



YOU'RE GOING TO LOVE SQUARE DANCING!

Beginning Classes in Jackson Start **MAY 18, 2023**

Great exercise! Fun and laughter for all ages...
Popular music... No special clothing or experience needed.

Thurs Evenings, 6:30 - 7:45 pm

12-week class \$60/per person - That's only \$5 per class!
HALF PRICE AGES 21 & UNDER • FAMILY RATE AVAILABLE

Sign up at the door May 18 or 25, 2023

Amador Senior Center Hall, 229 New York Ranch Rd, Jackson
INFO: 209-245-6221 janine@onetoranch.com
www.JacksonClaimJumpers.com



SCAN ME WITH YOUR PHONE TO VISIT THE WEBSITE



Learn to **SQUARE DANCE**

ALLEMAND YOUR CORNER, DO SI DO YOUR OWN
RIGHT ON DOWN WITH THE

OLYMPIA AREA SQUARE DANCERS



Try it for FREE!


Mon, Feb 12, 6:30 pm

Lac-A-Do Hall
1721 46th Ave NE, Olympia

- ❖ Great Exercise
- ❖ Good Music
- ❖ Friendly People
- ❖ Lots of laughter

We also offer a set of 10 beginning square dance lessons starting Monday Feb 19 6:30 p.m.

Couples, singles and families welcome. Ages 10 and up.
INFO at: www.OlympiaSquareDance.com. Or call 360.438.1284



Square Dance Lessons

beginning
Tuesday, Sept. 12
from 7-8:30 pm
location
1000 Sherman
(St. John's Episcopal Gym)
contact
Facebook: Wagon Wheel Squares

Fun ... square dancing is teamwork set to music
Music ... all kinds of music
Social ... square dancing will lead you to many new friends; no partner needed!
Smart ... square dancing helps build that brain-body connection - to keep you young and active!

If you don't build it, they won't come
A practical guide to building your square dance program
Nancy Raiha, Olympia Area Lesson Coordinator

TRY A NEW ACTIVITY!
MEET NEW PEOPLE! KEEP YOUR MIND & BODY FIT! DANCE TO POP, ROCK, COUNTRY AND MORE!

Thinking of a New Year's Resolution?
COME JOIN US!!

- *Stay healthy and fit without going to the gym!
- *Make new lifelong friends
- *Exercise your mind as well as your body
- *It's just plain FUN!!!



OLYMPIA'S STORY:

A work in progress

We don't claim to be experts

WHY do we do it??

Square Dancing helps you keep fit

Square Dancing is good for the Heart

Square Dancing can Boost Brain Function

Square Dancing is Great for Rehabilitation

Square Dancing is a Great way to Socialize

Square Dancing is a Great way to Relive Stress

Square Dancing makes you Happy



Give back to the activity that gives so much to us!



The Cycle of Square Dance Retention

1. IN THE DOOR

- Free Introduction to Square Dancing – no obligation, but lessons start NEXT WEEK.
- Publicize online, papers, yard signs, senior news, neighborhood websites, churches, doctors, gyms, libraries, etc.
- People reach out. Hand out cards. Posters.
- Outreach to people who have inquired - or dropped out. Standard emails and more personal calls and mailings.
- Demos. Or chances to try it.
- Special events. Spaghetti feed. cream social. GET EMAILS.

5. SUPPORT THE PROGRAM

- Be a part. Inclusion. Support all clubs. No negativity.
- Join a club. Welcome & recognize.
- Lots of communication.
- Make it fun, even meetings.
- Angel. Help out.
- Don't overwhelm new members.
- Don't fade away. Check on those who have missed. Invite back.
- Bring friends. Publicize. Wheresthedance.com.



4. KEEP DANCING Mainstream, workshops & beyond

- LOTS of fun opportunities to dance.
- Reach out to those who aren't showing up.
- Keep in people's radar – messages, Facebook, events
- Establish a CLEAR vision of next steps; simple FOCUSED announcements; email/written summaries.
- Friendly, fun, welcoming.
- Make sure everyone succeeds.
- Call to the floor.
- Workshops create success squares.
- Dances. Good dancers adopt those having problems.
- Angels can dance for free at lessons.

2. SIGN UP FOR LESSONS

- Welcoming! Get latecomers in.
- Friendly dancers talk to them during breaks.
- Fun & Success. Food. Laughter.
- Understand future options. Announcements through the night. Why square dance. And paper info.
- Help them envision taking lessons.
- Partial scholarships available.
- Messages after Free Intro – and to anyone else interested. It's not too late for Lesson 1 (or future lessons).

