



FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
Jan 29 STUDIO CLOSED	Jan 30 7:30 Snr/Fnl SB Cha-Cha 8:15 Beginner Swing	Jan 31 6:45 AB Foxtrot 7:30 Glee Formation 8:15 Zumba 9:00 Stretch & Tone	1 7:30 Introductory Class 8:15 SF Waltz 9:00 Body Movement Class	2 MICHAEL RAISCH IS HERE! 6:45 Samba Series IV 8:15 Zumba	3 6:45 Beginner Tango 7:30 Pre/Int SB Tango 8:15 Introductory Class 9:00-10:30 Practice Party	4 11:15 Zumba 2:15 Silver Class 4:30 Introductory Class
5 STUDIO CLOSED	6 STUDIO CLOSED	7 6:45 Beginner Cha-Cha 7:30 Glee Formation 8:15 Glee Formation 8:15 Zumba 9:00 Stretch & Tone	8 7:30 Introductory Class 8:15 Snr/Fnl SB Waltz 9:00 Merengue I	9 7:30 SF Swing 8:15 Zumba 9:00 Pre/Int SB Tango	10 6:45 Beginner Foxtrot 8:15 Introductory Class 9:00-10:30 Valentine's Day Practice Party!	11 11:15 Zumba 2:15 Silver Class 3:00 AB Cha-Cha 4:30 Introductory Class
12 STUDIO CLOSED	13 6:45 Pre/Int SB Cha-Cha 7:30 Beginner Rumba 8:15 SF Tango 9:00 Lifts & Tricks I	14 HAPPY VALENTINE'S DAY! 7:30 Glee Formation 8:15 Glee Formation 8:15 Zumba 9:00 Stretch & Tone	15 7:30 Introductory Class 8:15 Silver 9:00 Merengue II	16 8:15 Zumba 9:00 Snr/Fnl SB Rumba	17 6:45 AB Tango 7:30 Beginner Waltz 8:15 Introductory Class 9:15 SWING CITY FIELD TRIP!	18 STUDIO CLOSED
19 STUDIO CLOSED	20 9:00 Lifts & Tricks II	21 6:45 Beginner Swing 7:30 Glee Formation 8:15 Zumba 9:00 Stretch & Tone	22 6:45 SF Cha-Cha 7:30 Introductory Class 9:00 Merengue III	23 6:45 Beginner Tango 8:15 Zumba 9:00 AB Rumba	24 7:30 Pre/Int SB Rumba 8:15 Introductory Class 9:00-10:30 Competition Dress Rehearsal Practice Party	25 11:15 Zumba 2:15 Silver Class 3:00 Snr/Fnl SB Tango 4:30 Introductory Class
26 STUDIO CLOSED	27 6:45 Snr/Fnl SB Swing 7:30 SF Foxtrot 8:15 Pre/Int SB Foxtrot 9:00 Lifts & Tricks III	28 7:30 Glee Formation 8:15 Zumba 9:00 Stretch & Tone	29 6:45 Beginner Cha-Cha 7:30 Introductory Class 8:15 Silver 9:00 AB Mambo	March 1 	March 2 STUDIO CLOSED	March 3 

Join us at the 41st N.E. Dancesport Championships at the Quincy Marriott!

Introductory Class Beginner Social Foundation Social Bronze Advanced Bronze Silver Specialty Dance (Additional Fee May Apply) Practice Parties Any Level

Group Class Descriptions

Using Fred Astaire's Conceptual Method of Teaching, group classes are designed to introduce material that students will polish, develop, and refine through private lessons.

Introductory Class

Our Introduction to Ballroom, Latin, and social dancing for new students only. The Introductory Class is a one-time trial lesson that will demonstrate our unique system of teaching in a fun and easy class limited to 6-10 students. No partner necessary. Please reserve space in class by calling the studio at (781) 769-4246.

Beginner

Dance specific classes that teach the first four step patterns of our beginner syllabus. Class is limited to 6-10 people with no switching of partners. Students may learn for the first time and review step patterns in a beginner level setting.

Social Foundation (SF)

Classes focusing on step patterns, timing, and basic foot work and character of dance. Material is tailored for class attendees.

Preliminary/Intermediate Social Bronze (Pre/Int SB)

Intermediate classes intended to develop dance technique and appearance, partnership and expression required to fully dance the step patterns #1-5 of our Bronze syllabus.

Senior/Final Social Bronze (Snr/Fnl SB)

Involving more challenging variations for students that enjoy variety in their social dancing, these classes further develop students' technique of dance while introducing step patterns #6-10 of our Bronze syllabus.

Advanced Bronze (AB)

The second step of our Bronze level is designed for the hobby dancer. Material is chosen from steps 1-10 of our Advanced Bronze syllabus and focus on a higher level of technique and difficulty. For students checked out of full Social Bronze.

Specialty Dance/Formation Classes

Classes to teach a special dance or choreography. Additional fees may be assessed for these classes. It is generally required that students enroll and attend all classes in the series.

