

Monthly AUGUST Studio Schedule

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7 Samba de Gafieira Social	8 Forro Social
9 Anniversary Social	10	11	12	13	14	15
16	17	18	19	20	21	22 Workshops
23 Workshops	24	25	26	27	28	29
30	31					

Adult & Youth Benefits of Ballroom Dancing

Physical Benefits -Improves fitness, coordination, posture, balance, flexibility, and overall health while making exercise fun.

Social Benefits - Builds confidence, teamwork, communication, friendships, and positive social interaction.

Mental Benefits -Enhances focus, memory, discipline, coordination, and creativity through learning movement and rhythm.

Emotional Benefits - Encourages self-expression, reduces stress, and boosts confidence and happiness.

Cultural Benefits - Introduces diverse music, traditions, and dance styles from around the world

Ballroom dancing is a fun and healthy activity that helps adults and youth grow physically, socially, and emotionally while building lifelong skills and friendships. **Have questions or want to join? Text us today at 617-938-7871 / 978-245-6878 for more information!**

Weekly AUGUST Class Schedule

Scan the QR code for more information



Adult Mondays Night Club Dance Course	Youth Mondays Ballroom and Latin Course
7:30 PM WEST COAST SWING	5:30 PM - 6:30 PM (Age 7-11)
8:15 PM ARGENTINE TANGO	Youth Tuesdays Ballroom and Latin Course
Adult Tuesdays Brazilian Dance Course	5:30 PM - 6:30 PM (Age 12-16)
7:30 PM FORRO	Youth Wednesdays Ballroom and Latin Course
8:15 PM SAMBA de GAFIEIRA	5:30 PM - 6:30 PM (Age 7-11)
Adult Wednesdays Ballroom/Latin Dance Course	Youth Thursdays Ballroom and Latin Course
7:30 PM American FOXTROT	5:30 PM - 6:30 PM (Age 12-16)
8:15 M American SWING	AUGUST Special Events
Adult Thursdays Social Latin Dance Course	Friday, August 7th: Brazilian Social: Samba de Gafieira
7:30 PM BACHATA	Saturday, August 8th: Brazilian Social: Forro
8:15 PM SALSA	Sunday, August 9th: Anniversary Social Dance
	Saturday & Sunday, August 22 & 23: Intensive Workshops
Adult & Youth Pricing	
Adult Program	Youth Program
\$50.00 — 4-week dance series (per dance style) Payment must be made before the series begins. The 4-week series fee will be prorated if any classes are canceled or not offered.	\$90.00 - 4-week dance series (per dance class) Payment must be made before the series begins. The 4-week series fee will be prorated if any classes are canceled or not offered.
\$16.00 — Drop-in per class	Payment methods: Venmo - <u>Saori-Kamiya-1</u> Zelle/Apple Pay - 617-938-7871

