

<http://www.sgdance.org> SQUARE DANCING IS A **FUN-FUN-FUN** SEMI-CONTACT ACTIVITY

With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart and bone healthy physical activity. Remembering all the calls from "do-sa-do" to "allemande left" keeps the mind sharp, experts say. And the companionship that regular square dancing offers is an antidote to depression and loneliness, a statement confirmed by square-dancing advocates everywhere.

The touching in itself can be beneficial to health, according to studies conducted at the Touch Research Institute in Miami, which showed that regular touching can reduce stress and depression and enhance immune system function.

A typical evening is about three hours long and, in that time, usually 5 to 7 "tips" are called. A tip includes a "hash call" where the caller calls out some moves, which the dancers execute in smooth, choreographed routines -- and a "singing call," which can include all types of square-dance moves timed to fit popular songs. On any given evening, dancers will twirl across the floor to the music of John Denver's "Take Me Home, Country Road," the Bee Gee's "Stayin' Alive," Donna Summer's "She Works Hard for the Money," as well as songs by the Beatles and Elvis Presley. Today's square dancing is hipper than what most people see in movies, and more therapeutic than you might think. It takes your mind off of the day-to-day problems; and all those other worries and thoughts disappear when you are dancing.

You say you're tempted, but not sure if you've got what it takes? Don't underestimate yourself. Square dancing is not as complex as it looks; you just learn one move at a time and go from there. So what's stopping you from joining in all the fun? Square dance clubs are popping up all across the world, and they want you. On the inside of this pamphlet, is the name, area, and contact numbers of every club in this area.

Square Dancers in this area, as of this printing, run in age from pre-teens as young as 6 years old to one couple that are both over 90 years old, and are still dancing. So, as you see, Square Dancing is really something anyone can do.

## SQUARE DANCING IS THE OFFICIAL STATE DANCE OF THE STATE OF WASHINGTON

<http://www.sgdance.org>

### MANY

#### Reasons to Square Dance

It's great fun  
Exercise to music  
Gets you off the couch  
Meet active & fun people  
Laughter, and lots of hugs  
Learn a new skill  
You can dance anywhere  
Did I say "IT'S GREAT  
FUN"  
Gets your brain working

If you ask your doctor,  
he or she will say  
Square Dancing burns  
about 300 calories an  
hour and is a good  
form of mild exercise  
for the body, and the  
head.



**Square  
Dancing**  
GREAT  
**FUN, FUN, FUN**  
(with "U" in the middle)

SQUARE DANCE  
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## Check with one of these clubs for 2010 & 2011 Lesson Information

