

**Square Dance to All
Types of Music**

**Contemporary
Square Dance
Lessons**

**Exercise your brain
while exercising
your body**

**Starting Tuesday
August 28, 2012
First 2 Lessons Free**

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

***Couples
Night Out***



***Ladies
Do Something
Special with Him***



***Men
Do Something
Special with Her***



***Couples
Come have Fun
Together***



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 as well as levels of formations — something for almost any age and/or physical ability.

IT'S GREAT FUN

Square Dancing is friendship set to music. It brings people together for fun and fellowship even when learning. The dance formations cause you to interface with the others in your square and 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)

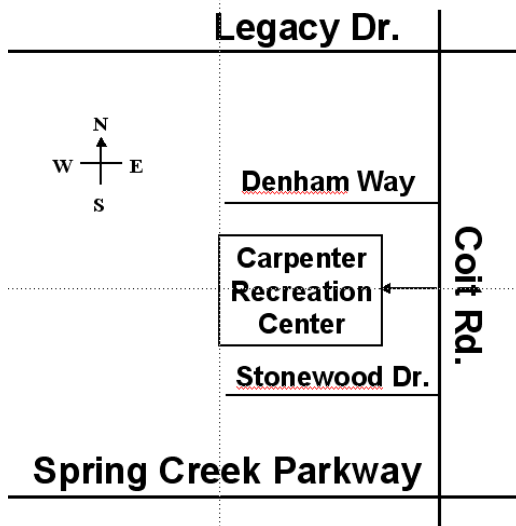
WHEN: Every Tuesday,
August 28th - Dec 18th
17 lessons taught by caller & singer:
Wayne Baldwin
Member of Texas State Callers' Hall of Fame

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 # 135668 CAR

FEE: \$55 per person (partner required)
17 Lessons total

First Two Lessons are free!!
August 28 & September 4



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 breathe 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:
Dave & Lorraine Burson
972-396-0941
Or
Ralph & Lucy Hamm
214-872-7219
Or email
President@swingingstars.org

SQUARE DANCING IS

Square Dancing is 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.

HEALTHY

AFFORDABLE

FUN

