

**6 Week Courses July 6 - August 15, 2026**  
**Reg. opens 4/1/26**

- Acro/Tumbling Classes
- Ballet, Pointe, and Pre-Pointe Classes
- Contemporary Classes
- Competition Classes
- Private Classes
- Commercial Jazz/Heels
- Hip-Hop Classes
- Jazz Classes
- Leaps, Turns, Flexibility Classes
- Tap Classes
- Dance Camps and Pop-Ups
- Guest Master Classes

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 6 - AUGUST 15, 2026

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
					2:45-3:45pm Ballet + Pre-Pointe Level 3 Age 10+ Kate		3:00-4:00pm Ballet/Pointe* Level 4, 5, 5/6 Age 12+ Kate	3:00-3:30pm "Be Our Guest" Dance Class Age 3-4 Karen			4:00-4:45pm Acro Level 1/2 Age 6-8 Adelynn
	3:00-3:30pm Pointe-Pre-Pointe Level 4+5 Age 12+ Kate	3:15-4:00pm Pre-Ballet Beginner Ages 4+5 Grace	4:00-4:45pm Leaps, Turns, Flexibility Level 3 Age 10+ Victoria	4:00-4:45pm Acro Level 4 Age 10+ Pam	3:45-4:45pm Ballet Level 2 Age 8+ Kate <i>Class is Full</i>	4:15-5:15pm Contemporary +Technique Level 4+5 Age 12+ Jenn	4:00-5:00pm Ballet/Pointe* Level 6 Age 14+ Kate	4:00-4:45pm Acro Level 1 Age 5-7 Pam <i>Class is Full</i>	4:00-4:45pm Lyrical 2 with Leaps, Turns, Flexibility Level 2 Age 7-11 Michelle	4:00-4:30pm* Company Rehearsals Jazz Primary Level 6TEEN Victoria	4:45-5:30pm Acro Level 2/3 Age 7-11 Adelynn
3:30-4:30pm Jazz 3 Inter/Inter Adv Age 10+ Victoria	3:30-4:30pm Ballet/Pointe* Level 4,5,5/6 Age 12+ Kate	4:00-4:45pm Ballet Level 1 Ages 6+ Grace <i>Class is Full</i>	4:45-5:30pm Industry Class Commercial Jazz Heels Level JR/TEEN Age 10+ Victoria	4:45-5:30pm Acro Level 2 Age 7-10 Pam <i>Class is Full</i>	4:45-5:30pm Hip-Hop Level 1 Age 5-7 Amanda <i>Class is Full</i>	5:15-5:45pm* Company Rehearsals Level 4 Primary Contemporary Jenn	5:00-5:45pm Industry Class Commercial Jazz Heels SR ADV Age 14+ Victoria	4:45-5:30pm Jazz Level 1 Age 5-7 Pam	4:45-5:30pm Lyrical/Jazz Level 2/3 Age 8-11 Michelle <i>Class is Full</i>	4:30-5:30pm Jazz Level 6 Age 14+ Victoria	5:30-6:15pm Contemporary Level 3+4 Age 11-15 Aiden
4:30-5:30pm Leaps, Turns, Flexibility Level 4,5,5/6 Age 12+ Victoria	4:30-5:30pm Ballet + Pre-Pointe Level 3 Age 9+ Kate	4:45-5:30pm Ballet 2/3 Age 9+ Grace	5:30-6:30pm Jazz Level 4-5/6 Age 12+ Victoria	5:30-6:15pm Acro Level 3 Age 10+ Pam <i>Class is Full</i>	5:30-6:15pm Hip-Hop Level 2 Age 7-9 Amanda	5:45-6:15pm Company Rehearsals Jazz 4 Extra Fowler/Victoria	5:45-6:45pm Contemporary + Technique Level 6 Age 14+ Jenn	5:30-6:15pm "Be Our Guest" Dance Class Age 4-6 Pam	5:30-6:00pm Company Rehearsals Lyrical 2/3 Michelle	5:30-6:30pm Leaps, Turns, Flexibility Level 6 Age 14+ Victoria	6:15-6:45pm Company Rehearsals Contemporary 3 Age 10+ Aiden
	5:30-6:30pm Conditioning for Dancers Levels 4-6 Age 13+ Jackson <i>Class is Full</i>	5:30-6:15pm Tap Level 2 Age 8+ Kelly	6:30-7:00pm Company Rehearsals Jazz 4 Primary Victoria	6:15-7:15pm Acro/Conditioning/ Tricks Level 5/6 Age 13+ Pam	6:15-7:00pm Hip-Hop Level 3 Age 9-11 Amanda	6:15-6:30pm Company Rehearsals Lyrical Level 4 Brea/Victoria	6:45-7:15pm Company Rehearsals Level 6TEEN Contemporary Primary Jenn	6:15-7:00pm Jazz Level 2 Age 8-11 Pam	6:00-6:45pm Leaps, Turns Conditioning Level 2 Adv Age 8-11 Michelle <i>Class is Full</i>	6:30-7:00pm Company Rehearsals Lyrical 6 Adv Susten Victoria	6:45-7:30pm Contemporary Level 2 Age 8-11 Aiden
	6:30-7:30pm Ballet/Pointe* Level 6 Age 14+ Jackson	6:15-7:00pm Tap Level 3 Age 10+ Kelly			7:00-7:45pm Hip-Hop Level 4/5 Age 12+ Amanda	6:30-7:15pm Hip-Hop Multi Level Adults Victoria	7:15-7:45pm Company Rehearsals Level 6ADV Contemporary Primary Jenn		6:45-7:30pm Lyrical Level 3+4 Age 11+ Michelle	7:00-7:30pm* Company Rehearsals Jazz Primary Level 6 ADV Victoria	7:30-8:15pm Contemporary Level 5+5/6 Ages 14-18 Aiden
	7:45-8:30pm Hip-Hop Level 6 Advanced Age 14+ Amanda	7:00-7:45pm Tap Level 4+5 Age 12+ Kelly							7:30-8:00pm Company Rehearsals Lyrical Level 3 Primary Michelle	7:30-8:00pm Company Rehearsals Fowler Level 6A Victoria	8:15-8:45pm Company Rehearsals Contemporary Level 5/6 Aiden

