

MAY SFLA NEWSLETTER 2026



SFLA
STUDIO FOR THE LIVING ARTS
DANCE COMPLEX

GET YOUR RECITAL TICKETS
We expect a sellout • All seating is reserved

RECITAL DATE
JUNE 14, 2026

TICKET PRICE
\$20 ticket price + \$2 City of Westbrook fee
Total \$22 cash or check only

WHERE TO BUY
Studio for the Living Arts Dance Complex
Gray Shopping Plaza • 21 Portland Road • Gray
Monday – Friday 2pm to 6pm and most Saturdays 9am to noon

BUY EARLY TO GUARANTEE SEATS

SEC ROW SEAT
XX XX XX
RESERVED

JUNE 14, 2026

LET'S TURN IT UP!

SUNDAY 10AM
PERFORMANCE
WESTBROOK
PAC

\$20 TICKET PRICE
\$2 WESTBROOK PAC FEE

XX XX XX
SEC ROW SEAT

LET'S TURN IT UP!

SUNDAY 2PM
PERFORMANCE
WESTBROOK
PAC

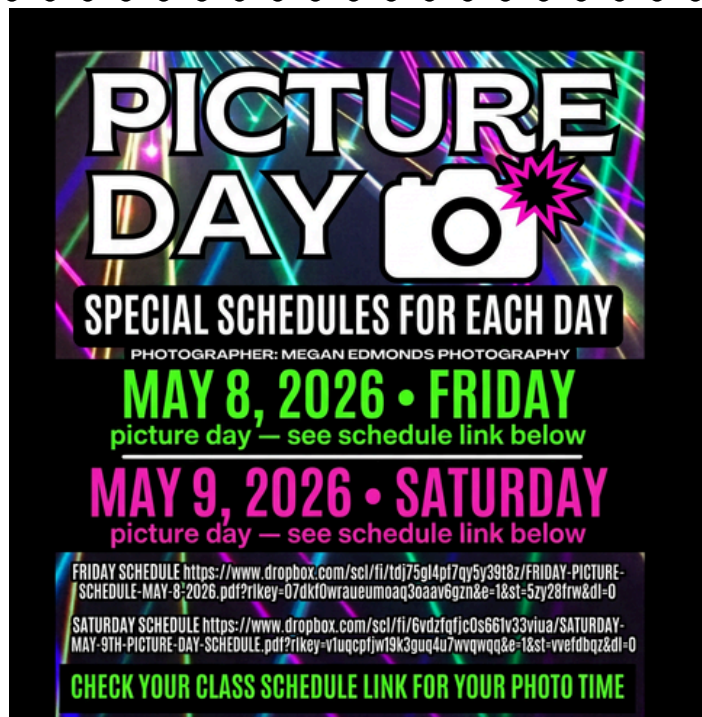
\$20 TICKET PRICE
\$2 WESTBROOK PAC FEE

XX XX XX
SEC ROW SEAT



SFLA presents
LET'S TURN IT UP
Recital #34

Short sleeve and long sleeve options available
Order your recital tees now at
<https://sflaspiritwearstore.itemorder.com/shop/home/>
Perfect for recital gift giving



PICTURE DAY

SPECIAL SCHEDULES FOR EACH DAY
PHOTOGRAPHER: MEGAN EDMONDS PHOTOGRAPHY

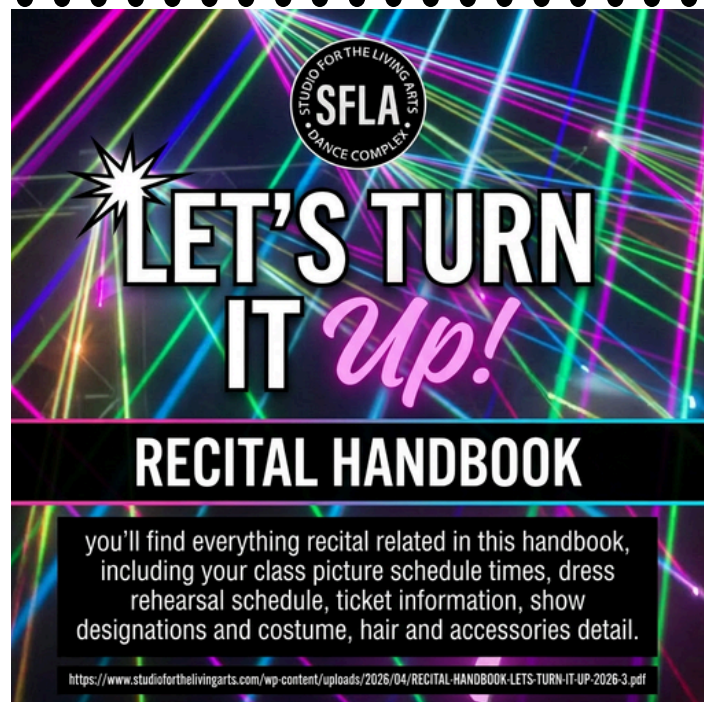
MAY 8, 2026 • FRIDAY
picture day – see schedule link below

