



MAINSTREAM SQUARE DANCING CLUBS

Dudes & Dolls @ Cedar Valley Grange
robert_r_r52@yahoo.com 425-337-2906

Fern Bluff @ South Lake Stevens Grange
dabettcher@gmail.com 425-891-6202

Freewheelers @ Cedar Valley Grange
freewheelersquaredance@gmail.com
206-992-4932

Happy Hoppers @ Stillaguamish Senior Ctr
squaredancelessons@gmail.com 701 240-4023

Mt. Baker Singles @ Skagit Valley Grange
360-391-5620 or
360-424-4608 rosie@valleyint.com

Rainbow Squares Ten Mile Grange
shelley@macy-brandt.com 360-961-6170

Samena Squares @ Juanita Community Club
samenapres@gmail.com

Skagit Squares @ Mt Vernon Senior Center
360-939-2048

Sky Valley Whirlwinds @ Tri-Way Grange
ssvwhirlwinds@aol.com 425-377-0756

Square Crows @ Maltby Community Club
lopenn@aol.com 206-914-2253

Whirlybirds The Hayloft 425-202-5147
whirlybirdsclub@gmail.com



PLUS SQUARE DANCING CLUBS

Cascade Crossfires @ Cedar Valley Grange
Cascadecrossfires.org

Fidalgo Fogcutters @ Skagit Valley Grange
don@karuson.com 360 303-7516



ROUND DANCING CLUBS

Happy Rounders @ The Hayloft
425-348-6030

Dancing Shadows @ Juanita Community
clisha59@gmail.com 425 478 5128



ADVANCED SQUARE DANCING CLUB

A BLAST @ Triway Grange 206 369-7131
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 Scare Crows - Vance Morrison
2:30-4:30 Triway Grange Mill Creek
starts on 9/25/22

Mondays Happy Hoppers - Dave Harry
7-9 Totem Middle School Marysville, WA
starts on 10/3/22

Tuesdays Dudes & Dolls - Scott Coon
7-9 Cedar Valley Grange Lynnwood, WA
starts on 10/4/22

Tuesdays Rainbow Squares - Oren Gaskill
7-9 Ten Mile Grange Lynden, WA
starts on 9/27/22

Wednesdays Freewheelers - Spyder Webb
7-9 <http://www.squaredancesseattle.com>
starts in September

Thursdays Fern Bluff - Robert Saxs
7-9 Monroe Senior Center Monroe, WA
starts on TBD

Thursdays Samenas - Stephen Cole
7-9 Juanita Community Center, Juanita
starts on TBD

Thursdays Whirly Birds - Dave Harry
7-9 The Hayloft Lynnwood, WA
starts on 10/6/22

PLUS DANCING (SQUARE DANCERS)

Mondays Cascade Crossfires - Stephen Cole
7-9 Cedar Valley Grange Lynnwood, WA
starts on Mondays in September

Wednesdays Fog Cutters - 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

LOCATIONS

Cedar Valley Grange

20526 52nd Ave. West Lynnwood, WA 98036

Juanita Community Center

13027 100th Av NE Kirkland, WA 98034

Monroe Senior Center

276 Sky River Pkwy, Monroe, WA 98272

Skagit Valley Grange

21273 Cook Rd, Burlington, WA 98233

Ten Mile Grange

6958 Hannegan Rd Lynden WA

The Hayloft

15320 35th Ave. W Lynnwood, WA. 98037

Tri-Way Grange

3509 Seattle Hill Road Mill Creek, WA 98012

Totem Middle School Cafeteria

1605 7th St, Marysville, WA 98270

