

Take the fun of “high fives,” multiply by 8, and you’ve got square dancing.

This all-consuming, contemporary group activity (definitely not your 4th grade gym class version) doesn’t require previous dance experience, fancy clothes or special shoes. Heck, you don’t even need a partner. You just need a desire to meet new friends, enjoy some good music, and get physically and mentally energized.

GREAT FOR

- SINGLES
- COUPLES
- FAMILIES
- GROUPS

FROM TEENS TO SENIORS
No special skills needed.

**If you can walk, you
can square dance**

What’s your excuse?

I can’t dance.

This is a lot easier than what Fred Astaire did. Yes, you need to be able to tell your right from your left, but we can work with you on that.

I don’t have a partner.

You don’t need one. Square dancing is a group activity – all are welcome. (And who knows? You might even meet a dance partner along the way.)

I don’t have time.

If you think about how much time you spend watching TV or in front of the computer, it’s easy to find 2 hours a week for *real* social networking.

I don’t have the right clothes.

You do if you have something casual and comfortable, especially while you’re learning. Some people have fun with the traditional “look” at dances, but there is no special uniform required.

I’m not a country music fan.

Square dance callers use all kinds of music. Some of their choices may surprise you.

I can’t afford it.

Considering a dance costs less than a takeout pizza, this is one of the most affordable entertainment options around.

It’s not enough exercise.

Go all-out to a great caller for three hours and get back to us on that. (At a typical square dance, you’ll log 9,000 to 10,000 steps.)

It’s too much exercise.

Square dancing can accommodate different levels of stamina. How vigorously you move is up to you, and you can take as many breaks as you want.

Forget the excuses and give it a try!

**WANT TO BOOST
YOUR SOCIAL LIFE,
YOUR SPIRITS
AND
YOUR HEART RATE
ALL AT THE SAME
TIME?**

Live Lively-



Square Dance!

Fun, Fitness & Friendship!

Health Benefits



The Basics

One pair of dancers per side (8 people total), all face in, forming a square. At the front of the room, the Caller — the instructor leading the dance — calls out one move at a time. (Don't worry—they're all based on simple actions, like walking, pivoting, and shaking hands.) As everyone in the square follows the sequence of calls in time to the music, the 8 of you create different formations and voila — you're square dancing!

As you can tell from its "folk dance" label, square dancing is accessible to everyone. It's been around for generations, has spread worldwide, doesn't cost much (around \$6 a dance), meets in smoke- and alcohol-free settings (such as churches, school gyms, parks and rec halls), and is simply good, clean fun.

Physical

Cardiovascular: can improve heart rate, blood pressure and cholesterol

Burns Calories: 200 – 400 calories per 30 minutes of dancing

Bone Strength: from weight-bearing, side-to-side movement

Balance and Flexibility: muscle control and increased blood flow to joints

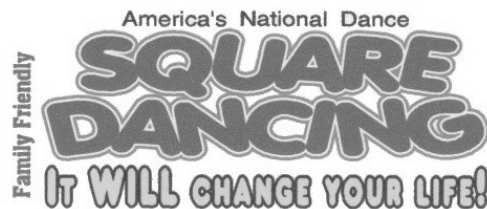
Emotional

Social Connection: can lead to lifelong friendships

Stress Relief: takes your mind off everything but the next call

Teamwork: be a part of something larger than yourself

Sense of Accomplishment: as you master new calls and new skills.



BEGINNER CLASSES FORMING NOW

DON'T MISS OUT!

Columbus Singles: 614-203-2634 or
614-582-9343

Delaware: 740-417-4258

Fredericktown: 740-392-5766 or
740-504-1059

Grove City: 614-622-1906 or
614-432-5508

Gahanna/Eastside: 614-582-9343 or
614-837-6974

Granville: 740-587-3825

Pickerington: 614-829-2117 or
614-322-2238

Westerville: 614-204-1843 or
614-846-7617

**For general questions, call
Velma at 614-837-6974 or
Lynn at 740-587-3825**

Fun, Fitness, Friendship

**SQUARE DANCING
HAS IT ALL!**