

Monthly **OCTOBER** Studio Schedule

Scan the QR code



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 NO CLASS	16 STUDIO CLOSED	17 STUDIO CLOSED
18 STUDIO CLOSED	19 STUDIO CLOSED	20	21	22	23	24 SMOOTH & RHYTHM Workshops & Social
25	26	27	28	29	30	31 FORRÓ Workshops & Social
1 SAMBA de GAFIEIRA Workshops & Social						

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 OCTOBER Class Schedule

Adult Mondays Night Club Dance Course	September Special Weekend Events	
7:30 PM WEST COAST SWING	Intensive SMOOTH & RHYTHM Fundamental Dance Workshops	Intensive Brazilian Dance Workshop
8:15 PM ARGENTINE TANGO		
Adult Tuesdays Social Latin Dance Course	Strengthen your dancing with focused fundamental workshops, repetition, and guided practice. Develop better technique, timing, body movement, and confidence across all six dances while building a solid foundation for your continued progress. SATURDAY, OCTOBER 24 10:00 AM –11:30 AM — Waltz 11:45 AM –1:15 PM — Tango 1:45 PM –3:15 PM — Foxtrot 3:30 PM -5:00 PM - Vinnese Waltz 5:30 PM - 7:00 PM Bolero 7:15 PM -8:45 PM Mambo  Pricing 1 Workshop: \$30 2 Workshops: \$50 3 Workshops: \$75 4 Workshops: \$100 5 Workshops: \$125 6 Workshops: \$150	Refine your fundamentals, timing, connection, body movement, and technique while building confidence and developing your dancing at your own level. SATURDAY, OCTOBER 31 [FORRÓ] 4:30 PM –6:00 PM — Forró 1 6:15 PM –7:45 PM — Forró 2 8:00 PM–Midnight— Forró Social SUNDAY, NOVEMBER 1 [SAMBA de GAFIEIRA] 1:30 PM–3:00 PM — Samba de Gafieira 1 3:15 PM - 4:45 PM — Samba de Gafieira 2 5:00 PM –7:00 PM — Samba de Gafieira Social  Pricing Forro Day Pass \$60: 2 Workshops & Forro Social SAMBA de GAFIEIRA Day Pass \$60 2 Workshops & Samba Social 2-Day Passes \$100: 4 Workshops & 2 Socials 1 Workshop: \$30 2 Workshops: \$50 3 Workshops: \$75 4 Workshops: \$100 Social Dance Only \$20 per person for one night \$30 per person for both nights
7:30 PM BACHATA		
8:15 PM SALSA		
Adult Wednesdays Social Ballroom Dance Course		
7:30 PM TANGO		
8:15 PM FOXTROT		
Adult Thursdays Brazilian Dance Course		
7:30 PM FORRO		
8:15 PM SAMBA de GAFIEIRA		
Adult Pricing		
Adult Program		
\$50.00 — 4-week dance series (per dance style) 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. \$16.00 — Single Class		

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

Weekly Youth **OCTOBER** Class Schedule

Youth Mondays LATIN Course - October 5, 12, 26

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 - October 6, 13, 20, 27

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 - October 7, 14, 21, 28

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 - October 1, 8, 22, 29

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.

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