



ADULTS

MARCH

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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 TANGO 8:00 PM - 8:40 PM RUMBA	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	13	14
15	16	17	18	19	20	21 MASTER CLASS
22	23	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.



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 - 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

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, July 12th!

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.