\* *Technique class for dancers on flat or pointe. The instructor will determine whether dancers on pointe will wear pointe shoes for barre, center, or the full class.  
Suitable for dancers both on and off pointe.*

*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.*

## SUMMER FEE SCHEDULE

**July 6 - August 15, 2026**

*Add total hours per student.*

*10% sibling discount applies to multiple family members*

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	\$175
2 .25 - 3 hours	\$235
3.25 - 4 hours	\$275
4.25 - 5 hours	\$325
5.25 - 6 hours	\$355
6.25 - 7 hours	\$385
7.25 - 8 hours	\$410
8.25-9 hours	\$430
9.25+ = unlimited summer session*	\$455
Family Unlimited 6week summer session*	\$595
Private Lesson 1 student:	\$65 hour
Semi-Private Lessons 2-4 students:	<i>Discounted semi-private rates available</i>
Drop-In Rate	
<b>SUMMER CAMPS &amp; INTENSIVES</b>	<b>FEES</b>
PLAYDATE POP-UPS	\$65
Acro/Hip-Hop Camp 6/30/26	\$75
Master Classes /Pop Ups/Open Classes	<i>Fees vary per guest teacher</i>

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

**10% FAMILY MEMBER TUITION DISCOUNT** The family member enrolled in the most classes is considered the first dancer. 10% Discount applies to each additional family member multiple. This discount does not apply to the family unlimited rate, private class fees, workshops, camps, master classes, or Pop-Up Drop-In classes.

### 20% POST HIGH SCHOOL AND COLLEGE STUDENT DISCOUNT

Graduated seniors and college students receive 20% off summer tuition, and a \$14 drop-in rate per class is also available for added flexibility. Drop-in fees are payable at the front desk upon arrival for class. Accepted forms of payment include cash, check, or Venmo.

