Monthly NOVEMBER 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 FORRO WORKSHOPS & SOCIAL DANCE
15	16 NO CLASS	17	18	19	20	21 SMOOTH & RYHTHM WORKSHOPS
22	23	24	25 NO CLASS	26 STUDIO CLOSED	27 STUDIO CLOSED	28 STUDIO CLOSED
29	30					

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 NOVEMBER Class Schedule

Adult Monday Night Club Dance Course - NOVEMBER 2, 9, 23 & 30 - $50.00

7:30 PM - 8:15 PM WEST COAST SWING

8:15 PM - 9:00 PM ARGENTINE TANGO

Adult Tuesday Social Latin Dance Course NOVEMBER 2, 10, 17, 24 - $50.00

7:30 PM - 8:15 PM BACHATA

8:15 PM - 9:00 PM SALSA

Adult Wednesday Social Ballroom Dance Course NOVEMBER 4, 11 & 18 - $40.00

7:30 PM -8:15 PM TANGO

8:15 PM - 9:00 PM WALTZ

Adult Thursdays Brazilian Dance Course NOVEMBER 5, 12 & 19 - $50.00

7:30 PM - 8:30 PM FORRO

8:30 PM - 9:30 PM OPEN PRACTICE

Adult Sunday Brazilian Dance Course NOVEMBER 1, 8, 15 & 22 - $70.00

5:00 PM - 6:00 PM SAMBA de GAFIEIRA

6:00 PM - 7:00 PM OPEN PRACTICE

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.

NOVEMBER Special Weekend Events

Intensive SMOOTH & RHYTHM Fundamental Dance Workshops

Enhance your dancing skills with focused workshops on fundamentals and repetition. Improve your technique, timing, body movement, and confidence across all dances while establishing a strong foundation for continued progress.

SATURDAY, NOVEMBER 21

11:00 AM –12:20 AM — BOLERO
12:30 PM – 1:50 PM — MAMBO
2:00 PM – 3:20 PM — FOXTROT
3:30 PM – 4:50 PM — TANGO

5:00 PM - 8:00 PM SOCIAL DANCE

Pricing

1 Workshop: $30
2 Workshops: $50
3 Workshops: $80
4 Workshops: $110 (Social dancing is included.)

Social Dance Only
$20 per person

Payment methods:
Venmo - Saori-Kamiya-1
Zelle/Apple Pay - 617-938-7871

Intensive Brazilian Dance Workshop

Refine your fundamentals, timing, connection, body movement, and technique while building confidence and developing your dancing at your own level.

SATURDAY, NOVEMBER 14 [FORRÓ]

4:30 PM –6:00 PM — Forró 1
6:15 PM –7:45 PM — Forró 2
8:00 PM–Midnight— Forró Social

Pricing

Forró Day Pass $60:
2 Workshops & Forro Social

1 Workshop: $30
2 Workshops: $50

Social Dance Only
$20 per person

Payment methods:
Venmo - Saori-Kamiya-1
Zelle/Apple Pay - 617-938-7871

Weekly Youth NOVEMBER Class Schedule

Youth Mondays LATIN Course - NOVEMBER 2, 9, 23 & 30 - $90.00
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 - NOVEMBER 2, 10, 17, 24 - $90.00
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 - NOVEMBER 4, 11 & 18 - $70.00
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 - NOVEMBER 5, 12 & 19 - $90.00
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