3. STAY IN LESSONS

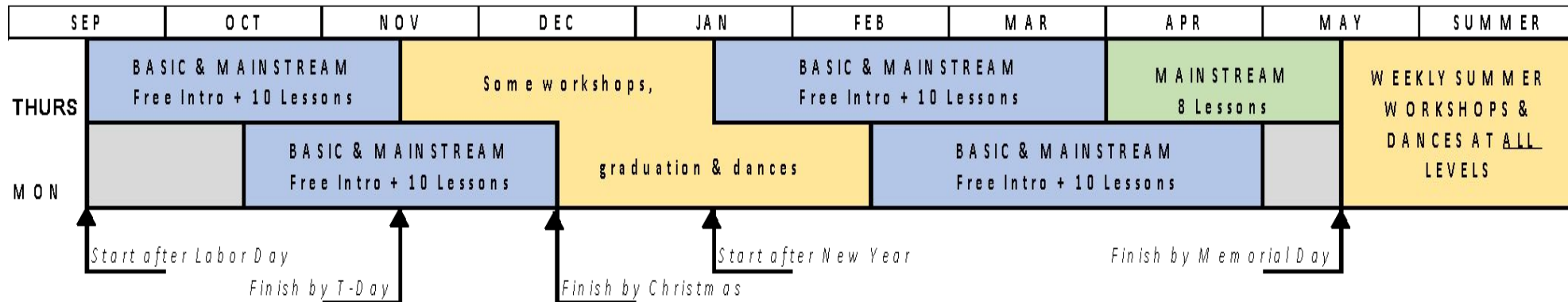
- Those who can, pay in advance.
- LOTS of friendly angels. Encouragement.
- Nice name badges, photos.
- Fun!! Success experience. Break up disaster squares. Call to the floor.
- Walk-thru review before lessons.
- Slower-paced review weekly.
- The other night that week is free.
- Keep in touch and provide Info: Resources. Moves taught. Videos. Newsletters. Reminders.
- Follow-up with people who miss. Emails, phone calls, make up. Help into the next lessons.

1. IN THE DOOR ***

- Free Introduction to Square Dancing – no obligation, but lessons start NEXT WEEK.
- Publicize: Libraries, doctors, workplace, neighborhood websites, gym, churches, newspapers, yard signs.
- Online calendars and radio stations.
- People reach out. Hand out cards. Postcards.
- Posters all over town. Let dancers report where.
- Social media and website – I'll talk more about this.
- Outreach to people who came before, or inquired, or didn't come over the summer. Repeated.
- Standard emails, and more personal calls & mailings.
- Demos. Private parties. GET EMAILS! Give cards.

LOTS of Opportunities to take Lessons

The Typical Olympia Teaching Timeline



SCHEDULES

BASIC / MAINSTREAM SCHEDULE

- o 6:30 - 8:10 Basic
- o 8:15 - 9:00 Mainstream

CONDENSED MAINSTREAM

- o 6:30 - 8:30 Mainstream

SUMMER WORKSHOP SCHEDULE

- o 6:00 - 6:40 Plus
- o 6:45- 7:55 Basic
- o 8:00 - 9:00 Mainstream

- You can take the 10-week Basic once or many times. Everyone repeats Basic when they take Mainstream.
- You can dance Basic at least 1x a week – and 2x a month at dances.
- You could choose a similar schedule with SSD, but a 12-week initial teach would complicate things and leave more dancers “stranded” at SSD for the summer.

LOTS of publicity

1. Cards and Posters

You're Invited!

To a fun, FREE Introduction to
Square Dancing

The fun starts at 6:30 pm
Thursday Sep 12th
Monday Oct 7th

*We also have lessons
starting the next week*

Lac-A-Do Hall
1721 46th Ave NE, Olympia
Couples, families and singles welcome

Take a Card!



www.OlympiaSquareDance.com

You're Invited!

To a fun, FREE Introduction to
SQUARE DANCING

The fun starts at 6:30 pm

Thursday, Sep 12, 2024

Monday, Oct 7, 2024

Thursday, Jan 9, 2025

Monday, Feb 10, 2025

Lac-A-Do Hall

1721 46th Ave NE, Olympia

See reverse for contacts & lesson information



We offer lessons throughout the year on either
Thursdays or Mondays, starting at 6:30 p.m.
A 10-week set of lessons costs \$60 for adults,
\$35 for youth 10 and older, and \$145 for families.

THURSDAY LESSONS

Sep 19 - Nov 21 2024

Jan 16 - Mar 20 2025

MONDAY LESSONS

Oct 14 - Dec 16 2024

Feb 17 - Apr 21 2025

*For more information: Email Dance@OlympiaSquareDance.com
or call Nancy at 360.438.1284*

Or visit our website: www.OlympiaSquareDance.com



Square Dance

2. Emails

Emails to those who have tried it before. A longer example:

Time to Start Square Dancing – Free Introduction & Lessons start Sep 12th!

You've tried it before and life got in the way? Don't worry. It's always a good time to come back to the fun of square dancing.

Mark your calendar! Olympia Area Square Dancers are holding a Free Intro to Square Dancing on Thursday, September 12th. It's only 8 weeks away. For those who want to take lessons, we hold Lesson 1 on September 19th. The fun starts at 6:30 p.m.

It's time to kick up your heels, have a blast, get fit, and make lifelong memories! Reach out to your friends, family, or even come solo and join the thriving square dancing community.

