



JULY STUDIO CALENDAR

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 STUDIO CLOSED	4 STUDIO CLOSED
5	6	7	8	9	10	11
12	13	14	15	16	17 BRAZILIAN SOCIAL - FORRO & SAMBA	18
19	20	21	22	23 STUDIO CLOSED	24 STUDIO CLOSED	25 STUDIO CLOSED
26	27	28	29	30	31 LATIN SOCIAL - Salsa & Bachata	

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!**

June, July & August Class Schedule

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Adult Mondays Night Club Dance	Youth Monfays Ballroom and Latin Coure
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 Coure
Adult Tuesdays Brazilian Dance Night	5:30 PM - 6:30 PM/Age 12-16
7:30 PM FORRO	Youth Wednesdays Ballroom and Latin Coure
8:15 PM SAMBA de GAFIEIRA	5:30 PM - 6:30 PM/Age 7-11
Adult Wednesdays Ballroom/Latin Dance Night	Youth Thursdays Ballroom and Latin Coure
7:30 PM Beginner American TANGO	5:30 PM - 6:30 PM/Age 12-16
8:15 M Beginner American RUMBA	
Adult Thursdays Social Latin Dance Night	
7:30 PM BACHATA	
8:15 PM SALSA	
Adult & Youth Pricing	
Adult Program	Youth Program
\$50.00 — 4-week dance series (per dance style) Payment must be made before the series begins.	\$90.00 - 4-week dance series (per dance class) Payment must be made before the series begins.
\$16.00 — Drop-in at the door per dance class	Payment methods: Venmo - <u>Saori-Kamiya-1</u> Zelle/Apple Pay - 617-938-7871