

SENIOR LINE DANCING CLASS

This 45-minute standing line dancing class is open to all levels, with beginners especially welcome. Participants will learn basic line dancing steps and simple, repetitive patterns set to familiar music from the 60s and 70s. The class focuses on balance, coordination, and confidence while bringing fun, joy, and movement through dancing to beloved tunes.

Participants must be able to stand independently for the full 45 minutes. Chairs will be provided if a participant would like to sit down.

EVERY MONDAY
11:15AM - 12PM
Saint Rose Campus
Events & Athletic Center
Multi Purpose Room
420 Western Ave.



To register, scan here,
contact aging@albanycountyny.gov
or call 518-447-7198 | 518-447-4847

**LALLY LOT & STREET
PARKING AVAILABLE**



Daniel P. McCoy
Albany County Executive

ALBANY COUNTY
Cares about our Seniors