For more information:

- See our website: www.OlympiaSquareDance.com
- See us on Facebook: <https://www.facebook.com/groups/156933187665599/>
- Email: Dance@OlympiaSquareDance.com
- Phone Nancy at 360.438.1284

We have lots of new, enthusiastic dancers who love getting out of the house and dancing after the restrictions of the past few years. They want to share their new passion with you. Please share with anyone who wants to get active and have a good time. We hope to see you there!

P.S. There are advantages to starting on Thursdays, However, if you can't make Thursdays, we will offer a Free Intro and lessons on Mondays starting October 7th.

Emails to interested non-dancers:

Go out dancing – Try it for Free!

SQUARE DANCING!

- ✓ Get out more
- ✓ Make new friends
- ✓ Get more exercise
- ✓ Challenge your brain
- ✓ Laugh more
- ✓ Have more fun

Thursday September 12th

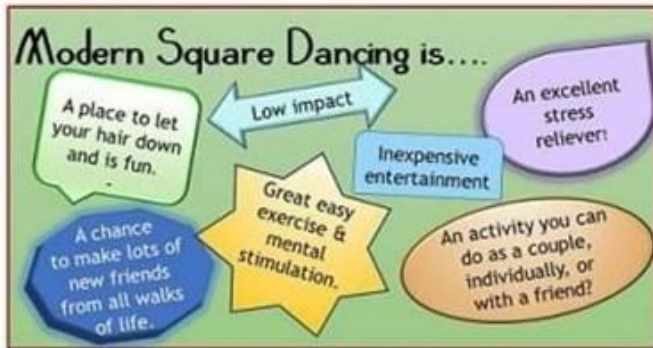
6:30 p.m.

- At Lac-A-Do Hall, 1721 46th Ave NE, Olympia.
- **Couples, singles, & families welcome**, ages 10 and up.
- No experience necessary. If you have a good time, we teach lessons starting Sept 19th.
- For more information, see our website www.OlympiaSquareDance.com. or call 360.438.1284.
- Sponsored by Olympia Area Square Dancers

Please share with your friends!

3. Social Media

- **Facebook** –
 - **Our groups.** We have a group for dancers AND a page for interested non-dancers.
 - **Find many local groups** – Best in Olympia, New in Olympia, Olympia Events, etc.
 - **Others:** Neighborhoods, social organizations, churches, etc. have facebook pages or websites. Use both posts and events.
- **Next Door** – Lots of folks from different areas. Make a sample.
- **Online calendars** – most radio stations, chamber of commerce, Thurstontalk, etc.
- **A good website.** Open with lesson info.
- **Other:** Instagram? Tiktok? Podcasts? Meet up? AA? Parents without Partners?



New in Town? Need A Regular Date Night? Bored? Kids gone, time on your hands? Try Something New!

LEARN MODERN SQUARE DANCE!!

New Music - New Moves - No Special Dress Code - Low impact non-strenuous exercise - FUN... FUN...FUN

Two left feet - no problem, if you can walk with just a few classes you will be dancing - guaranteed!

JOIN US FOR FUN, EXERCISE & FRIENDSHIP

Lesson 1 – Monday, October 16th at 6:30 p.m.

Lac-A-Do Hall – 1721 46th Ave NE, Olympia

Couples, singles & families welcome (age 10 & up)

Only \$6 per adult lesson; \$3.50 youth. Scholarships available.

Good exercise, great music, fun & friendly people

INFO: www.OlympiaSquareDance.com or 360.438.1284



Get up, get out, and live lively. Classes start in September. If you can't dance with us, dance with a club near you. Just Dance.
<https://whirlandtwirloviedo.com/>



What info goes in a good poster or blurb?

- Date, Time, Location
- Open to couples, singles, and families
- No experience necessary.
- Cost - especially if free.
- Why square dance? Be creative, but be sure to touch on the fun, friendship, and fitness aspects. We often add phrases like: *It doesn't matter if you have two left feet. You'll be dancing right away. All types of music.* Imagine you are someone who doesn't know yet that they would love square dancing. What words would catch your attention?



EXERCISE TOGETHER AND HAVE FUN!

COME AS YOU ARE!
ENJOY THE JOURNEY
GREAT exercise

SQUARE DANCING

FAMILY FRIENDLY

Casual

Make New FRIENDS
SMILE!
FUN!

- A good eye-catching picture is worth a thousand words of advertising. Try to use a picture that shows dancing - either real people or an image. Can the reader see themselves there? We try to use pictures that show all ages or indeterminate ages. And a variety of clothing. Too many fluffy petticoats can scare some people away.

