



HOME OF THE RED HOT MAMAS • ADULT DANCE CLASSES  
LOUISE RASTU, DIRECTOR • ALIFETIMEOFDANCE.COM • LOUISE.TRHMTAP@GMAIL.COM • 631.680.4271

## ADULT DANCE CLASSES

**SUMMER 2023**

**July 3<sup>rd</sup>-Aug 31**

### Zoom and Classroom Platforms

Classes Subject to Change (min. enrollment required)

#### MONDAY

10-11AM Dance Workout (Class and Zoom) 11:15-12:15 Beginner /Int Tap (1 yr exp)

#### TUESDAY

9:30-12:30PM The Red Hot Mamas (Audition Only)

6:30-7:30M Beginner /Int Tap (2 yrs exp) 6:30-7:30PM Beginner Adult Tap (1 yr exp)

7:45-9:00PM Fast Tap (6 yrs exp)

7:45-9:00PM Dance Workout

#### WEDNESDAY

9-10:45AM Step Sistas (Audition Only)

11:00-12:15PM Int Tap (5 yrs exp)

#### THURSDAY

9:30-10:30AM Slow Int Tap (3-4 yrs exp)

11:00-12:15PM Int Tap (5 years exp)

#### FRIDAY

9:30-10:30AM Slow Int Tap (3 yrs exp)

11:00-12:15PM Ballet/Stretch

### **NEW BEGINNER STUDENT SPECIAL 6 WEEKS \$75**

Must Register and pay for course(s) by July 7th

Thurs July 14th-Aug 17<sup>th</sup>

Thurs. 9:30-10:30 Basic Beginner Tap or Thurs 11-12PM Dance Workout

### **FREE TAP SHOES TO BORROW**

**ALL CLASSES ARE \$20 Pay as you go! Cash, Check, or Zelle  
FREE TRIAL for NEW STUDENTS (not to be combined with SPECIAL)**