MAY 9, 2026 • SATURDAY
picture day – see schedule link below

FRIDAY SCHEDULE <https://www.dropbox.com/scl/fi/tdj75gl4pl7qy5y39t8z/FRIDAY-PICTURE-SCHEDULE-MAY-8-2026.pdf?rlkey=07dkf0wraueumoag30aav6gzn&e=1&st=5y28frw&dl=0>

SATURDAY SCHEDULE <https://www.dropbox.com/scl/fi/6vdztfjic0s661v33vua/SATURDAY-MAY-9TH-PICTURE-DAY-SCHEDULE.pdf?rlkey=v1uqcpfjw19k3guq4u7wvqwq&e=1&st=vvefdbqz&dl=0>

CHECK YOUR CLASS SCHEDULE LINK FOR YOUR PHOTO TIME



SFLA
STUDIO FOR THE LIVING ARTS
DANCE COMPLEX

LET'S TURN IT UP!

RECITAL HANDBOOK

you'll find everything recital related in this handbook, including your class picture schedule times, dress rehearsal schedule, ticket information, show designations and costume, hair and accessories detail.

<https://www.studiofortheivingarts.com/wp-content/uploads/2026/04/RECITAL-HANDBOOK-LETS-TURN-IT-UP-2026-3.pdf>



It is customary to present dancers with flowers at performances. Please plan ahead, as flowers will not be sold at the recital! Gestures of appreciation also come in many forms, and a simple note, kind word, or small token can be a thoughtful way to recognize teachers and friends who helped make your recital experience special!

AUDITIONS

PULSE DANCE COMPANY



Has your child ever shown interest in competitive dance or has a teacher expressed potential in your dancer, but you were not quite sure where to start? There are many levels of commitment available and we are always thrilled at the thought of adding to our Pulse Dance Team family.

Our Audition Packet includes Pulse Guidelines, Audition Application, and Audition Guide with the dates and times. Questions, or to request a the Audition Packet, please Email Susan Cloutier, Pulse Dance Company Director:
studioforthelivingarts@yahoo.com

We're excited to meet new dancers who are ready to grow, train, and be part of our team!

Summer Session
 studio for the living arts dance complex

ACRO
BALLET
POINTE
CONTEMPORARY
HIPHOP
JAZZ

TAP
LYRICAL
ARY

STUDIO FOR THE LIVING ARTS
SFLA
 DANCE COMPLEX

2026
 register: www.studioforthelivingarts.com



**OUR 6 WEEK
 SESSION OF
 CLASSES BEGINS
 JULY 6TH!**

SFLA CALENDAR

May 1, Recital Media Fees are due. Please check your account.

May 8+9, 2026 Picture Days at the Studio/Pictures Only, No Classes

May 17+19, 2026, Pulse Competition Team Auditions at SFLA.

May 22-May 25, 2026 Memorial Day Recess ~ No Classes Held

June 2026 Dress Rehearsal ~ June 11 (@Westbrook PAC) No Studio Classes Held

June 13, 2026 Last day of dance classes for the season!

June 14, 2026 34th Annual Recital 10am and 2pm shows (Westbrook PAC)

July 6, 2026 Our 6 Week Summer Session of Classes Begin



REMINDER

The \$35 recital media fee (one per family) has been posted to accounts and is due May 1, 2026. 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.



Smile!! It's Picture Weekend
MAY 8+9

Double-check your specific time. The picture schedules are available on our website, located on the last page of the Recital Handbook.

