

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

ADULT DANCE CLASSES

Jan 2024-June 2024 Classes start Jan 2

Zoom and Classroom Platforms Classes Subject to Change (min. enrollment required)

MONDAY

10-11:00AM Dance Workout (Class and Zoom) 11:30-12:30 Beginner /Int Tap (1 yr exp)

TUESDAY

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

6:45-7:45M Beginner /Int Tap (2 yrs exp) 6:45-7:45M Beginner Adult Tap (1 yr exp)

8-9:00PM Fast Tap (6 yrs exp)

8--9:00PM **NEW**Dance Workout

WEDNESDAY

9:00-10:45AM 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)

11:15-12:30PM Int Tap (5 years exp)

10:30-11:10 AM Silver Stepper Rehearsal (Audition Only)

FRIDAY

10-11:15AM Ballet/Stretch **NEW** 11:30-12:30PM Basic Beg Tap

ALL CLASSES ARE \$20 Pay as you go! Cash, Check, or Zelle

FREE TRIAL for NEW STUDENTS

FREE TAP SHOES TO BORROW

PRIVATE LESSONS AVAILABLE