

# Monthly **OCTOBER** Studio Schedule

Scan the QR code



| Sunday                                    | Monday              | Tuesday | Wednesday | Thursday | Friday              | Saturday                                    |
|-------------------------------------------|---------------------|---------|-----------|----------|---------------------|---------------------------------------------|
|                                           |                     |         |           | 1        | 2                   | 3                                           |
| 4                                         | 5                   | 6       | 7         | 8        | 9                   | 10                                          |
| 11                                        | 12                  | 13      | 14        | 15       | 16<br>STUDIO CLOSED | 17<br>STUDIO CLOSED                         |
| 18<br>STUDIO CLOSED                       | 19<br>STUDIO CLOSED | 20      | 21        | 22       | 23                  | 24<br>SMOOTH & RHYTHM<br>Workshops & Social |
| 25                                        | 26                  | 27      | 28        | 29       | 30                  | 31<br>FORRÓ Workshops & Social              |
| 1 SAMBA de GAFIEIRA<br>Workshops & Social |                     |         |           |          |                     |                                             |

## 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 Adult OCTOBER Class Schedule

| Adult Mondays Night Club Dance Course                                                                                                                                                                                                         | September Special Weekend Events                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| 7:30 PM WEST COAST SWING                                                                                                                                                                                                                      | <b>Intensive SMOOTH &amp; RHYTHM<br/>Fundamental Dance Workshops</b><br><br>Strengthen your dancing with focused <b>fundamental workshops, repetition, and guided practice</b> . Develop better technique, timing, body movement, and confidence across all six dances while building a solid foundation for your continued progress.<br><br><b>SATURDAY, OCTOBER 24 [SMOOTH &amp; RHYTHM]</b><br><br>1. 10:00 AM –11:30 AM — Waltz<br>2. 11:45 AM –1:15 PM — Tango<br>3. 1:30 PM –3:00 PM — Foxtrot<br>4. 3:15 PM -4:45 PM - Vinnese Waltz<br>5. 5:00 PM - 6:30 PM Bolero<br>6. 6:45 PM -8:15 PM Mambo<br>8:15 PM - 9:00 PM Open Practice<br><br> <b>Pricing</b><br><br>1 Workshop: \$30<br>2 Workshops: \$50<br>3 Workshops: \$75<br>4 Workshops: \$100<br>5 Workshops: \$125<br>6 Workshops: \$150 | <b>Intensive Brazilian Dance<br/>Workshop</b><br><br>Refine your fundamentals, timing, connection, body movement, and technique while building confidence and developing your dancing at your own level.<br><br><b>SATURDAY, OCTOBER 31 [FORRÓ]</b><br>5:00 PM –6:30 PM — Forró 1<br>6:45 PM –7:45 PM — Forró 2<br>8:00 PM–Midnight— Forró Social<br><br><b>SUNDAY, NOVEMBER 1 [SAMBA de GAFIEIRA]</b><br>1:30 PM–3:00 PM — Samba de Gafieira 1<br>3:15 PM - 4:45 PM — Samba de Gafieira 2<br>5:00 PM –7:00 PM — Samba de Gafieira Social<br><br> <b>Pricing</b><br><b>Forro Day Pass \$60:</b><br>2 Workshops & Forro Social<br><b>SAMBA de GAFIEIRA Day Pass \$60</b><br>2 Workshops & Samba Social<br><b>2-Day Passes \$100:</b> 4 Workshops & 2 Socials<br><br>1 Workshop: \$30<br>2 Workshops: \$50<br>3 Workshops: \$75<br>4 Workshops: \$100<br><br><b>Social Dance Only</b><br>\$20 per person for one night<br>\$30 per person for both nights |
| 8:15 PM ARGENTINE TANGO                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Adult Tuesdays Social Latin Dance Course                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 7:30 PM BACHATA                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 8:15 PM SALSA                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Adult Wednesdays Social Ballroom Dance Course                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 7:30 PM TANGO                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 8:15 PM RUMBA                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Adult Thursdays Brazilian Dance Course                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 7:30 PM FORRO                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 8:15 PM SAMBA de GAFIEIRA                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Adult Pricing                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Adult Program                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| \$50.00 — 4-week dance series (per dance style)<br>A monthly renewal is required.<br>Payment is due before the series begins.<br>The 4-week series fee will be prorated if any classes are canceled or not offered.<br>\$16.00 — Single Class |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

Payment methods: Venmo - [Saori-Kamiya-1](#) Zelle/Apple Pay - 617-938-7871

# Weekly Youth **OCTOBER** Class Schedule

## Youth Mondays LATIN Course - October 5, 12, 26

3:45 PM - 4:30 PM Bronze

4:30 PM - 5:15 PM Silver

5:15 PM - 6:00 PM Gold

## Youth Tuesdays BALLROOM Course - October 6, 13, 20, 27

3:45 PM - 4:30 PM Bronze

4:30 PM - 5:15 PM Silver

5:15 PM - 6:00 PM Gold

## Youth Wednesdays LATIN Course - October 7, 14, 21, 28

3:45 PM - 4:30 PM Bronze

4:30 PM - 5:15 PM Silver

5:15 PM - 6:00 PM Gold

## Youth Thursdays BALLROOM Course - October 1, 8, 22, 29

3:45 PM - 4:30 PM Bronze

4:30 PM - 5:15 PM Silver

5:15 PM - 6:00 PM Gold

## Youth Pricing

**\$90.00 - 4-week dance series (per dance class)**

A monthly renewal is required.

**Payment is due before the series begins. The 4-week series fee will be prorated if any classes are canceled or not offered**

**\$25.00 — Single Class**

## Youth Ballroom & Latin Dance Program — Goals

- **Build strong fundamentals:** Teach basic Ballroom and Latin steps, figures, rhythms, and dance vocabulary.
- **Develop technique:** Gradually develop correct posture, balance, footwork, timing, body movement, partnering, and musicality.
- **Weekly repetition:** Review and repeat previously learned steps every week so students can build confidence, muscle memory, and consistency.
- **Progressive learning:** Introduce new material while continuing to reinforce fundamental steps and technique.
- **Improve coordination and confidence:** Help students become comfortable moving with a partner, following rhythm, and performing in front of others.
- **Develop good dance habits:** Emphasize proper technique and quality of movement from the beginning rather than focusing only on learning many steps.
- **Encourage teamwork and discipline:** Teach students respect, cooperation, listening skills, concentration, and commitment through partner dancing.
- **Prepare for performance and competition:** As students progress, develop their ability to perform routines with confidence, musicality, technique, and presentation.

### Overall goal:

To create a strong foundation in Ballroom and Latin dancing through **consistent weekly practice, repetition, progressive technique training, and enjoyable learning**, allowing each student to develop at their own pace while building confidence and a lifelong appreciation for dance.

### Dress Code / Required Attire

Students are **required to wear black dance attire and appropriate dance shoes** for all classes.

- Proper attire helps instructors observe **posture, body movement, footwork, and technique** more effectively.
- **Black dance attire:** Clean, comfortable, and appropriate for movement.
- **Dance shoes:** Proper Ballroom/Latin dance shoes are required for safe and effective practice.
- Students should avoid street shoes, sneakers, or clothing that restricts movement.

Payment methods: Venmo - [Saori-Kamiya-1](#) Zelle/Apple Pay - 617-938-7871