



**ADULTS**

# JANUARY

[Click here for more information](#)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STYLE	SOCIAL LATIN	AMERICAN STYLE	BRASILIAN SOCIAL	SWING		
ADULTS EVENING CLASS	7:15 PM - 7:55 PM SALSA 8:00 PM - 8:40 PM BACHATA	7:15 PM - 7:55 PM V. WALTZ 8:00 PM - 8:40 PM MAMBO	7:15 PM - 7:55 PM Samba de Gafieira 8:00 PM - 8:40 PM FORRO	7:15 PM - 7:55 PM West Coast SWING 8:00 PM - 8:40 PM ZOUK		
				1 STUDIO CLOSED	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 SOCIAL DANCE	17
18	19	20	21	22	23	24 STUDIO CLOSED
25	26	27	28	29	30	31

**PRICE for: Adults Class:** Prepayment required to attend the class

- DROP-IN with advanced payment: \$10.00 per class
- Each 40-minute Class Series lasting 4 weeks: \$40.00
- Unlimited Monthly Pass: \$130.00  
(DROP-IN at the door: \$15.00 per class)

**There is no makeup class; however, we will prorate the 4-week series rate**

## PAYMENT METHODS

- Zelle/Apple Pay- 617-938-7871
  - Venmo -Scan the code in the upper left corner
  - Credit Card(4% processing fee applies)
- Class Level: Open to all. Each session begins with the fundamentals**

**Physical Fitness:** Engaging in ballroom dancing improves cardiovascular health, flexibility, and strength. It offers a fun way to stay active and can aid in weight management.

**Social Interaction:** Classes foster social connections, allowing adults to meet new people and build friendships in a supportive environment. This can enhance emotional well-being and reduce feelings of loneliness.

**Mental Stimulation:** Learning dance routines requires focus and memory, which can improve cognitive function. It also promotes coordination and balance, benefiting overall mental agility.

**Emotional Benefits:** Ballroom dancing can boost self-esteem and confidence as individuals learn new skills and express themselves through movement. It also serves as a creative outlet, contributing to overall happiness.



**KIDS**

# JANUARY

Click here for more information!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age	7 - 12 (Level 2)	13 - 18 (Level 1)	7 - 12 (Level 1)	13 - 18 (Level 2)		
KIDS CLASS	4:00 PM - 5:00 PM	6:00 PM - 7:00 PM	4:00 PM - 5:00 PM	6:00 PM - 7:00 PM		
				1 STUDIO CLOSED	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 STUDIO CLOSED
25	26	27	28	29	30	31

**PRICE for: Kids Class:** Prepayment required to attend the class

**Each 60-minute Class Series lasting 4 weeks: \$90.00**

**( DROP-IN: \$25.00 per class)**

**There is no makeup class; however, we will prorate the monthly pass rate.**

**Save the date! Summer Showcase on Sunday, August 16th!**

## PAYMENT METHODS

- Zelle/Apple Pay- 617-938-7871
- Venmo -Scan the code in the upper left corner
- Credit Card(4% processing fee applies)

**Class Level: Open to all. Each session begins with the fundamentals, so if you're a beginner, feel free to join us.**

**Physical Fitness:** Engaging in ballroom dancing helps improve cardiovascular health, strength, and flexibility. It promotes overall physical fitness while making exercise enjoyable.

**Social Skills:** Dancing encourages teamwork and communication. Kids learn to interact with peers, develop friendships, and build confidence in social settings.

**Discipline and Focus:** Learning dance routines requires practice and concentration, fostering discipline and focus. These skills can translate to better performance in academic settings.

**Cultural Awareness:** Ballroom dancing introduces children to diverse cultures and styles, fostering their appreciation for diversity and the arts.