

JANUARY SFLA NEWSLETTER

Register
Now

DANCE
DANCE
DANCE

BALLET AND LYRICAL CLASSES
www.studioforthelivingarts.com

DANCE
DANCE
DANCE

HIP-HOP
www.studioforthelivingarts.com

DANCE
DANCE
DANCE

TAP/BALLET COMBO CLASSES
www.studioforthelivingarts.com

"Move with Me"
6 week Winter mini session
music, dance, tumbling, props, and lots of fun!
register by: 1/1/2026
WINTER 6 WEEK "MINI SESSION"
AGES 2-4
THURSDAYS
JAN. 8 - FEB. 12, 2026
10:00-10:45 am
\$75 per 6 wk. Session

SFLA
STUDIO FOR THE LIVING ARTS
DANCE COMPANY

Pam Collins-Stable
Register: www.studioforthelivingarts.com
select course "minisess"

MINI movers ages 3-5
Our revised and redesigned Creative Movement program is offered to our youngest dance enthusiasts. We believe that even our tiniest dancers are capable of achieving life's GOALS! Our class combines elements of beginner ballet and jazz, rhythmic skills, and dance exploration. Students learn basic dance terminology and explore movement in a fun and encouraging atmosphere. Our mini MOVIE getting on stage to perform in our June Recital!

SFLA
STUDIO FOR THE LIVING ARTS
DANCE COMPANY

DANCE
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ACRO CLASSES
www.studioforthelivingarts.com

DANCE
DANCE
DANCE

CONTEMPORARY AND JAZZ
www.studioforthelivingarts.com

PRESCHOOL ACRO/TUMBLING
6 week Winter Mini Session
Register by Jan. 1, 2026 : www.studioforthelivingarts.com
AGES 4+
JAN. 8 - FEB. 12, 2026
Thursdays 9:00-9:45am
\$75 per 6wk. Session

SFLA
STUDIO FOR THE LIVING ARTS
DANCE COMPANY

ACROBATIC ARTS!
Pam Collins-Stable

Registrations are now open for Semester 2, which begins the week of January 5th! If you are currently enrolled, you do not need to re-enroll for semester two. If you wish to add additional classes, you may select those in your online portal.

Our schedule has no shortage of creative and unique dance classes offering the opportunity to experience, experiment, and explore the many different aspects of dance! Our studio offers two tracks of training with an Educational Program or our Competitive/Pre-professional Program. We also offer non-recital 6 week "Mini Session" class options for Fall, Winter and Spring dates.

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

COMPETITIVE/PRE-PROFESSIONAL PROGRAM:

Our Competitive Program offers exceptional instruction with a professional faculty, innovative and current choreography, limitless training, travel opportunities, and pre-professional mentorship. These students are members of "Pulse Dance Company" which is a cutting-edge competition and performing group for the experienced, serious students age 5-18. "Pulse" is made up of 90-100+ dancers from over 20 towns and cities. The Competition program offers various levels of commitment. Acceptance by invitation or audition. Please reach out if you have interest in our May 2026 auditions for the 2026 Pulse season which begins with our 6 week Summer Session that starts on July 6th.



We hope to see you on the dance floor!

JAN 31, 2026

PULSE

performs



ANNUAL SHOWCASE/TIX \$20
PRE-SHOW 1:30PM
PULSE PERFORMANCES 2PM
WWW.STUDIOFOTHELIVINGARTS.COM

get
YOUR
TICKETS

**UPCOMING SFLA PERFORMANCE
PULSE DANCE COMPANY!**

Annual "Pulse Performs" Showcase!

SATURDAY JAN. 31, 2026,

1:30pm Class of 2026 Sr Introductions

2:00pm Pulse Performances

Windham PAC, Windham High

SHOWCASE TICKETS (Reserved Seating)

Advance Tickets \$20 (1/6-1/30)

Tickets At the Door \$25

Tickets are available for purchase beginning

Tues. 1/6/26 (4pm-7pm) at SFLA

Gray Shopping Plaza, 21 Portland Rd., Gray

Ticket sales: 1/7-1/30 Hours:

Mon.-Fri. 4pm-7pm

Sat. 9am-noon

cash/check

PULSE DANCE CO.

Annual Gift Card Raffle
FUNDRAISER

WIN Over \$1000 in Gift Cards !!!!