**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 in full at the time of registration.

### HOW TO REGISTER FOR SUMMER SESSION:

**CREATING A NEW ONLINE ACCOUNT** Visit our website and select the "Register for Classes" link, then "Create New Account". When creating a new account, please use a parent name for the account. The student's name is entered separately. 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.

**ONLINE METHOD:** To register online, select the "register for classes" link on our website and choose your desired courses from the "SUMMER SESSION 2026" 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 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.

**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 the instructor has properly observed student's ability.

### 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/Adv Intermediate

Each level is structured to provide more Advanced training as the student is ready.

### Levels 4-6 Pre-Teen+Teen Advanced/ Sr Advanced

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

**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.*

## SUMMER CAMPS, INTENSIVES, EVENTS

### “REMIX” HIP-HOP AND ACRO REMIX CAMP AGES 7-12 JUNE 30, 2026

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.

### “PLAYDATE” HALF DAY POPUPS *Dance is better with a friend—bring one free!*

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 one of our K-Pop inspired days! Please pack a nut free snack, lunch, and a drink. Students will be broken into ability and age-appropriate groups.

Wednesday, July 8, 2026 “K-Pop”

Wednesday, July 22, 2026 “Once Upon a Princess”

Wednesday, August 5, 2026 “Swift Moves”

Wednesday, August 12, 2026 “Wickedly Popular”

## 6 WEEK COURSE DESCRIPTIONS – CLASSES BEGIN JULY 6th

**ADULT HIP-HOP** Our adult hip-hop class welcomes dancers of all levels looking to move, sweat, and have fun. Each class breaks down choreography in an easy-to-follow way, allowing beginners to feel comfortable while giving experienced dancers room to add style and flair. No pressure, no judgment—just good vibes, great moves, and old-school jams.

**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. Ballet is offered for Pre-School and Beginner Level 1 through Advanced Teen Level 6. **For courses listed as Ballet/Pointe:** Technique class for dancers on flat or pointe. The instructor will determine whether dancers on pointe will wear pointe shoes for barre, center, or the full class. Suitable for dancers both on and off pointe.

**“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 Dance Team. Acceptance by invitation or audition. For more information, or to request an Audition Packet, please contact the Dance Complex at [studioforthelivingarts@yahoo.com](mailto:studioforthelivingarts@yahoo.com).

**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** There are many iconic dance styles that suit each decade, but HIP-HOP has continued to evolve and stay relevant since its beginning in the 70's. @SFLA, we offer Hip-Hop classes that teach the foundational elements through 6 levels, which make it the much-loved dance we know today. Classes include conditioning and warm-up, simplified breakdown of each dance step, skill combinations, and choreography. Expect a high-intensity fun fun-filled environment with high-energy music across all urban genres, including R&B and dance music.

**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 of 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.

**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.

**PRIVATE LESSONS** Private lessons are a wonderful chance to fine-tune your technique and performance quality, perfect or attain an acro skill, gain strength and flexibility, or learn a new leap or turn. Because our teacher will have a lot more time to work with you individually, this will accelerate your progress. We offer private lessons in all genres. Our ballet faculty can also assist you in creating an audition video for College or Summer. Link to schedule classes and pricing information.

### 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** Females: 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 white t-shirt.

**DANCE CLASSES** Females: Solid or Print Leotard any color, fitted camisole, or crop tank top. Dance shorts, leggings. Long Hair secured with an elastic. Males: Dance pants/shorts, fitted t-shirt any color. 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, CHILDREN'S CAMPS, PLAYDATE POP-Ups

Any danceable attire: Leotard, Camisole, Tutu/Skirt/Dance Shorts/Leggings. Tights are optional. Leather ballet slippers, jazz shoes, or barefeet. Boys: Comfortable pants or shorts and t-shirt.

