DANCESPORT Academy OF NEW ENGLAND

Monthly DECEMBER Studio Schedule

Scan the QR code

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 NO ADULT CLASS	3	4	5
6 STUDIO CLOSED	7	8	9	10	11	12
13	14	15	16	17	18	19 SMOOTH & RYHTHM WORKSHOPS
20	21	22	23	24 STUDIO CLOSED	25 STUDIO CLOSED	26 FORRO PARTY
27	28	29 NO CLASS	30 NO CLASS	31 STUDIO CLOSED		

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 DECEMBER Class Schedule

Adult Monday Night Club Dance Course - DECEMBER 7, 14, 21 & 28 - $50.00
7:30 PM - 8:15 PM WEST COAST SWING
8:15 PM - 9:00 PM ARGENTINE TANGO
Adult Tuesday Social Latin Dance Course DECEMBER 1, 8, 15 & 22 - $50.00
7:30 PM - 8:15 PM BACHATA
8:15 PM - 9:00 PM SALSA
Adult Wednesday Social Ballroom Dance Course DECEMBER 9, 16 & 23 - $40.00
7:30 PM -8:15 PM TANGO
8:15 PM - 9:00 PM VIENNESE WALTZ
Adult Thursdays Brazilian Dance Course DECEMBER 3, 10 & 17 - $50.00
7:30 PM - 8:30 PM FORRO
8:30 PM - 9:30 PM OPEN PRACTICE
Adult Sunday Brazilian Dance Course DECEMBER 13, 20 & 27 - $50.00
5:00 PM - 6:00 PM SAMBA de GAFIEIRA
6:00 PM - 7:00 PM OPEN PRACTICE

A monthly renewal is required.
Payment is due before the series begins.
The 4-week series fee will be prorated if any classes are canceled or not offered.

Special Weekend Events

Intensive SMOOTH & RHYTHM Fundamental Dance Workshops

Enhance your dancing skills with focused workshops on fundamentals and repetition. Improve your technique, timing, body movement, and confidence across all dances while establishing a strong foundation for continued progress.

SATURDAY, DECEMBER 19

11:00 AM –12:20 AM — FOXTROT 1
12:30 PM – 1:50 PM — FOXTROT 2
2:00 PM – 3:20 PM — RUMBA 1
3:30 PM – 4:50 PM — RUMBA 2

💰 **Pricing**

1 Workshop: $30
2 Workshops: $50
3 Workshops: $80
4 Workshops: $110

Payment methods:
Venmo - Saori-Kamiya-1
Zelle/Apple Pay - 617-938-7871

FORRO SOCIAL

Refine your fundamentals, timing, connection, body movement, and technique while building confidence and developing your dancing at your own level.

SATURDAY
DECEMBER 26 [FORRÓ]

7:30 PM - 8:30 PM FORRÓ CLASS
8:30 PM - Midnight FORRÓ SOCIAL

💰 **Pricing**

Class and Social $20.00
Social Dance $15.00

Payment methods:
Venmo - Saori-Kamiya-1
Zelle/Apple Pay - 617-938-7871

Weekly Youth DECEMBER Class Schedule

Youth Mondays LATIN Course - DECEMBER 7, 14, 21 & 28- $90.00
3:45 PM - 4:30 PM Bronze
4:30 PM - 5:15 PM Silver
5:15 PM - 6:00 PM Gold
Youth Tuesdays BALLROOM Course - DECEMBER 1, 8, 15 & 22 - $90.00
3:45 PM - 4:30 PM Bronze
4:30 PM - 5:15 PM Silver
5:15 PM - 6:00 PM Gold
Youth Wednesdays LATIN Course - DECEMBER 2, 9, 16 & 23 - $90.00
3:45 PM - 4:30 PM Bronze
4:30 PM - 5:15 PM Silver
5:15 PM - 6:00 PM Gold
Youth Thursdays BALLROOM Course - DECEMBER 13, 20 & 27- $70.00
3:45 PM - 4:30 PM Bronze
4:30 PM - 5:15 PM Silver
5:15 PM - 6:00 PM Gold

Youth Pricing

$90.00 - 4-week dance series (per dance class)
A monthly renewal is required.
Payment is due 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.

Payment methods: **Venmo -** Saori-Kamiya-1 **Zelle/Apple Pay** - 617-938-7871