



ADULTS

DECEMBER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STYLE	SOCIAL LATIN	AMERICAN STYLE	BRASILIAN SOCIAL	SWING		
ADULTS EVENING CLASS	7:15 PM - 7:55 PM SALSA 8:00 PM - 8:40 PM BACHATA	7:15 PM - 7:55 PM MAMBO 8:00 PM - 8:40 PM V. WALTZ	7:15 PM - 7:55 PM Samba de Gafieira 8:00 PM - 8:40 PM FORRO	7:15 PM - 7:55 PM West Coast SWING 8:00 PM - 8:40 PM ZOUK		
	1 STUDIO CLOSED	2 STUDIO CLOSED	3 STUDIO CLOSED	4 STUDIO CLOSED	5 STUDIO CLOSED	6 STUDIO CLOSED
7 STUDIO CLOSED	8 STUDIO CLOSED	9	10 ONLY 8 PM CLASS	11	12	13
14	15	16	17	18	19	20
21 HOLIDAY BALL	22	23	24 STUDIO CLOSED	25 STUDIO CLOSED	26 SOCIAL DANCE	27
28 STUDIO CLOSED	29 STUDIO CLOSED	30 STUDIO CLOSED	31 STUDIO CLOSED			

PRICE for: Adults Class

- DROP-IN at the door: \$15.00 per class
- DROP-IN with advanced payment: \$10.00 per class
- Each 40-minute Class Series lasting 4 weeks: \$40.00
- Unlimited Monthly Pass: \$130.00

There is no makeup class; however, we will prorate the monthly pass 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.



KIDS

DECEMBER

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 - 5:00 PM CHA CHA WALTZ	6:00 PM - 7:00 PM RUMBA QUICKSTEP	4:00 PM - 5:00 PM JIVE FOXTROT	6:00 PM - 7:00 PM SAMBA TANGO		
	1 STUDIO CLOSED	2 STUDIO CLOSED	3 STUDIO CLOSED	4 STUDIO CLOSED	5 STUDIO CLOSED	6 STUDIO CLOSED
7 STUDIO CLOSED	8 STUDIO CLOSED	9	10	11	12	13
14	15	16	17	18	19	20
21 HOLIDAY BALL	22	23	24 STUDIO CLOSED	25 STUDIO CLOSED	26	27
28 STUDIO CLOSED	29 STUDIO CLOSED	30 STUDIO CLOSED	31 STUDIO CLOSED			

PRICE for: Kids Class

DROP-IN: \$25.00 per class

Each 60-minute Class Series lasting 4 weeks: \$90.00

There is no makeup class; however, we will prorate the monthly pass rate.

Save the date! Winter Showcase: Sunday, December 21st

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.