

Fall Rec Dance 2025



Instructor(s): Ms. Lauren (*LRDC Director*)

The Fall Rec Dance program (*Lyndhurst Rec Dance Company, L. R. D. C.*) is for anyone who has ever wanted to try dance, as well as individuals with prior dance training. We will introduce and reinforce the concept of movement and expression through music. Classes will feature several different styles of dance and music, along with an emphasis on technique and learning choreography. The overall objective is to not only have fun and move our bodies, but utilize music and dance as an additional outlet for communication and expression, while enhancing and growing our current dance repertoire of skills.

We are again offering Workshop Combo Class(es) for 3rd – 8th grade this season. **DANCERS MUST BE REGISTERED FOR THE FALL REC SEASON IN ORDER TO TAKE WORKSHOP CLASS(ES)***

Dancers please wear dance clothing (leo, tights, dance pants, dance tops etc.), have your hair up, and bring your shoes with you to class.

To register visit: www.socialscene.com/recdance

****Season Begins week of:** 09/15/2025 and runs through 12/22/2025

****Registration Deadline:** 09/12/2025

Cost: \$160 – Spring Season (*Kindergarten – 8th grade*)

\$75 – Workshop* (*optional add-on class for 3rd – 8th grade, could be two separate classes dependent on registration. Class time will be confirmed before the start of Season. Class length is 1.5 hrs.*)

\$75 – Fall Season (*Pre-K*)

Grades: Pre-K - 8th

Location: Lyndhurst Middle School – Dance/Yoga Studio

Date(s)/Times(s):

Monday(s) Pre-K - 5:00 - 5:30 pm
 Kindergarten - 1st grade - 5:30 - 6:30 pm
 2nd – 3rd grade - 6:30 pm - 7:30 pm
 4th – 5th grade - 7:30 - 8:30 pm

Tuesday(s) Workshop 6:00 pm - 7:30 pm*
 6th – 8th grade 7:30 - 8:30 pm

Dance Class registration is a 1st come, 1st served basis. You must be pre-registered by 09/12/2025. There are only 20 spots available PER CLASS.