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FOR IMMEDIATE RELEASE

DATE: August 25, 2021

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SARATOGA COUNTY OFFICE FOR THE AGING ANNOUNCES NEW FREE DANCE PROGRAM

Zoom-based Dance Class Series offered to Saratoga County Residents Age 55 and Over

BALLSTON SPA, NY --- Saratoga County Office for the Aging today announced a new, free program for Saratoga County residents, ages 55-and-over. **“West Coast Swing, Mambo and More! Introduction to Social Dance from Lifetime Arts”** is a 6-week informative workshop that runs on Fridays from September 10 through October 15, 2021. Participants will learn Mambo, West Coast Swing, Waltz and Merengue

This course is held entirely online, via Zoom.

Participants will build their skills week to week while exploring different styles of music and corresponding dance patterns. Dancers will also learn the nuances of partner dancing and styling, though partners are not necessary but always welcome. Materials needed for this course include a clear open space, preferably without a rug, and a high-backed chair nearby for balance.

Class Dates:

Friday, September 10th—2:15pm — 3:45pm

Friday, September 17th—2:15pm – 3:45pm

Friday, September 24th — 2:15pm – 3:45pm

Friday, October 1st – 2:15pm – 3:45pm

Friday, October 8th – 2:15pm – 3:45pm

Friday, October 15th—2:15pm – 3:45pm

There is a limited number of class participants for this course. It is a first come, first serve basis. Pre-registration is required. Those interested must RSVP by September 7, 2021 to Lexi Rosamino via phone; **518-363-4033** or email; arosamino@saratogacountyny.gov.

This program, part of the New York State Creative Aging Initiative, is made possible through a partnership between the New York State Council on the Arts, the New York State Office for the Aging and Lifetime Arts. The project takes an innovative, evidence-based approach to healthy aging, underscoring New York’s leadership as the first age-friendly state in the nation.

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