



# ADULTS

# MAY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>STYLE</b>	<b>NIGHT CLUB STYLE</b>	<b>BALLROOM/LATIN</b>	<b>BRAZILIAN SOCIAL</b>	<b>SOCIAL LATIN</b>		
<b>ADULTS EVENING CLASS</b>	7:15 PM - 7:55 PM West Coast SWING 8:00 PM - 8:40 PM ZOUK	7:15 PM - 7:55 PM BOLERO 8:00 PM - 8:40 PM V. WALTZ	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	2
3	4	5	6	7	8 BALLROOM SOCIAL DANCE	9 WALTZ WORKSHOP
10	11	12	13	14	15	16
17	18	19	20 NO CLASS	21 STUDIO CLOSED	22 STUDIO CLOSED	23 STUDIO CLOSED
24 STUDIO CLOSED	25 STUDIO CLOSED	26	27	28	29 BRAZILIAN SOCIAL DANCE	30 KIZUMBA SOCIAL DANCE
31						

**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

MAY



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 NO CLASS	21 STUDIO CLOSED	22 STUDIO CLOSED	23 STUDIO CLOSED
24 STUDIO CLOSED	25 STUDIO CLOSED	26	27	28	29	30
31						

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.