

# Check with one of these area clubs for lesson information

All Lessons are Mainstream Square Dance unless noted

## Burlington Area

Fidalgo Fogutters (PLUS) John Corrigan  
360-387-8727 don@karuson.com  
360-766-6729 ploegrj@msn.com  
LESSONS Mt Vernon Senior Center  
Sept 13 Saturday (2/mo) 1:00 – 3:30PM  
Call to confirm

## Edmonds Area

Checkerboard Squares Ray Gallagher  
206-361-8579 kirk@kgratajesak.com; rata@uw.edu  
LESSONS Edmonds Masonic Hall  
Sept 21 Sunday 6:00 – 8:00PM

Dancing Shadows Debbie & Paul Taylor  
(ROUND DANCE Ph 2, 3, 4)  
425-387-1600 debbie@rdcuers.com  
425-478-5128 clisha59@gmail.com  
LESSONS Edmonds Masonic Hall  
Sept 14 Sunday Phase 2 - 12:30PM  
Phase 3 2:15PM Phase 4 - 4:00PM

## Juanita/Kirkland Area

Samena Squares Susan Morris  
425-823-6581 barnhartlandl@aol.com  
LESSONS Juanita Community Club  
Sept 18 Thursday 7:00 – 9:00PM

## Lynnwood Area

Dudes & Dolls Scott Coon  
206-369-7131 lessons@dudesanddolls.com  
LESSONS Cedar Valley Grange  
Sept 9 Tuesday 7:00 – 9:00PM  
Additional start dates Jan 6

Shirts-n-Skirts (Teen/Preteen) Randy Preskitt  
425-348-6030 mariepreskitt@hotmail.com  
LESSONS Cedar Valley Grange  
Oct 1 Wednesday 6:30 – 7:30PM

## Lynnwood Area

Whirlybirds Dave Harry  
425-923-3620 aurora.pedrola@gmail.com  
LESSONS Hayloft Dance Hall  
Sept 4 Thursday 7:15 – 9:30PM  
Additional start dates Nov 6, Jan 8, Mar 5

Happy Rounders Randy Preskitt  
(ROUND DANCE Ph 3, 4, 5)  
425-348-6030 mariepreskitt@hotmail.com  
LESSONS Hayloft Dance Hall  
Sept 9 Tuesday 6:00 – 7:25PM  
Sunday 1:00 – 6:00PM

## Marysville Area

Happy Hoppers Scott Coon  
425-334-4374 squaredancelessons@gmail.com  
LESSONS Totem Middle School  
Sept 15 Monday 7:00 – 9:00PM

## Mill Creek Area

Sky Valley Whirlwinds Spyder Webb  
360 220-2053 ssvwhirlwinds@aol.com  
LESSONS Tri-way Grange  
Jan 8, 2015 Thursday 7:30 – 9:30PM  
First Night Spaghetti Feed at 6:30PM

## Monroe Area

Fern Bluff Squares Ray Gallagher  
425-334-5184 wef1938@yahoo.com  
LESSONS East County Senior Center  
Sept 18 Thursday 7:30 – 9:00PM

## Mountlake Terrace Area

Freewheelers Spyder Webb  
206-523-1769 seattlesquare@aol.com  
LESSONS Mountlake Terrace Senior Center  
Oct 22 Wednesday 7:00 – 9:00PM

## Mount Vernon Area

Mount Baker Singles Dave Harry  
360-424-4608 rosie@valleyint.com  
LESSONS Mount Vernon Senior Center  
Sept 9/Jan 6 Tuesday 7:00 – 9:00PM

Skagit Squares Dave Harry  
360-424-9675 bevruuth5@msn.com  
LESSONS Mount Vernon Senior Center  
Sept 9 /Jan 6 Tuesday 7:00 – 9:00PM

## Stanwood Area

Stanwood Sashayers Ray Gallagher  
360-387-5055 glenshaw1@msn.com  
360-420-1931 tamisperry@msn.com  
LESSONS Stillaguamish Grange  
Sept 15 Monday 7:00 - 9:00PM  
Additional start date in Jan Call for info

## Whatcom County Area

Rainbow Squares Oren Gaskill  
360-733-4487 olgaskill@comcast.net  
LESSONS Ten Mile Grange  
Sept 23 Tuesday 7:00 – 9:00PM

## Woodinville Area

Woodinville Square Crows TBA  
425-319-1093 alicewright2007@yahoo.com  
LESSONS Sammamish Valley Grange  
Sept 9 Tuesday 7:30 - 9:30PM  
Call to confirm

Cascade Crossfires (PLUS) Susan Morris  
206-612-1452 sndy\_ackerman@yahoo.com  
LESSONS Sammamish Valley Grange  
Oct 6 Monday 7:00-9:00PM

Not sure it's for you? Many clubs offer the first lesson free.  
Call and talk to your area club.

Visit our website at  
[www.sqdance.org/lessons.html](http://www.sqdance.org/lessons.html)  
for more information

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. And it's 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 and Elvis Presley. It has been stated square dancing will help you live ten years longer is 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, location, 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 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](http://www.sqdance.org)

*Your Dance Clothing Connection...*



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THE STATE OF WASHINGTON**

<http://www.sqdance.org>

**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**

**WELCOME to join the fun!**