



# JUNE STUDIO CALENDAR

Scan the QR code



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 STUDIO CLOSED	12 STUDIO CLOSED	13 STUDIO CLOSED
14 STUDIO CLOSED	15	16	17	18	19	20 FORRO DANCE PARTY
21 GAFIEIRA SOCIAL	22	23	24	25	26 BALLROOM SOCIAL DANCE	27 RUMBA WORKSHOP
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!**

# June, July & August Class Schedule

Scan the QR code



<b>Adult Mondays Night Club Dance Corse (\$60: 5-week per dance)</b>	<b>Youth Monfays Ballroom and Latin Coure</b>
7:30 PM WEST COAST SWING	5:30 PM - 6:30 PM/Age 7-11
8:15 PM ARGENTINE TANGO	<b>Youth Tuesdays Ballroom and Latin Coure</b>
<b>Adult Tuesdays Brazilian Dance Night (\$60: 5-week per dance)</b>	5:30 PM - 6:30 PM/Age 12-16
7:30 PM FORRO	<b>Youth Wednesdays Ballroom and Latin Coure</b>
8:15 PM SAMBA de GAFIEIRA	5:30 PM - 6:30 PM/Age 7-11
<b>Adult Wednesdays Ballroom/Latin Dance Corse</b>	<b>Youth Thursdays Ballroom and Latin Coure</b>
7:30 PM Beginner American WALTZ	5:30 PM - 6:30 PM/Age 12-16
8:15 M Beginner American Cha Cha Cha	
<b>Adult Thursdays Social Latin Dance Corse (\$40: 3-week per dance)</b>	
7:30 PM BACHATA	
8:15 PM SALSA	
<b>Adult &amp; Youth Pricing</b>	
<b>Adult Program</b>	<b>Youth Program</b>
<b>\$50.00</b> — 4-week dance series (per dance style) Payment must be made before the series begins.	<b>\$90.00</b> - 4-week dance series (per dance class) Payment must be made before the series begins.
<b>\$16.00</b> — Drop-in at the door per dance class	<b>Payment methods:</b> <b>Venmo - <u>Saori-Kamiya-1</u> Zelle/Apple Pay - 617-938-7871</b>