

STUDIO FOR THE LIVING ARTS DANCE COMPLEX

TAP BALLET JAZZ HIP-HOP LYRICAL CONTEMPORARY ACRO

 *studio for the living arts dance complex*
ACRO
BALLET
POINTE
LYRICAL
CONTEMPORARY
HIPHOP
JAZZ
Summer 2026
THANK YOU FOR DANCING WITH US THIS SUMMER!
Thank you for joining us on the dance floor for our six-week Summer Session! We are so grateful to our professional faculty and summer guest teachers who shared their talent, knowledge, and passion with our dancers. We are better because of you, and so grateful for all you bring to SFLA. 

Fall Brochure 2026
studio for the living arts dance complex
ACRO
BALLET
POINTE
LYRICAL
CONTEMPORARY
HIPHOP
JAZZ
 *register: www.studiofortheivingarts.com*
ACCEPTING ENROLLMENTS BEGINNING 8/1/26

INSIDE SFLA: FALL EDITION

NEWS, TRAINING & PERFORMANCE UPDATES FROM STUDIO FOR THE LIVING ARTS

FALL HAPPENINGS @ SFLA DANCE COMPLEX

 **STUDIO FOR THE LIVING ARTS**
SFLA
DANCE COMPLEX
JOIN US IF YOU DARE!
HALLOWEEN
acro pop-up
 **OCTOBER 30TH**  **6:30-7:30PM**  **AGES 7-12**
\$25 FEE
ALL LEVELS WELCOME!
TRICKS, TUMBLING, & HALLOWEEN FUN!
WEAR YOUR COSTUME & INVITE A FRIEND!
REGISTER ONLINE AT WWW.STUDIOFORTHELIVINGARTS.COM

 **STUDIO FOR THE LIVING ARTS**
SFLA
DANCE COMPLEX
AUDITION
THE NUTCRACKER
Sunday September 13, 2026
5pm Ages 8-11
6pm Ages 12+

6 WEEK FALL MINI SESSIONS @ SFLA



URNS AND FLEXIBILITY LAB
6 WEEK MINI SESSION

This Lab is designed for dancers who want focused training that directly improves execution, power, and consistency. Dancers will work on targeted drills to improve extensions, splits, control alignment, and cleaner turn sequences. This is an excellent option for dancers who are ready to sharpen details and elevate overall performance quality.

SATURDAYS
OCT 17-NOV 21
YOUTH / AGE 7-9 8:45-9:30AM
JUNIORS / AGE 10+ 9:30-10:15AM

SFLA
STUDIO FOR THE LIVING ARTS
DANCE COMPLEX

www.studiofortheivingarts.com



MOVE with Me

MUSIC • DANCE
PROPS • LOTS OF FUN!

6-WEEK MINI SESSION

OCT 15 - NOV 19
9:30 - 10:15 AM
PARENT/CAREGIVER • CHILD

Class is designed for you and your little one to move together!

SFLA
STUDIO FOR THE LIVING ARTS
DANCE COMPLEX

Little steps. BIG JOY.

Instructor: Danielle Schinzel



SFLA DANCE COMPLEX
GRAY PLAZA 21 PORTLAND RD, GRAY, ME

THROWBACK!

ADULT HIP HOP

6 WEEK SESSION
OCT. 19 - NOV. 23
MONDAYS 6:15 - 7:00PM

Instructor: Victoria Perreault

ALL LEVELS • NO PRESSURE • JUST GOOD VIBES!
OLD-SCHOOL JAMS. GREAT MOVES. COME DANCE WITH US.

6 week Mini Sessions are a great way to sample classes without a long commitment or if you have a busy schedule.
To register, select course "6WK SESS"

FALL SESSION: OCT 15 - NOV 23, 2026
WINTER SESSION: JAN 4 - FEB 13, 2027
SPRING SESSION: MAR 1 - APR 12, 2027

JOIN US FOR OUR 14TH SEASON OF "THE NUTCRACKER" !

Each season, Studio for the Living Arts Dance Complex performs a full-length production of the Christmas classic, "The Nutcracker Ballet" with Artistic Directors Elizabeth Avantaggio and Kate Smedal.

