PAM COLLINS-STAHLE	10:30am
"YOU CAN'T STOP THE BEAT" ACRO 3 Wed 5:00pm to 5:45pm Teacher: PAM COLLINS-STAHLE	10:40am
"BELLA DONNA TWIST" ACRO - 3/4 - ACRO Wed 6:00pm to 6:45pm Teacher: PAM COLLINS-STAHLE	10:50am
"I DIDN'T KNOW MY OWN STRENGTH" COMPANY LYRICAL 4+5 Choreography: Brea Perdue Teacher VICTORIA PERREAULT	11:00am
"NUIT ETOILEE" BALLET - 2 Mon 4:00pm to 5:00pm Teacher: KATE SMEDAL	11:05am
"BITTE SCHON" BALLET 3 Thurs 4:45pm to 5:45pm Teacher: ELIZABETH AVANTAGGIO	11:15am
"DANCE TO THE MUSIC" JAZZ 1/2 Mon 5:00pm to 5:45pm Teacher: SUSAN CLOUTIER	11:20am

“SEVENTY-SIX TROMBONES” COMPANY BALLET 3 Teacher: KATRINA SMEDAL	11:30am
"THE AQUARIUM" BALLET 4 Wed 5:00pm to 6:15pm Teacher: ELIZABETH AVANTAGGIO	11:35am
“THE DOLLS” COMPANY BALLET 2 Teacher: KATRINA SMEDAL	11:40am
“EINE KLEINE NACHTMUSIK” BALLET 3 Tues 4:45pm to 5:45pm Teacher: KATE SMEDAL	11:45am
“SPACE JAM” COMPANY JAZZ 1/2 Teacher: SUSAN CLOUTIER	11:55am
“WELCOME TO THE PARTY” HIP-HOP 4/5 Wed 7:00pm to 7:45pm Teacher: AMANDA PREBLE	12:05pm
"THE IMPOSSIBLE DREAM" COMPANY CONTEMPORARY 3 Teacher: VICTORIA	12:15pm
“A ROYAL SPRING” BALLET 2 Fri 4:15pm to 5:00pm Teacher: GRACE KOURY	12:20pm
“RECESS “ HIP-HOP 3 Tues 6:45pm to 7:30pm Teacher: AMANDA PREBLE	12:30pm
“BAD LEROY BROWN” JAZZ 4 Tues 4:30pm to 5:15pm Teacher: VICTORIA PERREAULT	12:40pm

EXTRAS Solo, Duo, Trio, Small Groups	12:45pm
"COME TOGETHER" COMPANY ACRO 3/4 Teacher: PAM COLLINS-STAHLE	1:00pm
"HEY DIDDLE DIDDLE" COMPANY HIP-HOP 1 Teacher: AMANDA PREBLE	1:05pm
"DREAMS" CONTEMPORARY 4/5 4:00pm to 4:45pm Teacher: ELIZABETH STILES	1:10pm
"GHOST BUSTERS" HIP-HOP 2 Wed 5:00pm to 5:45pm Teacher: AMANDA PREBLE	1:15pm
"HOW FAR I'LL GO" LYRICAL 1 Thurs 5:15pm to 6:00pm Teacher: MICHELLE MELVIN PERRY	1:25pm
"LET'S GROOVE" TAP 3 Mon 6:45pm to 7:30pm Teacher: KELLY FANTIGROSSI	1:35pm
"ROAD TO NOWHERE" TAP 4 Wed 4:15pm to 5:00pm Teacher: KELLY FANTIGROSSI	1:45pm
"MAKE NOISE" HIP-HOP+JAZZ 2 Tues 4:45pm to 5:30pm Teacher: AMANDA PREBLE	1:55pm
ASSISTANT TEACHERS (any all black attire/bare feet)	2:10pm

"ROCKET FUEL" HIPHOP BOYS ONLY Wed 5:45pm to 6:45pm Teacher: AMANDA PREBLE	2:15pm
"PAQUITA" COMPANY BALLET 4 Teacher: KATRINA SMEDAL	2:20pm
"A MOTHER'S PRAYER" COMPANY LYRICAL 1/2 Teacher: Michelle Lily Perry	2:30pm
"CONGA" JAZZ/LYRICAL 3 Thurs 6:00pm to 6:45pm Teacher: MICHELLE MELVIN-PERRY	2:40pm
"A-TOWN STOMP" COMPANY HIP HOP 4/5 Teacher: AMANDA PREBLE	2:50pm
"ONE SHORT DAY" TAP 2 Mon 5:45pm to 6:30pm Teacher: KELLY FANTIGROSSI	2:55pm
"WHAT THE WORLD NEEDS NOW" COMPANY LYRICAL 3 THEACHER: MICHELLE LILY PERRY	3:05pm
EXTRAS SOLO DUO TRIO SMALL GROUPS	3:15pm
"BOSSY" COMPANY HIP HOP 3 Teacher: AMANDA PREBLE	3:25pm
"TAXI" COMPANY TAP 4 Teacher: KELLY FANTIGROSSI	3:30pm

"OH WHAT A BEAUTIFUL MORNING" COMPANY TAP 2 Teacher: KELLY FANTIGROSSI	3:40pm
"BATTLEFIELD" COMPANY LYRICAL 3 Teacher: MICHELLE MELVIN PERRY	3:50pm
"MAN IN FINANCE" COMPANY JAZZ 4 Teacher: VICTORIA PERREAULT	4:00pm
"WINDOW CLEANING" COMPANY TAP 3 Teacher: KELLY FANTIGROSSI	4:05pm
"THE STREAM" COMPANY CONTEMPORARY 4 Teacher: ELIZABETH S	4:10pm
"THE CONFERENCE RAG" COMPANY JAZZ 3 Teacher: MICHELLE MELVIN PERRY	4:15pm
"SCHMIGADOON" JR MUSICAL THEATER MULTI LEVEL Teacher: MISS PAM AND MISS KELLY	4:25pm
Optional Time Slots: Solo, Duo, Trio, Small Groups <i>Please email Susan to be added to the list. We want to have your photo on our wall of fame!</i> <i>(studioforthelivingarts@yahoo.com)</i>	4:30pm on