Practice Parties/Sessions

Designed to provide the student with a safe and positive environment to practice his/her dancing. Appropriate for every level of student, practice sessions focus on developing the confidence to lead and follow through a semi-crowded dance floor to a variety of different music.

Special this Month

Lifts & Tricks

Join Nina this month for a specialty series on Lifts & Tricks! She will be using some elements from Theater Arts to teach safe techniques for lifting your partner!

Merengue Series

Heat it up with some hot hot hot Merengue moves with Kalin this month! This three part series will teach you the basics and more of this hip-shaking dance!

Michael Raisch in the studio!

This Smooth & Rhythm Champion will be in the studio on Thursday, February 2nd for coaching sessions. Book yours now!

Valentine's Day Practice Party

On Friday, February 10th we will be having a Valentine's Day themed practice party!

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
FEB 26 STUDIO CLOSED	FEB 27 6:45 Snr/Fnl SB Swing 7:30 SF Foxtrot 8:15 Pre/Int SB Foxtrot 9:00 Lifts & Tricks III	FEB 28 7:30 Glee Formation 8:15 Glee Formation 8:15 Zumba 9:00 Stretch & Tone	FEB 29 6:45 Beginner Cha-Cha 7:30 Introductory Class 8:15 Silver 9:00 AB Mambo	1  Join us at the 41st N.E. Dancesport Championships at the Quincy Marriott!	2 STUDIO CLOSED	3 
4 STUDIO CLOSED	5 7:30 Beginner Foxtrot 8:15 SF Rumba	6 7:30 AB Waltz 8:15 Zumba 9:00 Stretch & Tone	7 6:45 Smooth Technique I 7:30 Introductory Class 8:15 Beginner Rumba	8 7:30 Pre/Int SB Swing 8:15 Zumba 9:00 Champagne Guest Party! 	9 7:30 Snr/Fnl SB Foxtrot 8:15 Introductory Class 9:00 Practice Party	10 11:15 Zumba 2:15 Silver 4:30 Introductory Class
11 STUDIO CLOSED	12 8:15 AB Swing 9:00 Pre/Int SB Waltz	13 6:45 Snr/Fnl SB Cha-Cha 7:30 Beginner Waltz 8:15 Zumba 9:00 Stretch & Tone	14 6:45 Smooth Technique II 7:30 Introductory Class 8:15 Silver 9:00 Arm Styling	15 7:30 SF Waltz 9:00 Hustle I	16 7:30 Beginner Swing 8:15 Introductory Class 9:00 ST. Patrick's Day / Belmont comes to Norwood Practice Party!	17 HAPPY ST. PATRICK'S DAY! STUDIO CLOSED  
18 STUDIO CLOSED	19 STUDIO CLOSED	20 6:45 Beginner Tango 7:30 AB Foxtrot 8:15 Zumba 9:00 Stretch & Tone	21 6:45 Pre/Int SB Cha-Cha 7:30 Introductory Class	22 6:45 Beginner Cha-Cha 7:30 Snr/Fnl SB Waltz 8:15 Zumba 9:00 Hustle II	23 DANCING WITH THE NORWOOD STARS! (NO GROUP CLASSES OR PRACTICE PARTY) 	24 11:15 Zumba 1:30 SF Swing 2:15 Silver 4:30 Introductory Class
25 STUDIO CLOSED	26 7:30 Cuban Motion	27 7:30 Pre/Int SB Foxtrot 9:00 Stretch & Tone	28 7:30 Introductory Class 8:15 Silver	29 6:45 Snr/Fnl SB Rumba 7:30 Beginner Rumba 9:00 Hustle III	30 6:45 AB Cha-Cha 7:30 SF Tango 8:15 Introductory Class 9:00 Practice Party	31 11:15 Zumba 1:30 Beginner Foxtrot 4:30 Introductory Class

Introductory Class Beginner Social Foundation Social Bronze Advanced Bronze Silver Any Level Specialty/Formation Classes (Additional Fee Applies) Practice Parties/Sessions

1504 Providence Highway, Suite 15 Norwood, MA 02062 781-769-4246

www.fadsnorwood.com

danceinnorwood@fredastaire.com

Group Class Descriptions

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Specialty Dance/Formation Classes

Classes to teach a special dance or choreography. Additional fees may be assessed for these classes. It is generally required that students enroll and attend all classes in the series.

Any Levels

Specialty dance class within the Fred Astaire curriculum without an extra charge.

Practice Parties/Sessions

Designed to provide the student with a safe and positive environment to practice his/her dancing. Appropriate for every level of student, practice sessions focus on developing the confidence to lead and follow through a semi-crowded dance floor to a variety of different music.

Special this Month

March 1-3 COMPETITION

Come to the FADS Regional Competition at the Quincy Marriott Hotel, Quincy, MA. Help us cheer on Team Norwood!

Champagne Guest Party

On Thursday, March 8, we will be doing a special Champagne Guest party evening! Introduce your friends to the wonderful world of dance!

Belmont comes to Norwood Practice Party

When the parents are away, the kiddies will play! When Earl, Jenn, Michelle & Rachel are gone for a management seminar on Friday, March 16, the Belmont studio will be traveling to Norwood for a combined practice party!