The Dudes & Dolls present
Square Dance Lessons

FIRST LESSON
FREE

Sept. 26, 2023

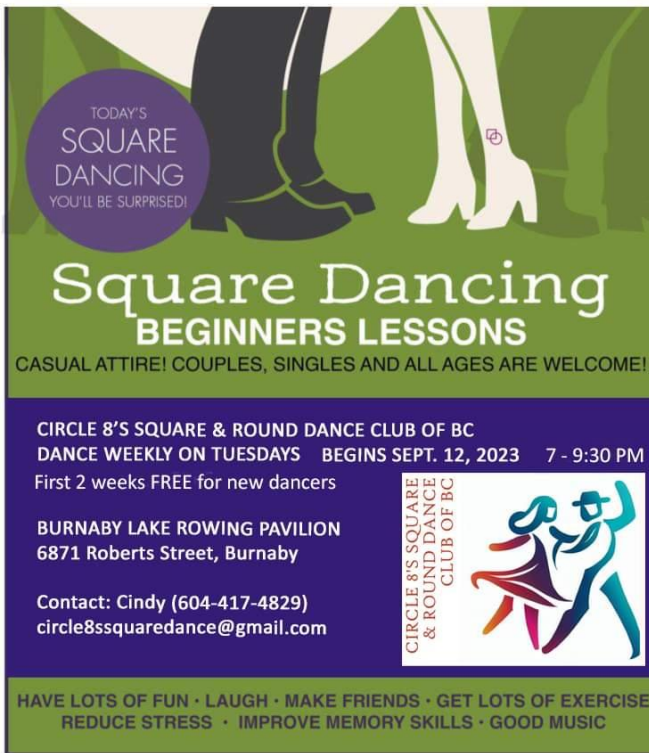
Dance to rock, pop, country and more!
Meet new people! Get exercise! Have fun!

22 weeks, every Tuesday evening, 7-9 pm
Cedar Valley Grange, 20526 52nd Ave W, Lynnwood

Open to individuals, couples, family members ten years of age or older

Suggested donation \$150 Adults, \$75 10-18 years of age

For more information call Joyce @ [360] 631-8919
or email her @ ddlessons@hotmail.com



TODAY'S
SQUARE DANCING
YOU'LL BE SURPRISED!

Square Dancing

BEGINNERS LESSONS


CASUAL ATTIRE! COUPLES, SINGLES AND ALL AGES ARE WELCOME!

CIRCLE 8'S SQUARE & ROUND DANCE CLUB OF BC
DANCE WEEKLY ON TUESDAYS BEGINS SEPT. 12, 2023 7 - 9:30 PM
First 2 weeks FREE for new dancers

BURNABY LAKE ROWING PAVILION
6871 Roberts Street, Burnaby

Contact: Cindy (604-417-4829)
circle8ssquaredance@gmail.com

CIRCLE 8'S SQUARE & ROUND DANCE CLUB OF BC



HAVE LOTS OF FUN · LAUGH · MAKE FRIENDS · GET LOTS OF EXERCISE
REDUCE STRESS · IMPROVE MEMORY SKILLS · GOOD MUSIC

Are YOU looking for a way to . . . ?

- Unwind and have fun
- Make new friends
- Exercise more
- Laugh a lot
- Move to great music like you hear on the radio



Try Square Dancing

It's a lesson! It's a party! It's FREE!

- No experience needed
- Couples, singles & families are welcome (age 10 & up)
- Come as you are, bring your friends



6:30 p.m
Thursday, Sep 12th

Lac-A-Do Hall
1721 46th Ave NE, Olympia


MORE INFORMATION:
www.OlympiaSquareDance.com
Or call 360.438.1284

*We also offer a set of 10
beginning square dance lessons
starting Thursday Sep 19, 6:30 p.m.*

SWINGING SQUARES

TAKE A STEP

Into Fitness, Friendship, and Fun!



Learn to square dance

No experience needed

No special clothing

First class is FREE

No partner required

Monday
September 11th, 2023

7pm - 9pm

FOR INFORMATION CALL: LISA
(401)524-7610

229 WILBUR AVE,
CRANSTON, RI

"Let's Go Dancing"

Summer Line Dance Workshop
Every Monday
First Workshop Monday June 17
No partner needed,
but you can bring a friend or two!

Beginner thru advanced line dance.
Lessons plus open dancing.
5:00 - 8:00 PM
(2nd Mon. of each month is
5:30 - 8:30 PM)
\$5 class

First United Methodist Church
Fellowship Hall
128 N. Church St.
Mountain City, TN

No need to register,
just show up and dance.
For more information:
423-312-9856



Young at Heart Square & Line Dance Club

FREE DANCES

Wed, Sept 20, 2023 &
Wed, Sept 27, 2023
7:00 pm - 8:30 pm

Adamsville School
400 Union Ave.
Bridgewater, NJ

For more information
Dave 908-500-6111
Susan 732-236-6587

Make new friends!
No partner needed!
Casual dress!

Enjoy a night out dancing with the
Bee Sharps Square Dance Club!

Snacks & water
provided



GREAT RESOURCES AND IDEAS

- ❖ Lane and Gail Johnston – Rainier Council
 - Joint publicity
 - Same start week & lesson plan
 - Different days of the week
 - Walk-through reviews
- ❖ Bob and Sheila Blackburn – Kitsap
 - Booth at the County Fair
 - Kitsap-wide initiatives
 - Newsletters
- ❖ Radio Talk Shows
- ❖ Demonstrations
- ❖ Signs in Car Windows
- ❖ Yard / Intersection signs
- ❖ Home school groups

LEARN HOW TO SQUARE DANCE!

