



Square Dance Lessons

**Add Quality to Your Life
Learn to Square Dance**

**Dancing is healthy for
the Mind, Body, & Soul**

**Dancing is Healthy Social
Entertainment at its Best**

**Starting Tuesday
August 27, 2013
First 2 Lessons Free**

**Co-sponsored by Plano Swinging
Stars Square & Round Dance Club
and Plano Parks & Recreation**

Square Dancing can be fun for the whole family

After teens complete the mainstream square dance lessons, they are welcome to dance for free at most of the club dances in the north Texas area when accompanied by adults.



You won't just sit around and watch. You are right in there as part of the show, active and enjoying the company of your fellow dancers. It is a fitness activity that lets you have a good time and make new friends.



Today's square dancing is a fun activity, set to up beat music that offers a great social interaction while both physical and mental health benefits.



NON-COMPETITIVE

Here's an activity you can do that doesn't keep score. With other fitness activities you're either alone or competing. But when you square dance, you're cooperating and working with others. It's the ultimate togetherness workout.

IT HOLDS YOUR INTEREST

Square Dancing provides a mental and physical challenge. It is dancing and it is thinking. The goal is to work with the other dancers in your square (4 couples). Moving in rhythm to the music keeps you physically fit. Reacting to the instructions from the Square Dance Caller keeps your mind active. An experienced Caller teaches you the moves and the names of the formations that you dance. There is a great variety in music and figures for everyone to enjoy.

IT'S GREAT FUN

Square Dancing is friendship set to music. It brings people together for fun and fellowship even while learning. The dance formations cause you to interface with the others in your square and the breaks between dance "tips" is a natural lead-in to conversation. It is a no-stress no-strain way of getting exercise.

LESSON INFORMATION

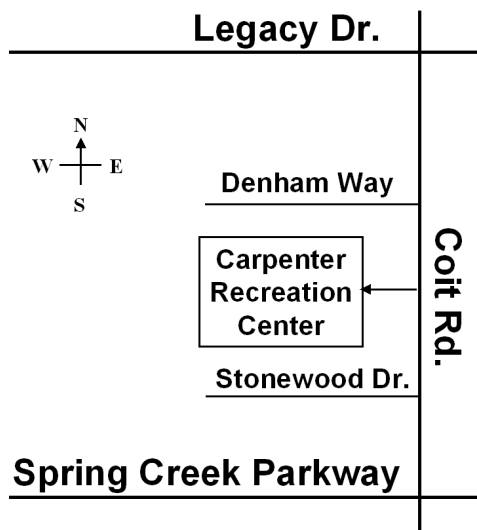
WHERE: Carpenter Recreation Center
6701 Coit Road, Plano TX 75023
(West Side of Coit Road)

WHEN: Every Tuesday,
August 27th - Dec 17th
17 lessons taught by caller:
Wayne Baldwin
Member of Texas State Callers' Hall of Fame

TIME: 7:00 to 9:00 PM

REGISTRATION: Begins August 11.
To register you can call the Rec. Center
at 972-208-8087 or go to the website:
www.planoparks.org & click on the link:
Leisure OnLine. Class is # 148524 CAR

FEE: \$55 per person (partner required)
17 Lessons total
First Two Lessons are free!!
August 27 & September 3



SQUARE DANCING IS THE State Dance of Texas

It is also The North American Folk Dance. Square Dancing was developed in North America and is related to English and Scottish Country Dancing. You can travel anywhere in the world and square dance since all the calls are in English.

AFFORDABLE ENTERTAINMENT

Almost any night of the week you can find a Square Dance within the Metroplex. For \$12 per couple you can dance and socialize for 2-3 hours with refreshments included. The refreshments might be simple cookies or an elaborate "spread" provided usually at special dances or anniversary dances. What a bargain this is.

NO EXPERIENCE NECESSARY

Two left feet? No problem, if you can walk and shake hands at the same time, you can Square Dance. And we'd love the opportunity to prove it!

ATTIRE

Wear a comfortable pair of shoes and comfortable clothes for lessons.

SWINGING STARS CONTACTS

Richard & Jan Covington
972-325-1144

Mark & Karen Hawkins
972-436-4868

Or email

President@swingingstars.org

Or

Website: www.swingingstars.org



The Swinging Stars Square Dance Club invites you to come to a free introductory dance on August 9, 2013 at 8:00 pm., at the Shepard Elementary School, 1000 Wilson Dr. Plano. This dance is to introduce you to our favorite past time, "Square Dancing". We would like for you to take part in this free dance by joining in the fun as our caller leads you thru a few basic calls such as left allemande, right and left grand, along with a few more.

The Swinging Stars Square Dance Club meets in Plano on the 2nd and 4th Friday nights of the month. Upon completion the lessons being taught at the Carpenter Rec. Center you will be prepared to become a member of our club. Below is a coupon for you to bring to your first lesson and present to the Swinging Stars at the sign-in table.

Swinging Stars
Square and Round Dance Club

Special Lesson Discount

\$10 OFF Per Couple rebate from the Swinging Stars

Bring this couple to your first lesson and present it to the Swinging Stars at the sign-in table for the rebate.