LPAC NEWS

Falling for Dance!

October 2025



Hello LPAC Families!

Fall has arrived and with it comes some chilly weather! Hopefully everyone stays healthy by washing hands often, getting plenty of sleep, staying hydrated and eating those fruits and vegetables. Yet there might be a time when your child does not feel well. Please make sure to keep them home from class. We do not want to spread any germs around the studio. If you do miss a class, you can email lpacnotice@gmail.com to schedule a makeup class. The health and wellbeing of our students is so important to us at LPAC!

I also wanted to mention that our Parade Team is getting ready for their performance November 23 at the Stamford Downtown Parade Spectacular! And a big congrats to our Locust Prep for an incredible performance at the Westport Making Strides Against Cancer Walk.

- Courtney Copper, LPAC Assistant Director

THIS MONTH'S TIPS FOR DANCERS

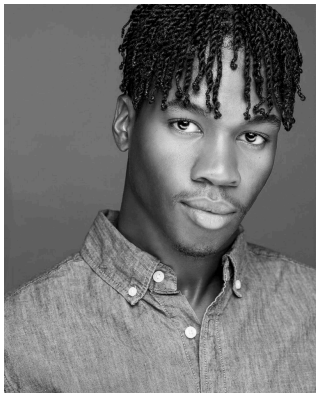
Practice with Families at Home

Our LPAC students are working so hard in class each week! Classes are working to improve technique, memorize new combinations and as always, having fun! Remember, it's great to practice what you have learned at home. You don't need a lot of space to work on stretching or strengthening (Remember those relevés while making a sandwich or brushing your teeth!). Show your family a recent dance from class or teach them a few moves you've learned. Your family and friends love being an audience and will cheer you on! 👏





GET TO KNOW YOUR TEACHERS: Favorite Dance Style



Mr. Aaron Bantum

"My favorite dance style is street jazz because it's the perfect blend of grit and groove. It combines the sharp precision of jazz with the raw, expressive energy of hip hop - giving the freedom to hit hard, flow smooth, and tell a story through movement."

For the school calendar, schedule, and other important information,
VISIT OUR WEBSITE