Starbucks, Target, Aroma Joe, Movie Cinemas, Hannaford,
Bissell Bros., Ulta, Cowbell, Lululemon, Subway, Flatbread, Nordstrom
Rack, Home Depot, Sephora, Rosemont Market, Bayside Bowl,
Irving Gas Card, Home Goods, +more!



Drawing Held : Jan 31, 2026
"PULSE PERFORMS SHOWCASE"
WINDHAM PERFORMING ARTS CTR
#SEASON34

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!

**ANNUAL GIFT CARD BASKET RAFFLE
PULSE DANCE COMPANY!**

It's that time of year for the Pulse Dance Company annual Gift Card Raffle fundraiser. Tickets are \$5 PER CHANCE available from any member of Pulse Dance Company! Tickets are on sale now through 1/31/26. The drawing for the winner is held at the Pulse Performs annual Showcase on 1/31. This is the Pulse Dance Competition team's biggest annual fundraiser! Proceeds directly fund the Pulse Educational Account, which provides "no cost" supplemental Master Classes along with other Educational opportunities and expenses for the dance team. Some of our "no cost to members" Master Classes have included Alex Wong, Courtney Ortiz, Derek Piquette, Brea Perdue, Scott Fowler, Casie Goshow, Logan Hernandez, Teddy Forance, Colby Shinn, Angel Armas, Drew Burgess, Channing Cooke, Rory Freeman, Miles Keeney, Tucker Knox, Aleksandr Ostanin, Michael Susten, Francisco Gella, Skooj Core-o, Charles Smith Jr., Theresa Stone, Ade Obayomi, Alexander Ostanin, Eddie Hoyt, Todd Shanks, Jason Bernanrd, Josh Hilberman, and more. Thank you for supporting the performing arts and Pulse Dance Company! #season34



Recital COSTUMES



...cess of planning for our 34th Recital "LET'S TURN
...complete Recital Handbook will be emailed in January with all of the details!

MARK YOUR CALENDARS NOW FOR RECITAL HAPPENINGS:
Sunday, June 14, 2026 at the Westbrook Performing Arts Center.
2 shows are held: 10am and 2pm. Dancers appear in one show; unless they are
in multiple classes, they could appear in both.

COSTUME MEASUREMENTS ARE SUBMITTED HERE :

▶▶▶▶▶▶ <https://form.jotform.com/253483008525153>

Costume fees are due January 5, 2026. If you have a recurring credit card on file, your payment will be automatically processed prior to the 5 day grace period. Costumes not paid for after a 5 day grace period from January 5th, or for students joining the session after that date, the account will be charged a \$15 separate order/separate ship fee per costume. After January 15, we may be unable to place additional costume orders due to unavailability.

We are so excited to start planning our 34th annual recital and we are looking forward to showcasing our student's hard work and progress.
It's going to be amazing!

The Costume Dropbox Link is included in your Newsletter Email!



CHECK IT OUT

If your class is missing a costume photo, please note we are still waiting for some confirmations and we will post an update soon!

SFLA CALENDAR

SEMESTER II - Classes begin January 5th!!!!

Dec. 22 - Jan. 4, 2026 Holiday Recess ~ No classes held

Jan. 5, 2026 Second Semester Payments are Due

Jan. 5, 2026 Recital Costume Fees Due

Jan. 5 - Feb.14, 2026 Winter 6-Week Winter Mini Sessions

Jan. 19, 2026 Martin Luther King Day~ All classes held

Jan. 31, 2026 SFLA Pulse Dance Company Showcase, Windham PAC

Feb. 16 - Feb. 22, 2026 Winter Recess ~ No classes held

Feb. 23- Feb.28, 2026 Peek Week

March 9- April 18, 2026 Spring 6-Week Mini Sessions

April 20 - April 26, 2026 Spring Recess ~ No classes held

May 8 + May 9, 2026 Picture Days at the studio/Pictures only, no classes

May 17, 2026 Pulse Comp Team Auditions Tentative

May 23 - May 25, 2026 Memorial Day Recess ~ No classes held

June 10, 2026 Dress Rehearsal ~ Date tentative

June 14, 2026 34th Annual Recital 10am + 2pm Performances

July 6, 2026: 6 Week Summer Session of Classes Begins



snow days?

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!

PEEK WEEK
FEBRUARY 23-28, 2026

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

VISIT YOUR DANCER'S CLASS

Save THE Date