

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
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

Your Dance Clothing Connection...



**PETTICOAT
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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>

**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!