- ◆ Arrive "Picture Ready" in costume, with hair and make-up done !
- ◆ Studios #1 and #2 are designated as female dressing rooms if your dancer is in multiple class photos. There is a designated changing room for Males.
- ◆ Studio # 3 This is where our photographer takes your photo.
- ◆ Be sure your costumes are wrinkle-free and picture-ready. Don't forget your dance shoes !
- ◆ This is one of our favorite weekends because it means we're that much closer to the RECITAL!!
- ◆ Please stop by the office over Picture Days if you need to pick up recital tights, performance earrings, lipstick, or if you need to purchase Recital Tickets!!



SUMMER HAPPENINGS!

"Swift Moves"

WED. 8/5/26

9AM-NOON * AGES 5-8

PlayDate events are fun, social half-day pop-ups that include dancing, a themed craft and fun inspirational dance games. Each registered dancer can invite one friend at no extra charge. (you'll receive a custom SFLA digital invitation to send). Pick your Eras outfit and bring your bestie for a Swiftie inspired day! \$65



PLAYDATE POP-UP

Because everything "dance" is more fun with a friend!

REG: WWW.STUDIOFORTHELIVINGARTS.COM

"WICKEDLY POPULAR"



WED. 8/12/26
9AM-NOON
AGES 5-8



Come defy gravity in this Wicked-inspired musical theatre PLAYDATE! PlayDate events are fun social half-day pop-ups. Each registered dancer can invite one friend at no extra charge (you'll receive a custom SFLA digital invitation to send). Sing songs from the musical, themed drama games, and learn the dances from Wicked. Perfect for kids who love Broadway, storytelling, and performing. \$65



PLAYDATE POP-UP

Because everything "dance" is more fun with a friend!

REG: WWW.STUDIOFORTHELIVINGARTS.COM

PLAYDATE POP-UP WED. JULY 8, 2026 \$65
TIME: 9AM - NOON
AGES 5-8

Because everything "dance" is more fun with a friend!



KPOP DEMON HUNTERS

PlayDate events are fun, social half-day pop-ups that include dancing, a themed craft and fun inspirational dance games. Each registered dancer can invite one friend at no extra charge (you'll receive a custom SFLA digital invitation to send). Join us for a K-Pop inspired day!

REG: WWW.STUDIOFORTHELIVINGARTS.COM

"Once Upon a Princess"

where fairy tales come to life...

WED. 7/22/26

9AM-NOON * AGES 3-6



PlayDate events are fun social half pop-ups that include dancing, a themed craft, and fun inspiration dance games. Each registered dancer can invite one friend at no extra charge (you'll receive a custom SFLA digital invitation to send). Class time is dedicated exclusively to making your playdate magical and enchanting. Our gifted and trained dancers join our faculty to bring your child's favorite fairytale characters to life! Frozen's Anna, Elsa, and Belle will be making this playdate an extra magical and memorable experience! \$65



PLAYDATE POP-UP

Because everything "dance" is more fun with a friend!

REG: WWW.STUDIOFORTHELIVINGARTS.COM

Pre-Ballet



STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

This six-week session introduces young dancers to the foundations of ballet in a supportive, engaging, and creative class setting—perfect for first-time dancers ages 4+
July 6-August 10, 2026
MONDAYS 3:15-4pm

6 Week Summer Session
Faculty: Grace Koury

REG: WWW.STUDIOFORTHELIVINGARTS.COM

REMIX
HIP-HOP AND ACRO
CAMP

TUESDAY
JUNE 30, 2026

DETAILS:
age 7-12
9am-2pm Fee: \$75
Faculty:
Pam Collins-Stahle
Amanda Preble



STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

TO REGISTER:
www.studiofortheivingarts.com

REG: WWW.STUDIOFORTHELIVINGARTS.COM

Be our Guest



STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

Elsa Belle Moana Jasmine Cinderella Isabela

An SFLA annual 6 week 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 are gifted and trained dancers will bring your child's favorite fairy tale character to life. A different live Princess character guest will visit class each week such as Belle, Frozen's Elsa and Anna, Cinderella, Moana, Jasmine, Ariel the "Encanto" family, and more! Register early, these classes fill quickly. Ages 3-6