## VISITING GUEST TEACHERS

### DREW BURGESS/ACRO

Ohio native, Drew Burgess made his industry debut on Live with Regis during Amazing Kids Week. Upon relocating to California, he trained at L.A.'s best studios including EDGE, Millennium, Fusion, and the PAC Annex. Drew is highly sought after as a performer, choreographer, guest teacher, dance supervisor, & dance captain. Drew can be seen on teaching & adjudication panels for: Chicago National Association of Dance Masters, Dance Teachers Club of Boston, Dance Masters of America, and DEA. Drew is certified by test to teach through DMA & DEA in Ballet, Tap, Jazz, & Acrobatics and is an active member in both organizations. Drew is also proud to be Acrobatic Arts Certified (M1-M3) & part of their U.S. Division Staff of Course Conductors & Adjudicators. His credits include Radio City Rockettes, Taylor Swift, & The Baha Men, and Rasta Thomas' Bad Boys of Dance. Drew has also filmed several episodes of class content at CLI Studios in Los Angeles.

### BREA COOK/ LYRICAL/CONDITIONING+TECHNIQUE

Brea has trained with and assisted some of the top teachers and choreographers in the country including Mia Michaels, Stacey Tookey, John Crutchman, Dee Caspary and Doug Caldwell. Touring with regional ballet companies, and performing with choreographer, Dan Karaty (N'Sync, So You Think You Can Dance), Brea is well versed in all forms of dance. Brea can be seen in Disney hits such as Teen Beach Movie, High School Musical, and Shake it Up. She has danced in numerous commercials and industrials, appeared in the off-Broadway show, "Break The Floor", performed at Walt Disney World and was also a semi-finalist on Season 2 of FOX's hit television show, "So You Think You Can Dance." Brea is currently on Revel Dance Conventions faculty. She is also the owner of "ACTIVATE", a high-energy, three-day dance workshop in Boston, designed to push dancers out of their comfort zones and into their full potential. ACTIVATE focuses on technique, performance, strength, and personal growth in an encouraging but challenging environment.

### SCOTT FOWLER /JAZZ

Scott has performed on Broadway in six shows as well as two national tours. His most memorable being JEROME ROBBINS BROADWAY, SWING and Twyla Tharp's MOVIN OUT. Feature films include ROCK OF AGES, GANGSTER SQUAD, GNOMEO & JULIET, BEDTIME STORIES, THE PRODUCERS, GUESS WHO, GEORGE OF THE JUNGLE, INSPECTOR GADGET, MIGHTY APHRODITE and the best picture Oscar winner CHICAGO. Television appearances include BUNHEADS, SO YOU THINK YOU CAN DANCE, DANCING WITH THE STARS, GLEE, WILL & GRACE, SWINGTOWN, ELLEN, SUDDENLY SUSAN, CINDERELLA, TRACY ULLMAN-live and exposed, and the Tony Bennett TV Special AN AMERICAN CLASSIC. Scott also danced early in his career with the NEW YORK CITY BALLET. After a three year run dancing with CHER from Las Vegas to Moscow Russia, Scott is happy to be back home in Los Angeles. Scott is currently on faculty and touring with L.A. Dance Magic (LADM Conventions).

### ALEKSANDR OSTANIN

Alek is from Odessa, Ukraine. There he is the founder of his studio, Ostanin Dance Centre, as well as the director of the Odessa Tap Festival. Alek is a 4x World Tap Dance Champion. In addition, he was the winner of So You Think You Can Dance season 1, Ukraine, as well as being the Top 10 male dancers of So You Think You Can Dance season 16, USA. Currently Alek is dancing and teaching in Boston, MA. Alek was the coach of the USA national tap dance team 2018 and 2019. Summer Date tba.

