



ADULTS

FEBRUARY

[Click here for more information](#)



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

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

- DROP-IN with advanced payment: \$12.00 per class
- Each 40-minute Class Series lasting 4 weeks: \$40.00
(DROP-IN at the door: \$16.00 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.



venmo

KIDS

FEBRUARY

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 - 4:55 PM	6:00 PM - 6:55 PM	4:00 PM - 4:55 PM	6:00 PM - 6:55 PM		
1	2	3	4	5	6	7
8	9	10	11 NO CLASS	12 STUDIO CLOSED	13 STUDIO CLOSED	14 STUDIO CLOSED
15 STUDIO CLOSED	16	17	18	19	20 STUDIO CLOSED	21 STUDIO CLOSED
22 STUDIO CLOSED	23	24	25	26	27	28

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.