AIDEN FORTIER
CONTEMPORARY



SUMMER
POP-UPS

29 JUNE (Mon)
4 TO 5PM MINI AGE 8+

29 JUNE (Mon)
5 TO 6PM JR AGE 10+

29 JUNE (Mon)
6 TO 7:15PM TEEN/SR

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

REG: WWW.STUDIOFORTHELIVINGARTS.COM \$22

SFLADANCECOMPLEX
SUMMER SESSION
2026

BALLROOM



POP UPS WITH DANIELLE SCHINZEL
Step onto the dance floor and discover the excitement of ballroom! Perfect for convention dancers and those looking to expand their training. \$25 per class

6/22/26 MONDAY
MINIS 5-6PM AGE 7+
JRS 6-7PM AGE 10+
• Cha-Cha - fun, sharp, and rhythmic
• Swing - Jazzy Swing Fun, interactive, and lively

7/23/26 THURSDAY
MINIS 1-2PM AGE 7+
JRS 2-3PM AGE 10+
• Samba - upbeat Latin dance with quick feet and big personality
• Rumba - grounded, expressive, and cool

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

REG: WWW.STUDIOFORTHELIVINGARTS.COM

SFLADANCECOMPLEX
MASTERCLASS

FRANCISCO GELLA



STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

SAVE THE DATE
Sept. 29
2026

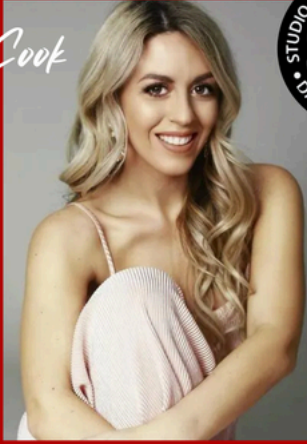
www.studiofortheivingarts.com

SFLA DANCE COMPLEX

GRAY PLAZA, 21 PORTLAND RD, GRAY, ME
SUMMER SESSION
2026

Brea Cook

BREA



6/22/26

LYRICAL
MASTERCLASS

MINIS
AGE 7+
4:00-5:00PM

JUNIOR/TEEN
AGE 10+
5:00-6:00PM

OPEN TO ALL
DANCERS! \$22

REGISTER: WWW.STUDIOFORTHELIVINGARTS.COM

SFLA DANCE COMPLEX

GRAY PLAZA, 21 PORTLAND RD, GRAY, ME
SUMMER SESSION
2026

ALEKSANDR



THURSDAY
8/13/26

TAP / ADV
TEENS
3:00-4:00pm
FEE: \$22

Aleksandr Estanin

REGISTER: WWW.STUDIOFORTHELIVINGARTS.COM

SFLA DANCE COMPLEX

GRAY PLAZA, 21 PORTLAND RD, GRAY, ME
SUMMER SESSION
2026

MICHAEL



THURSDAY
7/16/26
CONTEMPORARY
TEEN/SR
6:30-8:00pm
FEE: \$35

Michael Susten

REGISTER: WWW.STUDIOFORTHELIVINGARTS.COM

SFLA DANCE COMPLEX

GRAY PLAZA, 21 PORTLAND RD, GRAY, ME
SUMMER SESSION
MASTERCLASS

Scott Fowler

SCOTT



7/23/26
Jazz

MINI AGE 7+
2:00-3:00 PM

JUNIOR AGE 10+
3:00-4:00PM

TEEN/SR 14+
6:30-8:00PM

OPEN TO ALL
DANCERS!
\$25 MINI+JR
\$35 TEEN/SR

REG: WWW.STUDIOFORTHELIVINGARTS.COM

SFLA DANCE COMPLEX

GRAY PLAZA, 21 PORTLAND RD, GRAY, ME
SUMMER SESSION 2026

Drew Burgess

DREW



8/29/26

SATURDAY
ACRO
MASTERCLASS

LEVEL 2+3
AGE 7+
10:00-11:00AM

LEVEL 4-6
AGE 11+
11:00-12PM

OPEN TO ALL
DANCERS! \$25

REGISTER: WWW.STUDIOFORTHELIVINGARTS.COM

SFLA DANCE COMPLEX

GRAY PLAZA, 21 PORTLAND RD, GRAY, ME
SUMMER SESSION
2026

CORY LUNNY



THURS
8/6/26

MASTERCLASS
TAP / ADV
TEEN/ADULT
3:00-4:00pm
FEE: \$22

Cory Lunny

REGISTER: WWW.STUDIOFORTHELIVINGARTS.COM

SUMMER SESSION 2026 WITH VICTORIA PERREAU

ADULT HIP HOP CLASSES

WE'RE BRINGING IT BACK FOR SOME OLD SCHOOL HIP-HOP! ALL LEVELS WELCOME! POPULAR THROWBACKS FROM THE LATE 80'S AND EARLY 90'S.



WEDNESDAYS 6:30-7:15PM. STARTS 7/8. SEE YOU ON THE DANCE FLOOR!



ADV. CONTEMPORARY AND JAZZ

www.studiofortheivingarts.com

KELLY FANTIGROSSI

TAP CLASSES

SUMMER

JULY 6-AUGUST 10

6WKS

MONDAYS

5:30PM LEVEL 2

6:15PM LEVEL 3

7:00PM LEVEL 4+5



REG: WWW.STUDIOFORTHETHIVINGARTS.COM



PRIVATE & SEMI-PRIVATE CLASSES

WWW.STUDIOFORTHETHIVINGARTS.COM

