

WOULD YOU LIKE TO BECOME A SQUARE DANCER?

Square Dancing is a unique form of recreational activity that offers fun, fitness and fellowship to participants of all ages.

Eight people in each square go through a series of moves as directed by the caller. The moves are slightly challenging, but not difficult. Successful completion of the series of moves offers great rewards for the dancers for the "Team Effort" required.

Politeness and Courtesy abound at a square dance. The activity is considered low-impact exercise and dancers are always considerate of their fellow dancers. There is no pulling or jerking, just a flowing motion as the dancers performs to the background music.

A great effort is expended by all to make new dancers feel welcome and to feel they are an integral part of the organization. All new dancers are slightly apprehensive the first time on the floor, but the caller and other dancers are sensitive to this and the mood quickly changes to laughter and fun. Mistakes, you bet! We all make a few, but we laugh and continue dancing because everyone on the floor is having so much FUN.

Dance instruction is given by a full time, experienced teacher and caller. The first few dances are simple moves that everyone can learn in a few minutes, so the class is doing true Square Dancing the first night. As the weeks go by, the level of dancing progresses to slightly more challenging moves. Each week new moves are added, formerly taught moves are reviewed, and dancers who have questions are given private help by other dancers or the caller/instructor.

Try square dancing and you will quickly see why we call our activity "Friendship set to Music".