### FRANCISCO GELLA CONTEMPORARY

Francisco Gella's distinguished thirty-year career as a compelling dancer, award-winning choreographer, and widely recognized dance educator, began when he took his first formal dance class at the age of 19. His choreography and highly effective teaching methods are sought after by professional companies, universities, ballet conservatories, studios across North America and around the globe. A 1996 graduate with a BA in dance from the University of Washington, Francisco is a past company member with the Philadelphia Dance Company, Repertory Dance Theater; and Ballet Pacifica. He has been a guest performer with Spectrum Dance Theater; Seattle Opera; Pennsylvania Ballet; California Ballet; Laguna Dance Festival; and National Choreographers Initiative. In 1998, Francisco performed as a principal soloist at the Closing Ceremonies in the 1998 Nagano Winter Olympics in Japan and was featured in a PBS Dance in America Special in Daniel Ezralow's holiday satirical work entitled the X-mas Philes. *Fall date tba.*

### MICHAEL SUSTEN /CONTEMPORARY /LYRICAL

Michael Susten, director of the renowned Susten Dance Collective and a sought-after choreographer, has taught at Broadway Dance Center, The Joffrey Ballet School and STEPS on Broadway. He has also had the privilege of being a guest teacher at Point Park University, The University of Pennsylvania, Dean College, Millennium Dance Complex as well as numerous Performing Arts High Schools. He holds a BFA in Jazz Dance Performance with a focus in choreography from the University of the Arts and was awarded the "Choreography Prize" upon graduation. Michael was a cast member at Walt Disney World in Orlando Florida for five years and had the opportunity to perform in the Festival of the Lion King, Magic Kingdoms Welcome Show and The Main Street Trolley Show. Michael has produced and directed over twenty dance concerts with Xhale Dance Company and Michael Susten & Company. His students have been accepted to top dance Universities around the country (Point Park, PACE, Oklahoma City, University of the Arts, Fordham, NYU & Boston Conservatory) and has students performing in dance companies, Broadway and theme parks around the world.

**CORY LUNNY /TAP INSTRUCTOR & CHOREOGRAPHER** Cory Lunny is a New England-based tap dance instructor, choreographer, and coach known for her work with competitive dancers and youth tap programs. She has been part of the training and development of high-level tap dancers in the region, including coaching students who have competed on the international stage. Lunny has worked with dancers representing Team USA at the IDO World Tap Championships, where her students have earned top placements, including gold medal-winning group performances. As an educator, she is recognized for building strong technical foundations while fostering musicality, performance quality, and confidence in her dancers. Her choreography and classwork emphasize rhythm, precision, and ensemble connection, helping dancers grow both competitively and artistically.



**WHAT IS PULSE?** Pulse Dance Company is a heightened program for students who are interested in pursuing their own personal best. If you like to train like a professional, with professionals, this is your chance to elevate your dance journey! Established in 1992, "Pulse" is made up of 90+ dancers from over 15 different towns and cities. Access to a top-notch faculty, is the driving force behind the group's success and longevity as technically trained dancers and versatile performers. Beyond our outstanding in-house faculty, dancers benefit from ongoing opportunities to train with renowned guest teachers—bringing professional experience and mentoring into our studio. You don't have to plan on a professional career to train like one. We prepare all members with the foundation required for college dance program auditions, conservatories, and industry auditions so opportunities are there if they choose to pursue them. This level of intentional, professional-caliber training, regardless of a dancer's long-term path, is what sets our program apart. Seeking new members for all levels. **To request an audition packet or appointment, please email [studioforthelivingarts@yahoo.com](mailto:studioforthelivingarts@yahoo.com)**

