



# JULY STUDIO CALENDAR

Scan the QR code



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 Brazilian Social - Sanba de Gafieira	11 Brazilian Social - Forro
12	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 Course</b>	<b>Youth Mondays Ballroom and Latin Course</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 Course</b>
<b>Adult Tuesdays Brazilian Dance Night</b>	5:30 PM - 6:30 PM/Age 12-16
7:30 PM FORRO	<b>Youth Wednesdays Ballroom and Latin Course</b>
8:15 PM SAMBA de GAFIEIRA	5:30 PM - 6:30 PM/Age 7-11
<b>Adult Wednesdays Ballroom/Latin Dance Course</b>	<b>Youth Thursdays Ballroom and Latin Course</b>
7:30 PM Beginner American TANGO	5:30 PM - 6:30 PM/Age 12-16
8:15 M Beginner American RUMBA	
<b>Adult Thursdays Social Latin Dance Course</b>	
7:30 PM BACHATA	
8:15 PM SALSA	
<b>Adult &amp; Youth Pricing</b>	
<b>Adult Program</b>	<b>Youth Program</b>
\$50.00 — 4-week dance series (per dance style) <b>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 - 4-week dance series (per dance class) <b>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 — Drop-in at the door per dance class	<b>Payment methods:</b> Venmo - <u>Saori-Kamiya-1</u> Zelle/Apple Pay - 617-938-7871