PERFORMANCES Held at the Westbrook Performing Arts Center:

Evening Performance: Friday, December 4th, 6:00pm

Matinee Performance: Saturday, December 5th, 11:00am

* No Audition Fee/ No Costume Fees: All costumes are owned by SFLA, and they are loaned to the cast. AUDITION APPLICATION LINK:

<https://form.jotform.com/262293871703158>

AUDITION SCHEDULE: Sunday, 9/13/26 for Ballet Students Levels 2+

Audition in the group based on your age as of 9/13/2026

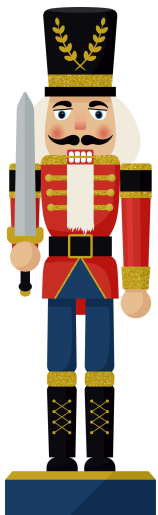
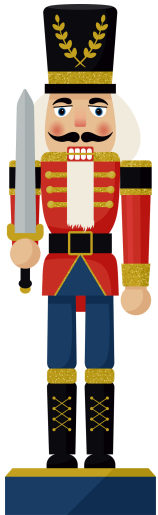
5:00 PM – Ages 8-11* 6:00 PM – Ages 12+

*Level 2 ballet students under age 8 should attend the 5:00pm audition.

BALLET LEVEL 1 STUDENTS: These students are not required to audition or pre-register as they will learn their Nutcracker role in their weekly dance class:

Friday, 5:00pm Ballet Level 1 (Grace Koury)

Monday, 4:00pm Ballet/Lyrical Level 1 (Mia Millett)



2026-27 SCHOOL CALENDAR

- September 13, 2026 Nutcracker Auditions Held @SFLA Dance Complex
- September 14, 2026 NEW DANCE SEASON CLASSES BEGIN!
- October 12, 2026 Indigenous Peoples' Day ~ All classes held
- October 15, 2026 FALL 6-WEEK MINI SESSIONS BEGIN
- October 31, 2026 HALLOWEEN, ALL CLASSES HELD
- November 11, 2026 VETERAN'S DAY, ALL CLASSES HELD
- November 25-29, 2026 THANKSGIVING RECESS NO CLASSES
- December 3-5, 2026 CLASS ADJUSTMENTS/NUTCRACKER PRODUCTION
- December 3, 2026 NUTCRACKER DRESS REHEARSAL WESTBROOK PAC
- December 4, 2026 NUTCRACKER EVENING PERFORMANCE 6PM
- December 5, 2026 NUTCRACKER MATINEE PERFORMANCE 1PM
- December 21, 2026-1/3/27 HOLIDAY RECESS NO CLASSES
- January 4, 2027 RECITAL COSTUME FEES DUE
- January 4, 2027 WINTER 6WK MINI SESSIONS BEGIN
- January 18, 2027 MARTIN LUTHER KING DAY~ ALL CLASSES HELD
- February 15 -21, 2027 WINTER RECESS ~ NO CLASSES
- March 1 - April 18, 2026 SPRING 6-WEEK MINI SESSIONS BEGIN
- April 19 - 25, 2027 SPRING RECESS ~ NO CLASSES
- May 6+7, 2027 PICTURE DAYS @SFLA/PICTURES ONLY, NO CLASSES
- May 16, 2027 PULSE COMP TEAM AUDITIONS FOR 2027-2028 TEAMS
- May 28 - May 31, 2027 MEMORIAL DAY RECESS ~ NO CLASSES
- June 10, 2027 DRESS REHEARSAL @WESTBROOK PERFORMING ARTS
- June 13, 2027 35TH ANNUAL RECITAL@WESTBROOK PERFORMING ARTS
- July 5, 2027 6 WEEK SUMMER SESSION OF CLASSES BEGIN

Mark
YOUR
Calendar

STUDENT HANDBOOK

Please check the "Student Handbook" link located on our website: www.studioforthelivingarts.com for Course Descriptions, How to Register, Fees and more! In order to maintain a professional environment, we require all dancers to follow dress code. Please consult the "Dress Codes" section in the handbook. We carry some children's dance footwear at the studio. Footwear, is available at Petit Jete' Dancewear Boutique in Brunswick for Levels 3+. Petit Jete' also carries a large selection of dancewear: <http://petitjetedance.com/> The studio carries tights for all ages and dance styles.

Classes are filling quickly, with several already at capacity or waitlisted. We encourage you to register soon to secure your spot!

We can't wait to see you for our 35th season. Happy dancing!

GRAY SHOPPING PLAZA /21 PORTLAND RD. GRAY, ME | +1-207-657-3006