

Live Lively-



Learn To Square Dance!

NO EXPERIENCE NECESSARY

Two left feet? No problem, if you can walk and shake hands at the same time, you can Square Dance. And we'd love the opportunity to prove it!

Dancing is healthy for
the Mind, Body, & Soul

Lessons Start Tuesday
September 5, 2017
First 2 Lessons Free

Co-sponsored by Plano Swinging
Stars Square & Round Dance Club
and Plano Parks & Recreation

LESSON INFORMATION

WHERE: Carpenter Recreation Center
6701 Coit Road, Plano TX 75023

WHEN: Every Tuesday,
Sept. 5th thru Dec. 19th
16 Lessons taught by caller:
Wayne Baldwin

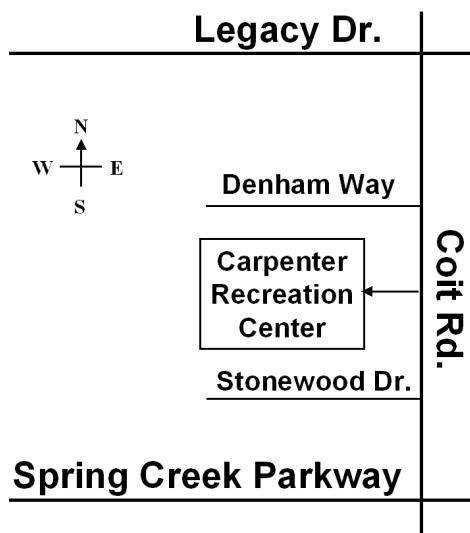
Member of Texas State Callers' Hall of Fame

TIME: 7:15 to 9:15 PM

REGISTRATION: Begins August 5th.
Register by calling the Rec. Center at
972-208-8087 or go to the website:
www.planoparks.org & click on the link:
Leisure OnLine. Class is # 193850 CAR

FEE: \$65 per person (partner required)
16 Lessons total

First Two Lessons are free!!
September 5th and September 12th



The Swinging Stars Square Dance Club invites you to come to our 2 Free Introductory to Square Dance lessons at Carpenter Recreation Center 6701 Coit Road, Plano TX. These 2 lessons are to introduce you to our favorite pastime "Square Dancing". We would like for you to take part in these 2 Free dance lessons by joining in the fun as our caller leads you thru a few basic calls such as left allemande, right and left grand, along with a few more fun calls. We hope you will sign up to take the set of lessons being offered every Tuesday from September 5th thru December 19th at 7:15 to 9:15. Upon completion of the lessons being taught at the Carpenter Rec. Center you will be prepared to become a member of Swinging Stars Square Dance Club.

The Swinging Stars Square Dance Club meets the 2nd and 4th Friday nights of each month, at the Shepard Elementary School, 1000 Wilson Dr. Plano.

SWINGING STARS CONTACTS

Russ & Anne Nejdil
972-964-5979

Dan & Kathy Mosher
972-867-0830

Or email
President@swingingstars.org
Or

Website: www.swingingstars.org

NON-COMPETITIVE

Here's an activity you can do that doesn't keep score. With other fitness activities you're either alone or competing. But when you square dance, you're cooperating and working with others. It's the ultimate togetherness workout.

IT HOLDS YOUR INTEREST

Square Dancing provides a mental and physical challenge. It is dancing and it is thinking. The goal is to work with the other dancers in your square (4 couples). Moving in rhythm to the music keeps you physically fit. Reacting to the instructions from the Square Dance Caller keeps your mind active. An experienced Caller teaches you the moves and the names of the formations that you dance. There is a great variety of music and figures for everyone to enjoy.

IT'S GREAT FUN

Square Dancing is friendship set to music. It brings people together for fun and fellowship even while learning. The dance formations cause you to interface with the others in your square and the breaks between dance "tips" are a natural lead-in to conversation and networking. It is a no-stress no-strain way of getting exercise.

SQUARE DANCING IS THE State Dance of Texas

It is also The North American Folk Dance. Square Dancing was developed in North America and is related to English and Scottish Country Dancing. You can travel anywhere in the world and square dance since all the calls are in English.

AFFORDABLE ENTERTAINMENT

Almost any night of the week you can find a Square Dance within the Metroplex. For \$14 per couple you can dance and socialize for 2-3 hours with refreshments included. The refreshments might be simple cookies or an elaborate "spread" provided usually at special dances or anniversary dances. What a bargain this is.

NO EXPERIENCE NECESSARY

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ATTIRE

Wear a comfortable pair of shoes and comfortable clothes for the lessons.



Square Dancing can be fun for the whole family

After teens complete the mainstream square dance lessons, they are welcome to dance for free at most of the club dances in the north Texas area when accompanied by adults.



You won't just sit around and watch. You are right in there as part of the show, active and enjoying the company of your fellow dancers. It is a fitness activity that lets you have a good time and make new friends.



Today's square dancing is a fun activity, set to up beat music that offers a great social interaction while both physical and mental health benefits.