



HOME OF THE RED HOT MAMAS • ADULT DANCE CLASSES  
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Fall 2022

Hi! My name is Louise Rastu and I'd like to welcome you to A Lifetime of Dance, where classes are created strictly for adults.

My co-director of The Red Hot Mamas Toni, assistant and co-teacher Kathie and I, will happily and passionately teach you the proper technique, of different styles of dance, in a non-competitive atmosphere. This is especially important for the more mature dancer, so as not to create injuries and to also build more self-confidence. We are in the AIM Dance Studio at 165 Walt Whitman Rd Huntington Station NY 11746, just South of Jericho Tpke., across from the Walt Whitman Mall.

Parking and entrance are in the back and front of the building. For safety of all patrons, doors will open 15 mins prior to class and LOCK at the time class starts. Please do your best to be on time. Can always text me if you are late to let you in, however, for each dancer that is late, it becomes disruptive to the class. 631-680-4271

Each studio is equipped with a "Medify Air Ultra HEPA filtration system", which is listed on the market as one of the 12 best air purifiers for 2022. The studio is fully Air Conditioned for dance comfort.

Classes are geared for the novice to the very experienced dancer desiring to learn tap, get back to tap, or continue with their tap dance training. Dancers can wear any type of comfortable clothing such as leggings, yoga pants or capris with a T-shirt or tank top. You are welcome to wear any type of tap shoe that you may have. Beginners are encouraged to wear tap oxfords, which are easier for balancing and making stronger sounds.

First class is free and I have plenty of tap shoes to borrow! Classes are pay as you go but there is a discount when purchasing a 10 class card which expires 4 months after purchase. Cards are non-refundable, non-transferable and cannot be extended.

The option to zoom is listed for some classes. Zoom classes follow the same protocol as, "in studio" classes.

Group and private lessons are available. Let us come to your space or set a time to dance in ours. Perfect for Brownie and Girl Scout Dance Badges, Girls Night Out, Club Get togethers etc.

Tap dancing has been recognized as one of the best forms of exercise! It is a full body workout incorporating the arms and legs moving together, elevating the heart rate for a good cardiovascular workout. It helps improve coordination and balance. Rhythms and memorization of steps keeps your mind focused improving mental health. Honestly, you cannot think or worry about anything, while you are tap dancing! This will become a "therapy" for your heart, mind, and soul.