**SFLA DANCE COMPLEX**  
GRAY PLAZA, 21 PORTLAND RD, GRAY, ME  
SUMMER SESSION 2026

*Drew Burgess*

**DREW**

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

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.STUDIOFOTHELIVINGARTS.COM

**SFLA DANCE COMPLEX**  
GRAY PLAZA, 21 PORTLAND RD, GRAY, ME  
SUMMER SESSION 2026

*Brea Cook*

**BREA**

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

6/22/26  
LYRICAL  
MASTERCLASS

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

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

OPEN TO ALL  
DANCERS! \$25

REGISTER: WWW.STUDIOFOTHELIVINGARTS.COM

**SFLA DANCE COMPLEX**  
GRAY PLAZA, 21 PORTLAND RD, GRAY, ME  
SUMMER SESSION 2026

*Michael Susten*

**MICHAEL**

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

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

REGISTER: WWW.STUDIOFOTHELIVINGARTS.COM

**SFLA DANCE COMPLEX**  
GRAY PLAZA, 21 PORTLAND RD, GRAY, ME  
SUMMER SESSION  
MASTERCLASS

*Scott Fowler*

**SCOTT**

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

7/23/26  
Jazz

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

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

TEEN/SR 14+  
4:00-5:00PM

OPEN TO ALL  
DANCERS!  
\$25

REG: WWW.STUDIOFOTHELIVINGARTS.COM

**SFLA DANCE COMPLEX**  
GRAY PLAZA, 21 PORTLAND RD, GRAY, ME  
SUMMER SESSION 2026

*Brea Cook*

**BREA**

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

6/22/26  
CONDITIONING  
AND LYRICAL  
MASTERCLASS

TEEN / SENIOR  
AGE 13+  
6:00-7:15PM

OPEN TO ALL  
DANCERS! \$25

REGISTER: WWW.STUDIOFOTHELIVINGARTS.COM

**SFLA DANCE COMPLEX**  
GRAY PLAZA, 21 PORTLAND RD, GRAY, ME  
SUMMER SESSION 2026

*Aleksandr Estanin*

**ALEKSANDR**

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

THURSDAY  
8/13/26  
TAP / ADV  
TEENS  
3:00-4:00pm  
FEE: \$22

REGISTER: WWW.STUDIOFOTHELIVINGARTS.COM

*Be a Princess*

REG: WWW.STUDIOFOTHELIVINGARTS.COM

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

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

*Pre-Ballet*

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

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.STUDIOFOTHELIVINGARTS.COM

**AIDEN FORTIER**

**CONTEMPORARY**

**SUMMER**

POP-UPS

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

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

REG: WWW.STUDIOFOTHELIVINGARTS.COM \$22

**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  
DANCE COMPLEX

**SFLA**

TO REGISTER:  
www.studiofortheivingarts.com

**SFLA DANCE COMPLEX**  
GRAY PLAZA, 21 PORTLAND RD, GRAY, ME  
SUMMER SESSION 2026

*Cory Lunny*

**CORY LUNNY**

STUDIO FOR THE LIVING ARTS  
DANCE COMPLEX

**SFLA**

THURS  
8/6/26

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

REGISTER: WWW.STUDIOFOTHELIVINGARTS.COM

**SFLA DANCE COMPLEX**  
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  
DANCE COMPLEX

**SFLA**

REG: WWW.STUDIOFOTHELIVINGARTS.COM

# SUMMER SESSION FACULTY

**VICTORIA PERREAULT**

STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

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

**SUMMER**  
6 WK 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



**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



**KATE SMEDAL**

STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

- BALLET
- PRE-POINTE
- POINTE

**SUMMER**  
6WK SESSION

REG: WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

**SUMMER**  
6WK SESSION

**JACKSON GORMLEY**

- BALLET /Pointe
- CONDITIONING FOR DANCERS

REG: WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



**KAREN GILLES**

STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

- TAP/BALLET COMBO
- BE OUR GUESTS
- TAP

**SUMMER**  
6 WK 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



**AMANDA PREBLE**

STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

- HIP-HOP
- 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



**AIDEN FORTIER**

STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

- CONTEMPORARY
- COMPETITION CLASSES

**SUMMER**  
6WK SESSION

REG: WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



**KELLY FANTIGROSSI**

STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

- TAP
- MUSICAL THEATER
- COMPETITION CLASSES

**SUMMER**  
6 WK SESSION

REG: WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM



**ADELYNN SPLANE**

STUDIO FOR THE LIVING ARTS  
**SFLA**  
DANCE COMPLEX

- ACRO

**SUMMER**  
6WK SESSION

REG: WWW.STUDIOFORTHELIVINGARTSDANCECOMPLEX.COM

