



[sqdance.org](http://sqdance.org)

**MAINSTREAM SQUARE DANCING CLUBS**

- Dudes & Dolls @ Cedar Valley Grange**  
[robert\\_r\\_r52@yahoo.com](mailto:robert_r_r52@yahoo.com) 425 337-2906
- Fern Bluff @ South Lake Stevens Grange**  
[dabettcher@gmail.com](mailto:dabettcher@gmail.com) 425 891-6202
- Freewheelers @ 206 992-4932**  
[freewheelerssquaredance@gmail.com](mailto:freewheelerssquaredance@gmail.com)
- Happy Hoppers @ Stilly Valley Center**  
[squaredancelessons@gmail.com](mailto:squaredancelessons@gmail.com)  
701 240-4023
- Rainbow Squares @ Ten Mile Grange**  
[shelley@macy-brandt.com](mailto:shelley@macy-brandt.com) 360 961-6170
- Samena Squares @ Juanita Comm. Club**  
[samenapres@gmail.com](mailto:samenapres@gmail.com)
- Skagit Squares @ Mt Vernon Senior Ctr**  
360 939-2048
- Sky Valley Whirlwinds @ Triway Grange**  
[ssvwhirlwinds@aol.com](mailto:ssvwhirlwinds@aol.com) 425 377-0756
- Square Crows @ Maltby Community Club**  
[lopannn@aol.com](mailto:lopannn@aol.com) 206 914-2253
- Whirlybirds @ The Hayloft 425 202-5147**  
[whirlybirdsclub@gmail.com](mailto:whirlybirdsclub@gmail.com)



**PLUS SQUARE DANCING CLUBS**

- Cascade Crossfires @ Cedar Valley Grange**  
[CascadeCrossfires.org](http://CascadeCrossfires.org)
- Fidalgo Fogcutters @ Skagit Valley Grange**  
[don@karuson.com](mailto:don@karuson.com) 360 303-7516



**ROUND DANCING CLUBS**

- Happy Rounders @ The Hayloft**  
425 348-6030
- Dancing Shadows @ Juanita Comm. Club**  
[clisha59@gmail.com](mailto:clisha59@gmail.com) 425 478-5128



**ADVANCED SQUARE DANCING CLUB**

- A BLAST @ Triway Grange 206 369-7131**  
[ABLAST.MBC@gmail.com](mailto:ABLAST.MBC@gmail.com)



**GET HAPPY  
GET HEALTHY  
GET SQUARE DANCING  
CLASSES ARE STARTING**

**REASONS TO SQUARE DANCE:  
It's FUN!**

- Exercise to all kinds of music**
- Reduce stress**
- Meet active fun people**
- Improve your memory**
- Learn a new skill**
- Dance anywhere**
- Add years to your life**
- Singles, couples, & families**
- EVERYONE IS WELCOME**



**TO JOIN THE FUN**

# Mount Baker Council Square Dance Lessons 2022 to 2023

## BASIC SQUARE DANCING LESSONS

- Sundays** Square Crows - Vance Morrison  
2:30-4:30 Triway Grange Mill Creek 9/25/22
- Mondays** Happy Hoppers - Dave Harry 10/3/22  
7-9 Totem Middle School Marysville, WA
- Tuesdays** Dudes & Dolls - Scott Coon 10/4/22  
7-9 Cedar Valley Grange Lynnwood, WA
- Tuesdays** Rainbow Squares - Oren Gaskill  
7-9 Ten Mile Grange Lynden, WA 9/27/22
- Tuesdays** Skagit Squares - Dave Harry  
7-9 Mount Vernon Senior Center 9/6/2022
- Wednesdays** Freewheelers - Spyder Webb  
7-9 <http://www.squaredanceSeattle.com>
- Thursdays** Fern Bluff - Robert Sax  
7-9 Monroe Community Senior Center
- Thursdays** Samenas - Stephen Cole  
7-9 Juanita Community Club, Juanita
- Thursdays** Sky Valley Whirlwinds  
7-9 Triway Grange Spyder Webb TBD
- Thursdays** Whirlybirds - Dave Harry  
7-9 The Hayloft Lynnwood, WA 10/6/22



## PLUS DANCING (SQUARE DANCERS)

- Mondays** Cascade Crossfires - Stephen Cole  
7-9 Cedar Valley Grange Lynnwood, WA  
starts in September
- Wednesdays** Fogcutters - Steve Noseck  
7-9 Skagit Valley Grange starting on 9/21/22

## ROUND (COUPLES DANCING)

TBD

## ADVANCED (PLUS DANCERS)

- Tuesdays** ABLAST - Spyder Webb 7pm  
7-9 Tri-way Grange starts on 9/20/22



Modern square dancing is a great social activity, lively, with an upbeat 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 also.

A typical evening is two to three hours of dancing with many new friends. It has been said that square dancing will add over seven years to your life.

We learn one move at a time. Most clubs offer the first dance free. Square dancers range from 6 years to mid 90's in age. Square dancing is something anyone can do come dance with us and enjoy the fun!



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

## \*\*\*LESSON LOCATIONS\*\*\*

- Cedar Valley Grange**  
20526 52nd Av W Lynnwood, WA 98036
- Juanita Community Club**  
13027 100th Av NE Kirkland, WA 98034
- Monroe Community Senior Center**  
276 Sky River Pkwy Monroe, WA 98272
- Skagit Valley Grange**  
21273 Cook Rd Sedro Woolley, WA 98233
- Ten Mile Grange**  
6958 Hannegan Rd Lynden, WA
- The Hayloft**  
15320 35th Av W Lynnwood, WA 98037
- Totem Middle School Cafeteria**  
1605 7th St. Marysville, WA 98270
- Triway Grange**  
3509 Seattle Hill Rd Mill Creek, WA 98012

