

Modern Western Square Dancing is not what you remember from grammar school. It's a great social activity, lively and upbeat, and we dance to a variety of music. Square dancing provides more than the daily dose of heart and bone healthy physical activity, and remembering all the calls keeps the mind sharp too. We invite all you singles, couples and families to come and JOIN THE FUN!

A typical evening is about three hours long and, in that time, dancers will twirl across the floor to the music of Toby Keith's "Who's Your Daddy?", The Stray Cats' "Rock This Town", Keith Urban's "Somebody Like You", as well as songs by the Beatles, Elvis Presley and many others. It has been said square dancing will help you live ten years longer. It takes your mind off of the day-to-day problems; all those worries and stressful thoughts disappear when you're 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. Most clubs offer the first night or two free. So what's stopping you from giving it a try? Square dance clubs are dancing all across the world, so you can travel and meet lots of new friends as a dancer. On the inside of this pamphlet is the name, location, and contact number 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 and having a great time. So, as you see, Square Dancing is really something anyone can do. And you can too!

You can find out about lessons and check out the local clubs at the Mount Baker Council's website at www.sqdance.org

Your Dance Clothing Connection...



**PETTICOAT
JUNCTION, INC.**
The Fun Dance Store!

**14523 Highway 99 #1
Lynnwood, WA 98087**

425-743-9513
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www.petticoatjct.com

*We have clothing, shoes &
accessories for all types of
dancing, come visit soon!*



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

<http://www.sqdance.org>

*"Life is short and there will always
be dirty dishes, so let's dance."*

— James Howe

**GET HAPPY!
GET HEALTHY!
GET SQUARE DANCING!**



**CLASSES START
IN SEPTEMBER**

REASONS TO SQUARE DANCE

*It's great fun
Exercise to all kinds of music
Reduce stress
Meet active & fun people
Improve your memory
Learn a new skill
You can dance anywhere
Singles, couples & families*

**EVERYONE IS WELCOME
TO JOIN THE FUN!**

New Dancer Classes Begin in September and January

Check with one of these area clubs for Start Dates & Lesson Information

All Lessons are Modern Western Square Dance (Mainstream level) unless noted

Juanita/Kirkland Area

Samena Squares Susan Morris
 206-271-0654 sheryl.gray@comcast.net
 LESSONS Juanita Community Club
 Intro Evening Second Thursday in September
 Thursday 7:00 – 9:00PM

Lynnwood Area

Cascade Crossfires (PLUS) * Susan Morris
 425-591-8692 susan@callersusan.com
 LESSONS Cedar Valley Grange
 Call to confirm time and dates
 Lessons Begin First Monday in October
 *Must have completed Mainstream program

Dancing Shadows Debbie & Paul Taylor
 ROUND DANCE Phase 2, 3, 4, 5
 425-387-1600 debbie@rdcuers.com
 425-478-5128 clisha59@gmail.com
 LESSONS Cedar Valley Grange
 Sunday Ph 2-12:00PM,
 Ph 2/3-12:55P, Ph 3-1:50P, Ph 4-2:45P,
 Ph 4/5-3:40P, Ph 5-4:40P

Dudes & Dolls Scott Coon
 425-337-2906 robert_r_52@yahoo.com
 LESSONS Cedar Valley Grange
 Tuesday 7:00 – 9:00PM

Happy Rounders Randy Preskitt
 ROUND DANCE Phase 2 thru 5
 425-348-6030 mariepreskitt@hotmail.com
 LESSONS Hayloft Dance Hall
 Sunday 12:00 – 6:00PM

Whirlybirds Dave Harry
 425-202-5147 whirlybirdsclub@gmail.com
 LESSONS Hayloft Dance Hall
 Thursday 7:00 – 9:30PM
 Additional start dates November & February

Marysville Area

Happy Hoppers Dave Harry
 425-334-4374 squaredancelessons@gmail.com
 LESSONS Totem Middle School
 Monday 7:00 – 9:00PM

Mill Creek Area

Sky Valley Whirlwinds Spyder Webb
 425-337-3658 skyvalleywhirlwinds@gmail.com
 LESSONS Tri-way Grange
 Thursday 7:30 – 9:30PM
 First Night Spaghetti Feed & Meet 6:30PM

Monroe Area

Fern Bluff Squares Ray Gallagher
 425-334-5184 wef1938@yahoo.com
 LESSONS East County Senior Center
 Thursday 7:00 – 9:00PM
 Additional start date in February

Mountlake Terrace Area

Freewheelers Spyder Webb
 206-523-1769 seattlesquare@aol.com
 LESSONS Mountlake Terrace Senior Center
 2nd, 3rd, & 4th Wednesday 7:00 – 9:00PM

Mount Vernon Area

Fidalgo Fogutters (PLUS) * Gary Monday
 360-527-8628 don@karuson.com
 LESSONS Mt Vernon Masonic
 1805 S Cleveland Ave
 Wednesday 7:00 – 9:00PM
 *Must have completed Mainstream program

Still not sure if square dancing is for you? Most clubs offer the first lesson (or two) FREE, so you can give it a try. Call & talk to your area club.

Mount Vernon Area

Mount Baker Singles Dave Harry
 360-424-4608 rosie@valleyint.com
 LESSONS Mount Vernon Senior Center
 Tuesday 7:00 – 9:00PM
 Additional start date in January

Skagit Squares Dave Harry
 360-853-5210 bmcdugle@frontier.com
 LESSONS Mount Vernon Senior Center
 Tuesday 7:00 – 9:00PM
 Additional start date in January

ROUND DANCE Ph1-4 Bob & Linda Berka
 360-675-8691 berkarl@whidbey.net
 Phase 1- 2 Sunday 1:30 – 3:00PM
 Phase 3- 4 Thursday 5:30 – 7:00PM

Stanwood Area

Stanwood Sashayers Ray Gallagher
 206-595-9799 chuckandrinda@aol.com
 LESSONS Stillaguamish Grange
 Monday 7:00 – 9:00PM
 First Night Dinner/Meet & Greet 6:00PM
 ROUND DANCE Basic Bob & Linda Berka
 Sunday 1:30 – 3:00PM

See Mt Vernon area listing

Whatcom County Area

Rainbow Squares Oren Gaskill
 360-733-4487 olgaskill@comcast.net
 LESSONS Ten Mile Grange, Lynden
 Tuesday 7:00 – 9:00PM

Woodinville Area

Woodinville Square Crows
 360-805-1891 alicewright2007@yahoo.com
 LESSONS Location TBD
 Call Alice for time and information

www.sqdance.org/lessons.html