ONCE-PER-WEEK LESSONS

STARTING IN **SEPTEMBER 2022**

CHOOSE ANY OPTION THAT FITS YOUR SCHEDULE:

Day of Week	BEGINNING	LOCATION
TUESDAYS	SEPT. 20th	BUCKLEY
WEDNESDAYS	SEPT. 21st	EAST TACOMA
THURSDAYS	SEPT. 22nd	SUMNER
SUNDAYS	SEPT. 25th	EAST TACOMA

ADULTS: COUPLES, SINGLES*
(*no dance partner required)

FAMILIES (w/kids 8 & up)

Info: (425) 765-7013

ONLY \$5 per-person/session

Visit tinyurl.com/RCSQD
or scan code for details



Publicity Resources

- Square Dance Tech – Lots of free, no copyright images, customizable videos, etc. <https://squaredancetech.com/>
- Callerlab Marketing Manual: <https://callerlab.org/download/marketing-manual/>
- Callerlab Site for New Dancers: <https://livelivelsquaredance.com/>
- USDA webinars – videos <https://www.usda.org/WEbinar/Videos.php>
- Olympia Area's Publicity Document:
https://docs.google.com/document/d/1IHPTRI_HL9nzRPDIYdhbfXdqIMjXNz-brWTIq77oM_w/edit?usp=sharing

Memes and ads:

- Square Dance Flyers: <https://www.facebook.com/groups/SQUAREDANCEFLYERS>
- Memes for . . . Dancing: <https://www.facebook.com/groups/2813247028823613>
- Whirl Twirl: <https://www.facebook.com/profile.php?id=61550557371812>
- WA State Pix: <https://www.squaredance-wa-pics.org/>

Olympia's Website: <https://www.olympiasquaredance.com/> OASDI Website QR Code

Cards: <https://www.vistaprint.com> OR www.gotprint.com

Student Name Badges: <https://name-badges.com/>

Examples of our customized Square Dance Tech videos:

- Take me Dancing: <https://youtu.be/6M6NeGXLao>
- Square Dancing in Olympia. Try it! (youtube.com)
<https://www.youtube.com/watch?v=JaPC98NPaA4>



2. SIGN UP FOR LESSONS

- Welcoming as they show up. Get latecomers in.
- Friendly dancers talk to them during breaks.
- Fun & Success. Food. Laughter.
- Understand future options. Announcements through the night. Why square dance. And paper info.
- Help them envision taking lessons.
- Partial scholarships available.
- Messages after Free Intro – and to anyone else interested. It's not too late for Lesson 1 (or future lessons).

Successful publicity = a diverse crowd.

FAQS ABOUT SQUARE DANCE LESSONS

2024



Olympia Area Square Dancers, Lac-A-Do Hall
1721 46th AVE NE; www.OlympiaSquareDance.com

Welcome!

After attending our Free Introduction to Square Dancing, we bet you've seen how much fun square dancing can be. And we hope you are thinking about taking square dance lessons. We'd like to answer some of your questions about lessons. We'll talk mostly about the lessons starting this month. We do have several lessons on Mondays and Thursdays each year.

Questions & Answers

What is the lesson schedule?

We teach the Basic moves of square dancing in 10 weeks. Basic lessons start at 6:30 p.m. and end about 8:15.

Who can take lessons?

We welcome couples, singles and families age 10-110. Almost everyone can learn to square dance. We all learn at a different pace, but that's part of the fun. The only people who may find that lessons are too fast-paced are those with moderate to severe developmental disabilities, or who cannot walk for 10-15 minutes at a time.

How much do lessons cost?

Adults pay \$60 for ten lessons. Youth pay \$35. Families pay \$145. We suggest you pay for the whole set of lessons. But if that presents a hardship, talk to someone at the sign-in table.

Who sponsors lessons?

A number of square and round dance clubs dance at Lac-A-Do Hall. They are all part of Olympia Areas Square Dancers, Incorporated (OASDI), the organization that runs the hall and sponsors lessons. Dancers from all the clubs will come to lessons to help YOU learn to dance because they have had so much fun square dancing, they want to share with others.

WHY SQUARE DANCE?

Great Exercise - gets you off the couch
Fun and laughter
Keeps your mind active
Great people - friends old and new
Good music - all types
A relaxed atmosphere
Yummy food
Casual Dress

What if I have to miss a lesson or more?

Because we want to teach you all 48 basic moves in 10 weeks, it's better if you can come to most lessons. Each lesson builds on the one before. But we know that conflicts will come up. If you miss one lesson, we can work with you to review.

If you must miss several weeks, you may need to drop back into one of our later sets of lessons. If you drop into a later class we will credit your unused lessons to the new class (remind us please). Some people start a class even if they will only be with us for a few weeks before an extended vacation. They get a good foundation, and can start a later class when they get back.

What else should I know?

- The best time to start lessons is NOW. But we do offer lesson starts 4 times a year. See our card or website.
- Dress is casual, but it's good to wear shoes that slide easily on the floor.
- You can bring friends to the first lesson. They don't have to have come to the Introduction.
- When you learn the 48 basic moves, and then 17 more mainstream moves, you can square dance anywhere in the world.
- If you have questions or must miss the first lesson, call Nancy at 360-438-1284.

