

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

sqdance.org



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

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 DANCE
CLOTHES &
SHOES FOR YOU....

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DANCE SHOP**

The Fun Dance Store!



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Check with one of these clubs for 2011 & 2012 Lesson Information

Canyon Park Area						
	Shirts-n-Skirts LESSONS		(Teen Club) Call for time and place	Randy Preskitt Wednesday	425-348-6030	mariepreskitt@hotmail.com randypreskitt@hotmail.com
Edmonds Area						
	Checkerboard Squares LESSONS	Jan 8	(Mainstream) Edmonds Masonic Hall 6:00 – 8:00PM	Ray Gallagher Sunday	425-267-0775	sastro@juno.com
	Dancing Shadows LESSONS	Nov. 6	(Round Dance Ph 2, 3, 4) Edmonds Masonic Hall Phase 2 - 12:30, Phase 3 2:15, Phase 4 - 4:00 PM	Debbie & Paul Taylor Sunday	425-478-5128 425-387-1600	clisha59@gmail.com debbie@rdcuers.com
Juanita/Kirkland Area						
	Samena Squares LESSONS	Sept 15	(Mainstream) Juanita Community Club 7:30 – 9:30PM	Susan Morris Thursday	425-823-6581	barnhartlandl@aol.com
Lynnwood Area						
	Dudes & Dolls LESSONS	Sept 6	(Mainstream) Cedar Valley Grange 7:30 – 9:30PM	Scott Coon Tuesday	206-527-7982	witala@msn.com Additional start dates Nov 1, Jan 10, March 6
	Whirlybirds LESSONS	Sept 8	(Mainstream) Hayloft Dance Hall 7:30 – 10:00 PM	Dave Harry Thursday	425-806-8423 425-513-1349	dougkeyes@clearwire.net ellenostrum@frontier.com Additional start dates, Oct 6, Nov 3, Jan 5, Feb 2, Mar 1
Marysville Area						
	Happy Hoppers LESSONS	Sept 12	(Mainstream) Totem Middle School 7:00 – 9:00PM	Susan Morris Monday	925-549-7815	eveorona@yahoo.com
Mill Creek Area						
	Sky Valley Whirlwinds LESSONS	Sept 8	(Mainstream) Tri-way Grange 7:30 – 9:15PM	Don Wiggins Thursday	425-334-4934 360 220-2053	ssvwhirlwinds@aol.com
Monroe Area						
	Fern Bluff Squares LESSONS	Sept 15	(Mainstream) East County Senior Center 7:30 – 9:00PM	Ray Gallagher Thursday	360-794-8332 425-359-6394	mydamhorses@aol.com its.cathy@hotmail.com
Mount Vernon Area						
	Mount Baker Singles LESSONS	Sept 13 Jan 10	(Mainstream) Mount Vernon Sr Ctr 7:00 – 9:00PM	Dave Harry Tuesday	360-424-4608	rosie@valleyint.com
	Skagit Squares LESSONS	Sept 13 Jan 10	(Mainstream) Mount Vernon Sr Ctr 7:00 – 9:00PM	Dave Harry Tuesday	360-424-9675	bevruuth5@msn.com
Seattle Area						
	Freewheelers LESSONS	Sept 7 Jan 18	(Mainstream & Plus) Lake City Comm Ctr 6:30 - 7:30PM (Plus) 7:30 - 9:00PM (M/S)	Dennis Webb Wednesday	425-774-6574	jclein1@comcast.net sally.buckingham2@gmx.com
Stanwood Area						
	Stanwood Sashayers LESSONS	Sept 12	(Mainstream) Floyd Norgaard Cultural Ctr 7:00 - 9:00pm	Ray Gallagher Monday	360-387-5055 360-629-6665	glenshaw1@msn.com tamiserry@msn.com Additional start date in Jan call for info
Whatcom County Area						
	Rainbow Squares LESSONS	Sept 27	(Mainstream) Ten Mile Grange 7:00 – 9:00PM	Oren Gaskill Tuesday	360-733-4487	olgaskill@comcast.net
Whidbey Island						
	Whidbey Whirlers LESSONS	Sept 13 Jan 10	(Mainstream) Mount Vernon Sr Ctr 7:00-9:00pm	Dave Harry Tuesday	360-675-8691	berkarl@whidbey.net
Woodinville Area						
	Woodinville Square Crows LESSONS	July 19	(Mainstream) Sammamish Valley Grange 7:30 - 9:30PM	Tuesday	425-877-5123 360-863-8112	paulquistgard@aol.com alicewright2007@yahoo.com Additional start dates Sept. 20, and Nov. 15th
	K-9 Corps LESSONS	Sept 12 Sept 15	(Plus & Advanced) Plus (Sammamish Grange) Adv (Tri-way Grange) 7:00-9:00pm	Dave Knien Monday Thursday	425-778-6163	k9caller@comcast.net

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