

Monthly September Studio Schedule

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Studio Closed	8	9	10	11	12
13	14	15	16	17	18	19 Ballroom Workshop
20 Ballroom Workshop	21	22	23	24	25	26 Brazilian Workshop Forro Social
27 Brazilian Workshop Samba de Gafieira Social	28	29	30			

Adult & Youth Benefits of Ballroom Dancing

Physical Benefits -Improves fitness, coordination, posture, balance, flexibility, and overall health while making exercise fun.

Social Benefits - Builds confidence, teamwork, communication, friendships, and positive social interaction.

Mental Benefits -Enhances focus, memory, discipline, coordination, and creativity through learning movement and rhythm.

Emotional Benefits - Encourages self-expression, reduces stress, and boosts confidence and happiness.

Cultural Benefits - Introduces diverse music, traditions, and dance styles from around the world

Ballroom dancing is a fun and healthy activity that helps adults and youth grow physically, socially, and emotionally while building lifelong skills and friendships. **Have questions or want to join? Text us today at 617-938-7871 / 978-245-6878 for more information!**

Weekly Adult September Class Schedule

Adult Mondays Night Club Dance Course	September Special Weekend Events	
7:30 PM WEST COAST SWING	Intensive Beginner Core 6 Dance Workshop Build a strong foundation in the Core 6 dances with focused beginner-level workshops, repetition, and practice! Saturday, September 19 — Smooth 1:30 PM –3:00 PM — Waltz 3:30 PM –5:00 PM — Tango 5:30 PM –7:00 PM — Foxtrot 7:30 PM –9:30 PM — Practice Party Sunday, September 20 — Rhythm 1:30 PM –3:00 PM — Cha Cha Cha 3:30 PM –5:00 PM — Rumba 5:30 PM –7:00 PM — Swing 7:30 PM –9:30 PM — Practice Party Pricing 1 Workshop: \$30 2 Workshops: \$50 One-Day Pass: \$80 3 Workshops + Practice Party Full Weekend Pass: \$120 All 6 Workshops + 2 Practice Parties Social Dance Only \$20 per person for one night \$30 per person for both nights	Intensive Brazilian Dance Workshop Build a strong foundation in Samba de Gafieira & Forró with focused beginner-level workshops, repetition, and practice! Saturday, September 26 3:30 PM –5:00 PM — Samba de Gafieira 5:30 PM –7:00 PM — Forró 8:00 PM–10:30 PM — Samba de Gafieira Social Sunday, September 27 3:30–5:00 PM — Samba de Gafieira 5:30–7:00 PM — Forró 8:00 PM –11:00 PM — Forró Social Pricing 1 Workshop: \$30 2 Workshops: \$50 One-Day Pass: \$60 2 Workshops + Practice Party Full Weekend Pass: \$100 All 4 Workshops + 2 Practice Parties Social Dance Only \$20 per person for one night \$30 per person for both nights
8:15 PM ARGENTINE TANGO		
Adult Tuesdays Social Latin Dance Course		
7:30 PM BACHATA		
8:15 PM SALSA		
Adult Wednesdays Social Ballroom Dance Course	Adult & Youth Pricing Adult Program \$50.00 — 4-week dance series (per dance style) Payment must be made before the series begins. The 4-week series fee will be prorated if any classes are canceled or not offered. \$16.00 — Single Class	
7:30 PM WALTZ		
8:15 PM CHA CHA CHA		
Adult Thursdays Brazilian Dance Course		
7:30 PM FORRO		
8:15 PM SAMBA de GAFIEIRA		

Payment methods: Venmo - [Saori-Kamiya-1](#) Zelle/Apple Pay - 617-938-7871

Weekly Youth September Class Schedule

Youth Mondays LATIN Course

3:45 PM Bronze

4:30 PM Silver

5:15 PM Gold

Youth Tuesdays BALLROOM Course

3:45 PM Bronze

4:30 PM Silver

5:15 PM Gold

Youth Wednesdays LATIN Course

3:45 PM Bronze

4:30 PM Silver

5:15 PM Gold

Youth Thursdays BALLROOM Course

3:45 PM Bronze

4:30 PM Silver

5:15 PM Gold

Pricing

\$90.00 - 4-week dance series (per dance class)

Payment must be made before the series begins. The 4-week series fee will be prorated if any classes are canceled or not offered

\$25.00 — Single Class

Youth Ballroom & Latin Dance Program — Goals

- **Build strong fundamentals:** Teach basic Ballroom and Latin steps, figures, rhythms, and dance vocabulary.
- **Develop technique:** Gradually develop correct posture, balance, footwork, timing, body movement, partnering, and musicality.
- **Weekly repetition:** Review and repeat previously learned steps every week so students can build confidence, muscle memory, and consistency.
- **Progressive learning:** Introduce new material while continuing to reinforce fundamental steps and technique.
- **Improve coordination and confidence:** Help students become comfortable moving with a partner, following rhythm, and performing in front of others.
- **Develop good dance habits:** Emphasize proper technique and quality of movement from the beginning rather than focusing only on learning many steps.
- **Encourage teamwork and discipline:** Teach students respect, cooperation, listening skills, concentration, and commitment through partner dancing.
- **Prepare for performance and competition:** As students progress, develop their ability to perform routines with confidence, musicality, technique, and presentation.

Overall goal:

To create a strong foundation in Ballroom and Latin dancing through **consistent weekly practice, repetition, progressive technique training, and enjoyable learning**, allowing each student to develop at their own pace while building confidence and a lifelong appreciation for dance.

Dress Code / Required Attire

Students are **required to wear black dance attire and appropriate dance shoes** for all classes.

- Proper attire helps instructors observe **posture, body movement, footwork, and technique** more effectively.
- **Black dance attire:** Clean, comfortable, and appropriate for movement.
- **Dance shoes:** Proper Ballroom/Latin dance shoes are required for safe and effective practice.
- Students should avoid street shoes, sneakers, or clothing that restricts movement.

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