Our upcoming 10-week Session starts on September 19 and ends on November 21.

EMAIL:

We are so glad you joined us for the Free Introduction to Square Dancing on Thursday. Hope you had as much fun as we did.

Here's the answers to some of your questions: - **Lessons.** If you would like to take square dance lessons, please join us this

Thursday, September 19th at 6:30

- **Bring a friend (or two).** New dancers can still come to **Lesson 1** on Sept 19th. We will start over from the beginning - a review for you, and a chance to catch up for them. After Lesson 1, we won't be taking new students in this class, but there will be other opportunities. Share the fun, fitness and friendship of square dancing with someone you know.

- **What if I will have to miss some lessons?**

Usually it's not a problem to miss one week.

We'll give you a way to study the moves and have a review the next week. If you miss two or more weeks, it can make life challenging because the lessons build on one another. But you can always drop back into the Monday class which is a month behind.

What if Thursdays just don't work for me?

We start Monday lessons at Lac-A-Do Hall in 2024 with a Free Introduction on October 7th, and first lesson on October 14th.

Feel free to email me or my husband Glenn (one of our callers) by replying to this message - or call with questions. Phone is 360-438-1284. Hope to see you Thursday!

3. STAY IN LESSONS

- Those who can, pay in advance
- LOTS of friendly angels. Encourage; guidelines.
- Nice name badges, photos
- Fun!! Success experience. Break up disaster squares.
Call to the floor. Teach to different learning styles.
- Walk-thru review before lessons.
- Slower-paced review one afternoon a week.
- Attend the other night that week for free.
- Keep in touch and provide Info: Resources, moves taught. Encourage videos. Newsletters. Reminders.
- Follow-up with people who miss. Emails, phone calls, make up. Help into the next lessons.

EMAIL EXAMPLE - AFTER LESSON 2:

Square Dance News for our Monday class.

Hi there, Monday square dance class. Hope you all had a good time at Lesson 2 on Monday. We did! We look forward to seeing you for Lesson 3 on Monday March 4th at 6:30. There will be an optional walk-through review at 6 p.m. (every week from now on). It's great if you have missed a week or just want a little extra review.

You have now learned all the moves for Lesson 1 and 2. Remember that you can always find Lesson Resources at the bottom of the Lesson Page on our website: <https://www.olympiasquaredance.com/lessons>. The **Basic 48 10 Week Lesson Plan** shows exactly what we teach each week. The **Links to Videos of Moves** shows how to find a video of each move we teach (in the order we teach).

Here's what we will teach on Monday at Lesson 3. Most of these moves are quite simple and it will give us plenty of time t

o further practice what you have learned.

- o Star thru
- o Box the gnat
- o Wrong way grand
- o Right and left thru
- o Wheel Around
- o Dive Thru

PLANNING AHEAD – Some exciting events

- **Your First Real Saturday Dance** will be on March 16th. This is the **Flutterwheels Chili Cook-Off** Dance – and they will dance at YOUR level from 7 p.m. to 8:30 p.m. It's a lot of fun. You can enter a pot of chili in the contest, or just come and dance and eat chili. Some folks will be wearing traditional square dance clothes. It can be fun to dress up – but it's not required. We have a special student discount admission price of \$6 for adults.
- The **Graduation Dance for the Thursday Class** will be on Saturday March 23rd at 7 p.m. You are invited and we will dance at your level in the first part of the dance. You know many of the folks who will be graduating as they come out and help at your lessons.
- Sunday March 24th, there is an **afternoon dance** at your level from 1-2 p.m., sponsored by the **Do-Si-Do's**. LeoCatt will be calling for that hour. The themes for the dance is "**The Jig is up.**"

Looking forward to seeing you on Monday. Be sure and let me know if you have to miss. Come a few minutes early if you can.

Nancy – Lesson Coordinator

OASDI Lesson calls linked to on-line video lessons *See Note at bottom

Two links are provided for each call. One link appears as Video Square Dance Lessons Online (below on left); the other appears as YouTube (below on right). But you arrive at the same video lesson from either link.

OASDI Lesson calls are spread throughout multiple video lessons. OASDI Lesson 1 calls are not the same calls as Online Lesson 1 calls; therefore, the timed links are provided.

From the OASDI lesson handout, find Lesson 2.

OASDI Lesson 2 "Separate around one, and into the middle" is found in online video lesson 12, time 1:40.

There are two links, "M12" and "1:40" See below.

LESSON 2

Separate around 1 and into the middle



M12 Links to beginning of lesson 12

Manually advance video slider to 1:40

1:40 Links to the video, at the time of the call

You can manually move the slider as you like.



