

Welcome Dancers to the Fall Dance Season of 2019-2020!!!

I am excited, as I celebrate my 9th year of, A Lifetime of Dance, Inc.

Whether you are new, or an acquainted or a seasoned dancer, at A Lifetime of Dance, there are many Adult Dance Classes to choose. Don’t see a day or time that works for you? Let me know and I will try to add it onto the schedule.

Most classes will be starting on Sept. 3rd, this year. Returning on the schedule, will be Dance Fusion with Heather Granger on Fridays from 11-12. This is a great DANCE class filled with stretching, barre work, center floor work and introduces fun dance “party” moves, to great music. No experience is necessary and everyone is encouraged to learn at their own pace. NEW to the schedule will be Ballet/Stretch on Tues. from 11-12PM with Heather, as well. Ballet barre, center floor work, strength and stretching exercises along with proper technique and arm movements, will help to strengthen your body, mind and soul (along with strengthening your other dance forms).

Please welcome Kathie Smith, as she will be teaching Tap on Tues. at 6:30PM and Jazz at 7:45PM. Kathie has been assisting me with classes and has been a tremendous support to me. She is now an “empty nester” and happy to be back teaching dance! She will be covering classes for me when I am unable.

My co-director, to the Mamas, Toni Wortman, will also be able to help and classes will no longer need to be cancelled, except for low attendance. I am thrilled to have the assistance of all of these wonderful amazing teachers and to have them as my friends.

I will be teaching a NEW Tap Workout Class on Tues. at 10-11AM. This class will be an “open” class for Beginners.

The Red Hot Mamas, Step Sistas and Silver Steppers, are available for performances. We would love to dance at your next event! Call today! Holiday performances are booking quickly!

All Adult Classes are $18, PAY AS YOU GO, and there is no commitment necessary. 10 class cards are $170 and expire at the end of the dance season, Aug. 2020. 20 class cards are $300 for those students taking 2 or more classes per week. There are NO refunds, after class cards expire. You do not need to commit to any one class and are welcome to try perhaps an easier, or even more challenging class, at your discretion. There is always something to learn or gain, when taking class. An administration fee of $25, is due for the Fall Season which goes through Aug. 2020. It is non-refundable.

I have been very blessed and I am grateful to all of you, who “dance” into the studio. I could not ask for anything more than to share our love of dance, friendship and support to each other. You may only have “walked” into the studio, not knowing what to expect, but you have danced into my life and have shared your love of dance, with so many others. I am, and will be forever, grateful.

Schedule of classes are attached and on-line at [www.alifetimeofdance.com](http://www.alifetimeofdance.com). Please visit me on FB at Louise Kremmelbein Rastu, A Lifetime of Dance and The Red Hot Mamas. Please “like” and “share”.

Looking forward to another wonderful dance year!!

Louise xo

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