



**Fun!**  
**Family!**  
**Fitness!**

# 21<sup>st</sup> Century Square Dancing, It's Not What You Learned in School!

**FREE INTRODUCTORY DANCES**  
**SUNDAY SEP 10<sup>TH</sup> & 17<sup>TH</sup>**  
**JOIN US AT 6:30 TO 8:30 PM AT**  
**MAPLE BLUFF COMMUNITY CENTER**  
**18 OXFORD PLACE MADISON, WI**

***Your host is Tom Nickel***  
***Sponsored by Westport***  
***Squares of Madison WI***

***Call Eldon or Virginia at***  
***608-244-3694 for info!***

**[www.westportsquares.com](http://www.westportsquares.com)**



## ***Quotes Overheard at an Intro Dance***

"Love the exercise for mind & body and love the people in class and at the dances. It's a blast!"

As one newer dancer said to us, "This is not at all what I expected. This is precision movement to great music."

"This was not my old junior high school kind of square dancing. This was something full of much more spirit, much more joy, much more kindness."

"I must say that Square Dancing is nothing that ever crossed my mind. I would never have thought of it in a million years. Yet here I am loving it. Go figure."

➤ ***Have Fun!***

➤ ***Make Lifetime Friends!***

➤ ***Low Impact or High Energy Workouts!***

➤ ***Come Dressed As You Are!***



## ***What are Introductory Dances?***

Free Introductory Square Dances are designed to allow you to experience square dancing with minimal effort and cost. In as little as an hour you can learn basic square dance calls and begin to enjoy dancing with your friends and others.

While it's nice to have a partner to dance with, no need to worry if you don't as there are always plenty of people to go around so everyone has a chance to dance. You also don't need to bring anything special to dance. Just a comfortable pair of shoes and an open mind ready to laugh and have fun.

Since experiencing new things is always more enjoyable with friends, we encourage you to bring a friend or a couple along so all can enjoy the Intro Dance together.

## ***Health Benefits of Square Dancing*** ***Square Dancing may be the perfect exercise!***



Square dancing is walking at a steady pace (about 128 steps per minute) to a called pattern with musical accompaniment. The patterns involve 8 dancers turning and interacting with hands and arms in response to changing choreography that is called using a common vocabulary of action names. Square dancing combines mental concentration with many aspects of good physical exercise including sustained activity, flexibility, balance and coordination.

Square dancers walk between 2 1/2 and 5 miles in a typical evening of dancing burning calories with every step. Dancing continuously for 10 to 15 minutes at a time improves cardiovascular conditioning. Five-minute breaks allow dancers to socialize with others from diverse backgrounds who share a common joy. The energy put into dancing has an effect on heart beat rate, blood pressure, rate of calorie burn, and cholesterol profile.

All this beneficial activity is further enhanced by a variety of popular music in a positive setting, often with your favorite partner. It has been suggested that regular sessions of square dancing can add several years - enjoyable years - to your life.