*Educating dancers for 35 years
specializing in*



- BALLET TECHNIQUE
- ACRO+TUMBLING
- TAP TECHNIQUE
- POINTE
- FLEXIBILITY
- "NEXT LEVEL" GROUP TRAINING
- STRENGTH+CONDITION
- LEAPS AND TURNS
- AUDITION VIDEOS
- IMPROV
- JAZZ TECHNIQUE
- ACTING COACHING

Book your private /semi-private lesson using link or QR Code:

LINK: <https://formjotform.com/201733769898171>

SUMMER 2026



SUMMER SESSION INDUSTRY CLASS

HEELS

SENIOR :
WED. 5:00PM

JUNIOR/TEEN:
TUES. 4:30PM



SUMMER SESSION BEGINS JULY 6TH
INDUSTRY HEELS CLASS features commercial jazz, a stylized combination of funk, hip-hop and jazz, similar to styles seen in music videos for Beyonce , Tate McRae, 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!



Victoria Perreault

WWW.STUDIOFORTHETHIVINGARTS.COM

SFLA DANCE COMPLEX

GRAY PLAZA, 21 PORTLAND RD, GRAY, ME
SUMMER SESSION 2026



BREA



WORKSHOP

6/22/26

CONDITIONING FOR DANCERS

TEEN/SR
AGE 13+
6-7:15PM

OPEN TO ALL DANCERS! \$22

REGISTER: WWW.STUDIOFORTHETHIVINGARTS.COM

KATE SMEDAL

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- BALLET
- PRE-POINTE
- POINTE

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



PAM COLLINS-STAHLE

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- ACRO
- JAZZ
- MUSICAL THEATER
- CONDITIONING
- COMPETITION CLASSES

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



MICHELLE MELVIN-PERRY

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- JAZZ
- LYRICAL
- COMPETITION

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



KELLY FANTIGROSSI

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- TAP
- MUSICAL THEATER
- COMPETITION CLASSES

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



VICTORIA PERREAULT

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- JAZZ
- TECHNIQUE
- COMMERCIAL JAZZ
- ADULT HIP-HOP
- COMPETITION CLASSES

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



AMANDA PREBLE

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- HIP-HOP
- COMPETITION CLASSES

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



JACKSON GORMLEY

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

SUMMER
6WK SESSION

- BALLET /POINTE
- CONDITIONING FOR DANCERS

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



ADELYNN SPLANE

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- ACRO

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



JENN FINK

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- CONTEMPORARY
- TECHNIQUE
- COMPETITION CLASSES

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



GRACE KOURY

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- BALLET
- PRE-POINTE
- POINTE

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



AIDEN FORTIER

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- CONTEMPORARY
- COMPETITION CLASSES

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



KAREN GILLES

STUDIO FOR THE LIVING ARTS
SFLA
DANCE COMPLEX

- TAP/BALLET COMBO
- BE OUR GUESTS
- TAP

SUMMER
6WK SESSION

REG. WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM

