

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 STUDIO CLOSED	17 STUDIO CLOSED
18 STUDIO CLOSED	19 STUDIO CLOSED	20	21	22	23	24 SMOOTH & RHYTHM Workshops & Social
25	26	27	28	29	30	31 FORRÓ Workshops & Social
1 SAMBA de GAFIEIRA 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	
7:30 PM WEST COAST SWING	Intensive SMOOTH & RHYTHM 6 Dance Workshops Build a strong foundation in the Core 6 dances with focused beginner-level workshops, repetition, and practice! SATURDAY, OCTOBER 24 [SMOOTH & RHYTHM] 10:00 AM –11:30 AM — Waltz 11:45 AM –1:15 PM — Tango 1:30 PM –3:00 PM — Foxtrot 30-minute SMOOTH Open Practice 3:30 PM –5:00 PM — Cha Cha Cha 5:15 PM –6:45 PM — Rumba 7:00 PM –8:30 PM — Swing 30-minute RHYTHM Open Practice  Pricing 1 Workshop: \$30 2 Workshops: \$50 3 Workshops: \$75 4 Workshops: \$100 5 Workshops: \$125 6 Workshops: \$150	Intensive Brazilian Dance Workshop Build a strong foundation in Forró & Samba de Gafieira with focused beginner-level workshops, repetition, and practice! SATURDAY, OCTOBER 31 [FORRÓ] 5:00 PM –6:30 PM — Forró 1 6:45 PM –7:45 PM — Forró 2 8:00 PM–Midnight— Forró Social SUNDAY, NOVEMBER 1 [SAMBA de GAFIEIRA] 1:30 PM–3:00 PM — Samba de Gafieira 1 3:15 PM - 4:45 PM — Samba de Gafieira 2 5:00 PM –7:00 PM — Samba de Gafieira Social  Pricing Forro Day Pass \$60: 2 Workshops & Forro Social SAMBA de GAFIEIRA Day Pass \$55 2 Workshops & Samba Social 2-Day Passes \$100: 4 Workshops & 2 Socials 1 Workshop: \$30 2 Workshops: \$50 3 Workshops: \$75 4 Workshops: \$100 Social Dance Only \$20 per person for one night \$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) 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. \$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

3:45 PM Bronze

4:30 PM Silver

5:15 PM Gold

Youth Tuesdays BALLROOM Course

3:45 PM Bronze

4:30 PM Silver

5:15 PM Gold

Youth Wednesdays LATIN Course

3:45 PM Bronze

4:30 PM Silver

5:15 PM Gold

Youth Thursdays BALLROOM Course

3:45 PM Bronze

4:30 PM Silver

5:15 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