



HOME OF THE RED HOT MAMAS • ADULT DANCE CLASSES
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September 2026

Hi! My name is Louise Rastu, and I would like to welcome you to A Lifetime of Dance, where classes are created strictly for adults. The average Adult class will have dancers ranging from 50-75 years old. We also have younger adults and dancers into their 90's.

My 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 build more self-confidence.

As my 17th season commences, I am excited to announce a change of location for the 2026-2027 dance season. The NEW location will be at Diamond Dance Long Island which is located at 275 Larkfield Rd. East Northport, NY 11731.

I realize that this may be an added travel experience for those coming from the west, but I can assure you that you will be very happy with the new location.

The studio is large, has a raised Marley floor, has mounted barres on the wall, and a large parking lot. There are no stairs, two bathrooms, and

I am able to adjust the air conditioner as needed.

It has been newly renovated, so it is clean and fresh.

Lauren Ragen is the new owner.

Check out her website at <https://diamonddanceli.com/>

The door will remain open while classes are running.

The large parking and entrance are in the back of the studio; easily assessable.

Unfortunately, for me, Rise in Spirit and Rise Life Services will be adding more programs in The Spirit of Huntington Art Building where I rented space from North Shore Dance. They no longer have space for me.

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 make stronger sounds. I also have plenty of tap shoes to borrow!

Single classes through A Lifetime of Dance are \$25, "Pay As You Go", check, cash, or Zelle.

Group and private lessons are available. Let us come to your place, or set a time to dance in ours. Perfect for Girl Scout receiving Dance Badges.

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, in addition to elevating the heart rate for a good cardiovascular workout. Tap dancing helps improve coordination and balance. Rhythms and memorization of steps keep your mind focused which improves 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.

Danced Workout class helps to add grace, to build a better posture and helps you to understand the foundation of steps and exercises created for dance. You will stretch and strengthen your body.

There is great joy in dance, and you will leave the class feeling energized, accomplished and rejuvenated!

Ballet/Stretch class focuses on ballet technique with barre and center floor work in addition to stretching and strengthening exercises. You do not need to have a "ballet/dance body" for any class. A willingness to learn and a positive attitude are all that is required in this supportive, uplifting and caring environment. We accept ALL adult students and look forward to finding the perfect class for you!

We are a non-performing studio, however, there are performance opportunities for those who are highly committed and love to perform for others!

Our professional tap dance companies continue to rehearse and hope to entertain you soon! There is a budget that can accommodate almost everyone, as well as community service programs.

Please visit our website at ALifetimeofdance.com for more information and a full schedule of classes.

Classes start Sept 1st at our new location, but enrollment is always ongoing.
Tuesday evening classes will still be held at Don't Stop Dancin' 138 W. Jericho Tpke.
Huntington Station NY 11746

Call me or text me at any time! I will be happy to answer any and all of your questions or concerns! I am so looking forward to dancing with you soon! Have a blessed day!

XO Louise