



## ADULTS

# APRIL

Click here for more information



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STYLE	NIGHT CLUB STYLE	BALLROOM/LATIN	BRAZILIAN 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 SWING 8:00 PM - 8:40 PM FOXTROT	7:15 PM - 7:55 PM FORRO 8:00 PM - 8:40 PM SAMBA de GAFIEIRA	7:15 PM - 7:55 PM SALSA 8:00 PM - 8:40 PM BACHATA		
			1 NO CLASS	2	3	4
5	6	7	8	9	10 7:15 PM BALLROOM SOCIAL DANCE	11 1 PM RUMBA WORKSHOP 7:30 PM FORRO/SAMBA de GAFIEIRA SOCIAL
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

PRICE for: per Adult Class: Please visit our website: [www. DANE-DANCESCHOOL.COM](http://www.DANE-DANCESCHOOL.COM)

**Prepayment is required to attend the class: RSV TEXT MSG at 617-938-7871**

**There is no makeup class;**

### PAYMENT METHODS

- Zelle/Apple Pay- 617-938-7871
- Venmo -Scan the code in the upper left corner
- Credit Card (5% 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

# APRIL



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)	NO CLASS	NO CLASS
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	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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

- 4 - WEEK SERIES 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, AUG 9th**

### 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.