



# JULY STUDIO CALENDAR

Scan the QR code



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 Samba de Gafieira Social	11 Forro Social
12 Salsa/Bachata Social	13	14	15	16	17	18
19	20	21	22	23 Studio Closed	24 Studio Closed	25 Studio Closed
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!**

# June, July & August Class Schedule

Scan the QR code



<b>Adult Mondays Night Club Dance Corse (\$60: 5-week per dance)</b>	<b>Youth Mondays Ballroom and Latin Courc</b>
7:30 PM WEST COAST SWING	5:30 PM - 6:30 PM/Age 7-11
8:15 PM ARGENTINE TANGO	<b>Youth Tuesdays Ballroom and Latin Courc</b>
<b>Adult Tuesdays Brazilian Dance Night (\$60: 5-week per dance)</b>	5:30 PM - 6:30 PM/Age 12-16
7:30 PM FORRO	<b>Youth Wednesdays Ballroom and Latin Courc</b>
8:15 PM SAMBA de GAFIEIRA	5:30 PM - 6:30 PM/Age 7-11
<b>Adult Wednesdays Ballroom/Latin Dance Corse</b>	<b>Youth Thursdays Ballroom and Latin Courc</b>
7:30 PM American TANGO	5:30 PM - 6:30 PM/Age 12-16
8:15 M American RUMBA	<b>Social Dance Party: \$20.00 at the door/\$15.00 in advance</b>
<b>Adult Thursdays Social Latin Dance Corse (\$40: 3-week per dance)</b>	Friday, July 10th: <b>Samba de Gafieira</b> 7:30 PM Class/8:30 PM Party
7:30 PM BACHATA	Saturday, July 11th: <b>Forro</b> 7:30 PM Class/8:30 PM Party
8:15 PM SALSA	Sunday, July 12th: <b>Salsa/Bachata</b> 6:30 PM Class/7:30 PM Party
<b>Adult &amp; Youth Pricing</b>	
<b>Adult Program</b>	<b>Youth Program</b>
<b>\$50.00</b> — 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.	<b>\$90.00</b> - 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.
<b>\$16.00</b> — Drop-in at the door per dance class	<b>Payment methods:</b> <b>Venmo - <u>Saori-Kamiya-1</u> Zelle/Apple Pay - 617-938-7871</b>