VIDEO LINKS

OLYMPIA AREA SQUARE DANCE ASSOCIATION

Online Video Square Dance Lessons- Lesson Index

Basic 48 10-Week Lesson Plan

LESSON **VIDEO LOCATION**

LESSON 1

Partner / Corner	M01b, 0:19
Square Formation: heads, sides, couple ID, home	M01a, 0:20
Lead Right (or Lead Left)	M04, 1:03
Arm turns, Right and Left - Left Allemande	M01b, 0:13
Stars, Right and Left	M01b, Right 2:26, Left 2:51
Circle – Left and Right	M01a, 4:35
Do Sa Do	M01a, 1:40
Veer – Left and Right	M06, Left 0:13, Right 0:31
Bend the Line (to face another couple)	M04, 2:28
Forward and Back (Up to the Middle and Back)	M1a, 2:05
Pass Thru	M01c, 0:13
California Twirl	M01c, 1:01
Right and Left Grand	M01b, 1:11
Weave the Ring	M01b, 1:49
Promenade	
• Couples	M01a, 3:02
• ½ Promenade	M01a, 3:51
• Star	M01c, 1:55
• Inside, Single-file	M01a, 4:46
Swing	M01a, 2:36
Grand Square	M02, 1:18
Courtesy Turn	M03, 0:28
Ladies Chain (all four chains shown in sequence)	M03, 2:32
• Head	M03, 2:32
• Side	M03, 2:59
• All 4	M03, 3:07
• 3 / 4	M03, 3:29

LESSON 2

LESSON **VIDEO LOCATION**

LESSON 4

Ocean Wave	M07, 0:17
Ocean Wave, Alamo Style	M11, 0:48
Swing Thru	M07, 0:34
Extend	M07, 3:31
Run (not cross run)	M07, 1:03

LESSON 5

Pass the Ocean	M07, 2:19
Circulate	M08, 0:13
• Boy	M08, 0:30
• Girl	M08, 0:35
• End (ends are <i>boys</i> on video)	M08, 0:30
• Center (centers are <i>girls</i> on video)	M08, 0:35
• Couples	M08, 1:10
Trade (not partner trade)	M07, 1:44

LESSON 6

Chain Down the Line	M11, 2:55
Walk around the Left Hand Lady	M04, 3:05
See Saw	M04, 3:35
Do Paso	M10, 0:18

LESSON 7

Wheel and Deal (line of 4)	M12, 2:44
Partner Trade	M01c, 1:31
Trade-By	M12, 2:18

LESSON 8

Flutterwheel	M09, 1:21
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4. KEEP DANCING Mainstream, workshops & beyond

- **LOTS of fun opportunities to dance.**
- **Reach out to those who aren't showing up.**
- **Keep in people's radar – Messages, Facebook, events.**
- **Establish a CLEAR vision of next steps; simple FOCUSED announcements; email/written summaries.**
- **Friendly, fun, welcoming.**
- **Make sure everyone succeeds.**
- **Call to the floor.**
- **Workshops create success squares.**
- **Dances. Good dancers adopt those having problems.**
- **Angels can dance for free at lessons.**

SQUARE DANCE NEWS WEEKLY MESSAGE: An example

Hi. Dear Square Dance Friends! I can't tell you how much it meant to have the good angel turnout on Thursday for the start of Mainstream lessons. It helped so much. I am excited about this big and enthusiastic class. Please come as you are able.

Here's what's coming up:

- **Thursday Mainstream Lessons** Lesson 2 this week. We start Mainstream right at 6:30 – no Basic before then (though we will look at some of the basic moves from nonstandard positions during these lessons). These lessons will last for 7 weeks, and will be completed before our big Memorial Day festivities. We will also review the previous Thursday's Mainstream lesson about 8:15 on Mondays. We look forward to another nice graduation at the beginning of Memorial Day Weekend.
- **Monday lessons** Lesson 8 next Monday – so we're getting to some of the interesting stuff. We so appreciate all who come out. And after each Basic Lesson we review the Mainstream lesson from the week before. This week we had exactly 6 squares with no extras - It would have been nice to have a little cushion. :)
- On April 15th **Flutterwheels** will commemorate Tax Day. It's a **Hobo Dance** and some folks will be wearing their best rags. We will serve Hobo Stew and encourage people to “turn out your pockets” to contribute to the New Roof for Lac-A-Do fund. Bring a can of vegetables (not sauerkraut or beets or okra) for the stew. If you want to bring something extra, rolls, cornbread or desserts are welcome. The first part of this dance will be at the Monday student level – followed by full Mainstream.
- The **Square Ones** will celebrate their 41st Anniversary with a Plus Dance on Saturday April 22nd. Pulled pork dinner at 6:30. Rounds at 7:30. Plus Dance at 8. (Since we started Mainstream lessons I haven't always kept up with all the Plus dancing in these emails. But this seems like an event worthy of some extra publicity.)
- The Do-Si-Dos will sponsor a **Mainstream Dance** on Sunday, April 23rd from 2 - 4 with Gunter Monroe calling.



Thursday June 6th

Marc's Slower-Paced Review: 1:30 pm

Sat June 8 - BBQ & Sikorsky Dance

5:30 BBQ by donation. 7 p.m. Dance.

Read on for More News

**WORKSHOP
TONIGHT!**

MONDAY!!

6/24/24



Plus at 6
Basic 6:45
Mainstream 8

- Sunday Afternoon Dance – Basic at 1; Mainstream at 2
- Next workshop is Monday 6/24/24



BRING ON THE SMILES!!

