

## Square Dance? Who ... Me? Yes! You!

Would you like to incorporate a lot more fun and friendship in your life? Looking for an activity that involves everyone in the family from teens to great grandparents without any of them getting bored? Are you looking for a drug, alcohol and smoke-free environment? Would you like to find an activity that is fun AND will improve your body, mind and spirit? Exercise class just not cutting it anymore? Do you want to meet some of the nicest people you'll ever know?

Square dancing may be just what you need!

### What is modern western square dancing?

Square dancing is part of our cultural heritage. It is a group of movements set to music and directed by the caller. Four couples complete the movements together within a "square."

The music of square dancing encompasses everything from traditional country-western to classical to modern pop. There's music for everyone.

**"Square dancing is fun and friendship set to music!"**

## Square dancing is:



### Good for your body!

A Mayo Clinic Health Letter stated that dancing is a positive alternative to aerobic dancing or jogging. Dancers may cover 5 miles in a single evening!

Social dancing increases energy, and improves muscle tone and coordination. Other studies have shown that you may lower your risk of coronary heart disease and strengthen bones. You dance at your own fitness level – take it easy or kick up your heels!



### Good for your mind!

As you dance, you concentrate on the instructions of the caller. You will learn different movements and work with a partner. You keep mentally active the entire time. A study published by the New England Journal of Medicine found that dancing can reduce the risk of Alzheimer's disease.



### Good for your spirit!

One of the greatest benefits of square dancing is the sheer FUN of it! There is a lot of social interaction and you will find yourself forgetting your worries as you dance. Stress levels go down and smiles abound!

## Do I Have to Wear Those Funny Clothes?

During lessons, you may wear anything that is comfortable. Be sure to wear comfortable, low-heeled shoes. Jeans, T-shirts, Capri pants, and slacks are all fine.

When you start to attend square dances, you will wear square dance attire. Square dance attire has changed over the years, especially for women! Some of us still like the flared skirts and crinoline slips. Others are more comfortable in prairie-length skirts (about calf length or longer). Several local stores carry clothing that will work for you.

Men wear long-sleeved shirts with slacks or jeans and comfortable shoes. They may want to add a string tie or scarf.

### Is square dancing expensive?

Square dancing is a truly economical form of entertainment. Most dances in the area charge \$3 - \$4 per person.

### Where do I dance?

Once you have finished lessons, you may dance in Lawrence, Topeka, the Greater Kansas City area, Ottawa, Gardner, and other Kansas cities. You can dance anywhere in the United States and all over the world! Calls are always in English, so drop in anywhere!

## Is square dancing hard?

If you know your right hand from your left, you can square dance. It does take time and practice, but you'll find it's worth it. We welcome you to give it a try. You can even come to the first three lessons with no commitment required.

## You've convinced me! How do I start?

Happy Time Squares will start lessons on Monday, September 12, 2011 at 7 p.m. They will be held at Centenary United Methodist Church, 245 North 4<sup>th</sup> Street, Lawrence. Lessons will continue on Monday nights from 7 p.m. to 9 p.m. The first three lessons are free.

Our caller, Vic Perry, conducts classes. With his 30 years of teaching experience, Vic will have you square dancing in no time.

Happy Time Squares members also come to lessons. As "angels," they will join you in squares and help you master the moves associated with Basic and Mainstream Square Dancing.

## How do I get more information?

For questions and information, call:

Vernon & Toni Nelson:  
785-266-7048

Stan & Lois Zaremba:  
785-842-6025 or

E-mail us at [lois@zaroco.com](mailto:lois@zaroco.com)

## From past classes:

"I have never been surrounded by such a wonderful group."

"It's good clean fun in a wholesome environment."

"When I first came, I was convinced I wasn't going to like it. I was wrong. It's great!"

"It's an inexpensive way to make good friends combined with great exercise."

"Emphasize that square dancing is for all ages."

"I enjoyed the fun atmosphere and the individual help. The angels are very nice and supportive."

"I enjoyed Vic's helpful attitude toward new dancers, and the friendliness and encouragement of angels. A fun environment."

## About Happy Time Squares

Happy Time Squares is a Lawrence-based square dance club with members from Lawrence, Eudora, Tonganoxie, Topeka, Ottawa, and other cities in the area. We are a nonprofit group that started in September 2005 and now has over 135 members.

We dance on the second Saturday of each month. Feel free to come and watch (no charge). Visit our website for dates and locations:

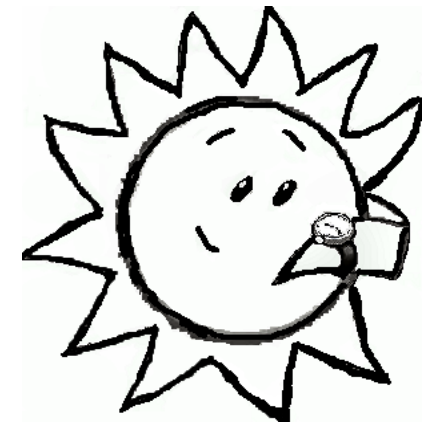
[www.HappyTimeSquares.com](http://www.HappyTimeSquares.com)

**"For more fun than  
you can imagine!"**

# Learn to Square Dance!



**Happy Time Squares  
Lawrence, Kansas**



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