Canyon Park Area						
	Shirts-n-Skirts LESSONS		(Teen Club) Call for time and place	Randy Preskitt Wednesday	425-348-6030	<a href="mailto:mariepreskitt@hotmail.com">mariepreskitt@hotmail.com</a> <a href="mailto:randypreskitt@hotmail.com">randypreskitt@hotmail.com</a>
Darrington Area						
	Scramblin' Squares LESSONS		(Mainstream) Mansford Grange Call for Time and Date	Nels Rasmussen	360-436-2167	<a href="mailto:drnels79@gmail.com">drnels79@gmail.com</a>
Edmonds Area						
	Checkerboard Squares LESSONS	Jan 9	(Mainstream) Edmonds Masonic Hall 6:00 – 8:00PM	Kenny Freeman Sunday	425-750-7670 425-267-0775	<a href="mailto:glg39@live.com">glg39@live.com</a> <a href="mailto:thorton@hwageo.com">thorton@hwageo.com</a>
	Dancing Shadows LESSONS	Sept 19	(Round Dance Ph 2,3,4) Edmonds Masonic Hall 12:30 / 2:15 / 4:00	Debbie Taylor Sunday	425-398-9011 425-387-1600	<a href="mailto:candsmccracken@verizon.net">candsmccracken@verizon.net</a> <a href="mailto:debbie@rdcuers.com">debbie@rdcuers.com</a>
Juanita/Kirkland Area						
	Samena Squares LESSONS	Sept 16	(Mainstream) Juanita Community Club 7:30 – 9:30PM	Susan Morris Thursday	425-823-6581	<a href="mailto:barnhartlandl@aol.com">barnhartlandl@aol.com</a>
Lynnwood Area						
	Dudes & Dolls LESSONS	Sept 14 Jan 4	(Mainstream) Cedar Valley Grange 7:30 – 9:30PM	Scott Coon Tuesday	425-486-8587	<a href="mailto:witala@msn.com">witala@msn.com</a>
	Whirlybirds LESSONS	Sept 16 Jan 14	(Mainstream) Hayloft Dance Hall 7:30 – 9:30PM	Dave Harry Thursday	425-806-8423 425-513-1349	<a href="mailto:dougkeyes@clearwire.net">dougkeyes@clearwire.net</a>
Marysville Area						
	Happy Hoppers LESSONS	Sept 13	(Mainstream) Totem Middle School 7:00 – 9:00PM	Susan Morris Monday	425-299-8565	<a href="mailto:deal787@verizon.net">deal787@verizon.net</a>
Mill Creek Area						
	Sky Valley Whirlwinds LESSONS	Sept 9	(Mainstream) Tri-way Grange 7:30 – 9:30PM	Don Wiggins Thursday	425-337-3658	<a href="mailto:royjohnson@comcast.net">royjohnson@comcast.net</a>
	Spurs and Laces LESSONS		(Pre-teen, Teen & Family) Tri-way Grange Call for date and time	R Gallagher	425-772-3476	<a href="mailto:raybft@comcast.net">raybft@comcast.net</a>
Monroe Area						
	Fern Bluff Squares LESSONS	Sept 16 Jan 13 Jan 13	(Mainstream) East County Senior Center 6:30 – 8:00PM 8:00 - 9:00PM (Plus)	Ray Gallagher Thursday	425-308-8212 425-359-6394	<a href="mailto:sunflyer@hotmail.com">sunflyer@hotmail.com</a> <a href="mailto:edwhite1@hotmail.com">edwhite1@hotmail.com</a>
Mount Vernon Area						
	Mount Baker Singles LESSONS	Sept 14 Jan 11	(Mainstream) Mount Vernon Sr Ctr 7:00 – 9:00PM	Dave Harry Tuesday	360-424-4608	<a href="mailto:rosie@valleyint.com">rosie@valleyint.com</a>
	Skagit Squares LESSONS	Sept 14 Jan 11	(Mainstream) Mount Vernon Sr Ctr 7:00 – 9:00PM	Dave Harry Tuesday	360-424-9675	<a href="mailto:bevruuth5@msn.com">bevruuth5@msn.com</a>
Lake City Area						
	Freewheelers LESSONS	Sept 8	(Mainstream & Plus) Lake City Comm Ctr 6:30 - 7:30PM (Plus) 7:30 - 9:30PM (M/S)	Dennis Webb Wednesday	425-774-6574 425-514-0527	<a href="mailto:jclein1@comcast.net">jclein1@comcast.net</a> <a href="mailto:mitroman104@aol.com">mitroman104@aol.com</a> Additional start dates Nov 3, Jan 5, Mar 2
Stanwood Area						
	Stanwood Sashayers LESSONS	Sept 27	(Mainstream) Floyd Norgaard Cultural Ctr 7:00 - 9:00pm	Ray Gallagher Monday	360-387-5055 360-629-6665	<a href="mailto:glenshaw1@msn.com">glenshaw1@msn.com</a> <a href="mailto:tamiserry@msn.com">tamiserry@msn.com</a>
Whatcom County Area						
	Rainbow Squares LESSONS	Sept 28	(Mainstream) Ten Mile Grange 7:00 – 9:00PM	Oren Gaskill Tuesday	360-733-4487	<a href="mailto:olgaskill@comcast.net">olgaskill@comcast.net</a>
Whidbey Island						
	Whidbey Whirlers LESSONS	Sept 14 Jan 11	(Mainstream) Mount Vernon Sr Ctr 7:00-9:00pm	Dave Harry Tuesday	360-675-8691	<a href="mailto:berkarl@whidbey.net">berkarl@whidbey.net</a>
Woodinville Area						
	Woodinville Square Crows LESSONS	Sept 14	(Mainstream) Sammamish Valley Grange 7:30 - 9:30PM	Tuesday	425-742-5597 360-863-8112	<a href="mailto:delectdave@aol.com">delectdave@aol.com</a> <a href="mailto:alicewright2007@yahoo.com">alicewright2007@yahoo.com</a> Additional start dates Nov, Jan, March
	K-9 Corps LESSONS	Oct 11 Oct 14	(Plus & Advanced) Plus (Sammamish Grange) Adv (Tri-way Grange) 7:00-9:00pm	Dave Knien Monday Thursday	425-778-6163	<a href="mailto:k9caller@comcast.net">k9caller@comcast.net</a>

If you bring this flyer to the club's 1st and/or 2nd lesson, that lesson may be free to you and your partner.

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