ANGELS – WE REALLY NEED YOU

Monday Lesson 4 – **TONIGHT** – 3/11

Thursday Lesson 9 – 3/14



THIS WEEK

Thursday 6/13 and 6/20:

- Marc's Review – 1:30
- Workshop: Plus 6pm, Basic 6:45; MS 8pm

Saturday 6/15: Barn Dance – Larry's Barn

Read below for more:



READY FOR SUMMER?

THURSDAY May 30th


1st Workshop: 6 Plus, 6:45 Basic, 8 Mainstream

Marc's Slower-Paced Review: 1:30 pm

MONDAY – June 3rd

2nd Workshop: 6 Plus, 6:45 Basic, 8 Mainstream

AND – Lots of Great Saturday Dances and More. Read On!



Outta my way...

I don't wanna
be late for
Square Dancing!

www.facebook.com/SquareDanceUSA

**HURRY ON DOWN TO LAC-A-DO
and Support our Great Classes!**

Thursday Lesson 9 – **TONIGHT** – 3/14
Monday Lesson 5 – 3/18

Read on for more news



**HATS OFF to all of you
Who Support our Great Classes!**

**MONDAY LESSON 6 – TONIGHT
3/25**

**MAINSTREAM LESSONS START
Thursday 3/28 6:30**



**We don't make
mistakes when
dancing. We make
SPONTANEOUS
CREATIVE
DECISIONS!**

Workshop Monday! 7/1
Plus at 6; Basic 6:45; Mainstream 8

Life Lessons from Square Dancing

1. Honor your partner
2. Greet your neighbor
3. You can't go it alone
4. When in doubt, hold hands
5. If you get confused, head for home
6. Laugh, have fun and keep moving
7. It will all work out in the end!

COMING UP

Marc's Slower-Paced Review:
Thurs June 27th - 1:30 pm

Workshop: Monday July 1st
6:00 Plus, 6:45 Basic, 8 Mainstream

Read on for More!

5. SUPPORT THE PROGRAM

- Be a part. Inclusion. Support other clubs.
- Join a club. Welcome & recognize. Social events.
- Lots of communication. Facebook, email, newsletters.
- Make it fun, even meetings. No negativity or gossip.
- Angel. Help out.
- Don't overwhelm new members with responsibilities.
- Don't fade away. Check on t for a bit. Invite back.
- Bring friends. Publicize.

*A rising tide lifts all
boats!*

THERE ARE TWO TYPES OF PEOPLE
THOSE WHO LOVE TO SQUARE DANCE
AND THOSE WHO HAVE NEVER TRIED IT



d

The Cycle of Square Dance Retention

1. IN THE DOOR

- Free Introduction to Square Dancing – no obligation, but lessons start NEXT WEEK.
- Publicize online, papers, yard signs, senior news, neighborhood websites, churches, doctors, gyms, libraries, etc.
- People reach out. Hand out cards. Posters.
- Outreach to people who have inquired - or dropped out. Standard emails and more personal calls and mailings.
- Demos. Or chances to try it.
- Special events. Spaghetti feed. cream social. GET EMAILS.

5. SUPPORT THE PROGRAM

- Be a part. Inclusion. Support all clubs. No negativity.
- Join a club. Welcome & recognize.
- Lots of communication.
- Make it fun, even meetings.
- Angel. Help out.
- Don't overwhelm new members.
- Don't fade away. Check on those who have missed. Invite back.
- Bring friends. Publicize. Wheresthedance.com.



4. KEEP DANCING Mainstream, workshops & beyond

- LOTS of fun opportunities to dance.
- Reach out to those who aren't showing up.
- Keep in people's radar – messages, Facebook, events
- Establish a CLEAR vision of next steps; simple FOCUSED announcements; email/written summaries.
- Friendly, fun, welcoming.
- Make sure everyone succeeds.
- Call to the floor.
- Workshops create success squares.
- Dances. Good dancers adopt those having problems.
- Angels can dance for free at lessons.

2. SIGN UP FOR LESSONS

- Welcoming! Get latecomers in.
- Friendly dancers talk to them during breaks.
- Fun & Success. Food. Laughter.
- Understand future options. Announcements through the night. Why square dance. And paper info.
- Help them envision taking lessons.
- Partial scholarships available.
- Messages after Free Intro – and to anyone else interested. It's not too late for Lesson 1 (or future lessons).

3. STAY IN LESSONS

- Those who can, pay in advance.
- LOTS of friendly angels. Encouragement.
- Nice name badges, photos.
- Fun!! Success experience. Break up disaster squares. Call to the floor.
- Walk-thru review before lessons.
- Slower-paced review weekly.
- The other night that week is free.
- Keep in touch and provide Info: Resources. Moves taught. Videos. Newsletters. Reminders.
- Follow-up with people who miss. Emails, phone calls, make up. Help into the next lessons.

KEY POINTS!

- It takes a lot of people working together.
- No one perfect answer. Try lots of things.
- All area clubs participate. Our Advanced & Challenge dancers are among our most dedicated angels.
- It takes a few years to build momentum. But then your new dancers contribute SO MUCH!

eight is enough



but more is merrier